



# Good Foundations Academy

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## GFA SCHOOL WELLNESS POLICY

### PURPOSE AND PHILOSOPHY

Good Foundations Academy (GFA) believes that healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. GFA is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn. This environment will be achieved by teaching, supporting and modeling healthy eating habits and lifestyles, physical activity and physical education, and school safety.

### POLICY

The overall goal of the School Wellness Policy is to encourage a healthy lifestyle. In accordance with the Utah State Law, Sec. 204 of Public Law 111-296, Sec. 204 of Public Law 108-265, and the Healthy, Hunger-Free Kids Act of 2010, GFA will set goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

GFA ensures that:

- School meals and smart snacks meet the federal regulations for nutrition guidelines.
- The public is welcome to make recommendations for improvement of the wellness plan.
- We will not allow marketing of foods and beverages that don't meet the nutrition guidelines.
- We will create research based goals and assess them annually.
- We will publish results annually to the community.

### WELLNESS GOALS

1. GFA students will be served and encouraged to eat balanced healthy meals in the cafeteria.
2. GFA students will receive a minimum of 200 minutes a week of exercise opportunities.
3. GFA students will receive nutrition education for every student every year.

### STAKEHOLDERS

Community members are encouraged to participate in the development of the School Wellness Plan. Parents, students, lunch program manager, P.E. teacher, school health professionals, school board, administrators, and staff members are encouraged to view the policy and make recommendations to improve promoting healthy lifestyles at GFA. GFA will make the policy public and open the policy for review at least once every 3 years.

### POLICY LEADERSHIP

The Executive Director will partner with the School Community Counsel of the school, lunch program manager, PE teacher, at least 1 parent, and a board member to draft the Wellness Policy once every 3 years. The board will then vote on approval of the policy and the Executive Director will be responsible to make sure the plan is executed. This meeting last took place on April 29, 2019.

## COMMUNICATION

The School Wellness Policy will be posted on the school website for public access. When changes are made an updated School Well Policy will be posted via an email and post on social media will be made to inform the community of updated changes.

## NUTRITION AND NUTRITION EDUCATION

Good Foundations Academy believes that food and beverage available to students at GFA should support the health curriculum and promote optimal health. All nutrition information for school lunch and smart snacks are available with the lunch program manager.

1. GFA will participate in available federal school meal programs and meet the nutrition requirements established by state and federal agencies.
2. GFA reimbursable school meals meet federal standards for lunch.
3. Staff in the kitchen will be trained in nutrition education, safe food handling, and first aid/CPR.
4. Nutrition education will be integrated into a variety of subject areas, including but not limited to science, character education, and physical education classes.
5. Treats and snacks in classrooms will be selected to model and encourage healthful choices.

## PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

All K-6 students will have opportunities, support, and encouragement to be physically active on a regular basis.

1. All students in grades K-6 will receive physical education instruction by grade.
2. GFA will provide, through physical education, safe and satisfying physical activity for all students, including those with special needs.
3. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, extracurricular programs, and other activities.
4. The after-school program at GFA offers physical activity and promotes healthy eating habits.

## POSITIVE AND SAFE SCHOOL ENVIRONMENT

Good Foundations Academy is committed to providing a safe and positive learning environment.

1. GFA has established rules and procedures concerning safety for students and will communicate these to students and parents on a regular basis.
2. GFA will provide adequate time and a clean environment for lunch for all students.
3. School staff will be trained in first aid and CPR, as well as appropriate administration of medications.
4. Appropriate school staff members will be informed of student and staff member health alerts.
5. School personnel will monitor weather and air quality and use data to make decisions about student participation in outdoor activities.
6. School staff members will receive appropriate training in food based allergies, and how to maintain a safe, orderly, and pleasant eating environment.

## ASSESSMENT

Good Foundations Academy will have an annual review of the Wellness Goals. The School Community Counsel will develop criteria for success in reaching the goals.

## COMPLIANCE

Good Foundations Academy will comply with all state and Federal laws regarding requirements for the Child Nutrition and WIC Reauthorization Act.

*(Reviewed by the GFA School Wellness Committee, and approved by the School Community Council on April 29, 2019)*