



Girard College Wellness Policy

Introduction to Girard College

Girard College is a full-scholarship boarding school that fosters intellectual curiosity, social development and emotional growth in academically focused students from underserved communities. We ensure every student the opportunity and the means to achieve excellence and preparation for advanced education through purposeful academic and residential programs.

Wellness is an integral part of residential education and life. We have developed our wellness policy in response to a growing concern about overweight and inactivity among American children – and among our own students. It is the intent of the Girard College wellness policy to encourage sound and healthful choices in nutrition, athletics and activities by our students while they are young, so they may build a healthy lifestyle into adulthood. We also hope to involve students' families in educating and encouraging their general health and wellness being – both at school and at home.

Goals for setting nutrition standards for all foods available on school campus during the school day:

- We will adhere to National School Lunch Program and School Breakfast Program requirements for all students.
- We will adhere to all Smart Snacks in School nutrition standards for all foods and beverages available to students during the school day outside of the reimbursable school meals.
- The following standards apply to foods and beverages offered to students during the school day:
 - Rewards and Incentives:
 - Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.), or the reward is compliant with Smart Snacks for School standards.
 - Classroom Parties and Celebrations:
 - Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.
 - Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties or other school functions.

- Classroom parties shall offer a minimal number of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:
 - Fresh fruits/vegetables; and
 - Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk.
 - Shared Classroom Snacks:
 - Shared classroom snacks must be Smart Snacks for School compliant
- Meals will be appealing and attractive to children
- Meals will be served in a clean and pleasant setting
- Meals will meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations
- We will offer a variety of fresh fruits and/or vegetables at each meal
- We will serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA)
- Students will have access to hand washing or hand sanitizing before each meal
- We will provide students with at least 20 minutes to eat after they sit down for breakfast and 20 minutes after they sit down for lunch
- Meals will be scheduled at appropriate times (breakfast will be served from 7:00am to 8:00am and lunch from 11:00am to 1:00pm)
- Students will be provided adequate dining room space for each meal
- Meals will include fruits, vegetables, whole grain products, low-fat and fat-free dairy products involving healthy food preparation methods and healthy enhancing nutrition practices
- Qualified food service professionals will provide students with access to a variety of nutritious and appealing foods that meet students' health and nutrition needs
- Access to the food service operation will be limited to the child nutrition staff and authorized personnel only
- Culinary and management staff will receive ongoing regular and specialized training – e.g. Serv-Safe certification, Hazard Analysis and Critical Control Point (HACCP) training
- No carbonated beverages will be available in the cafeteria at any time
- Any marketing or promoting of foods and beverages to students will be limited to items that meet the Smart Snacks in School nutrition standards.

Goals for nutrition education during the school day:

- The nutritional program and guidelines developed and implemented during the school day will explore and implement creative ways to teach students about the value received from eating fresh fruits and vegetables, the increased benefit of physical activity, and understanding the relationship between nutritious foods and increased performance.

Topics which are taught as part of the curriculum for Personal Health classes are:

○ **Elementary School:**

First Grade

- The purpose of food
- Identify food groups
- Intro food pyramid
- What's a balanced meal?
- Healthy snacks

Second Grade

- Introduce basic nutrients
- Identify how nutrients are part of a food pyramid
- Identify the importance of having a variety of nutrients in their diet
- Trying different kinds of food

Third Grade

- Review role of food guide pyramid
- Identify 6 basic nutrients
- Dietary guidelines (Journal 3 days of meals and snacks and evaluate)

Fourth Grade

- Review basic nutrients and food pyramid
- Understand the concept of calories in vs. calories out and its relationship to healthy weight
- Identify the parts of a food label

Fifth Grade

- Review nutrients and food pyramid
- Understand the importance of healthy diet during puberty
- Food facts about fast food and junk food
- Identify the relationship between diet and exercise
- Recognize diet differences

○ **Middle School**

- Nutrients
- What are calories
- Reading of food labels
- Building a balanced diet
- Plan healthy meals and follow a healthy eating plan
- Managing your weight
- Eating disorders
- Eating well, while eating out
- Super-size me
- Fad diets
- Calculation of carbohydrates, protein and fat in food

- Body mass index and understanding what it takes to lose a pound of body fat
- Keeping personal food journals

Goals for physical activity:

- Recommendations for physical activity during the school day outside of physical education classes include:
 - Structured recess (at least 15 minutes) in the elementary school (grades 1-5) during the school day
 - Physical education consequences will not be used as punishment – rather, physical education and activity should be encouraged as pleasurable and rewarding
 - Students will be provided with the time for physical activity before the beginning of the school day for elementary school students, and after lunch for middle school students (grades 6-8)
 - All students, 1st through 12th grade will be required to participate in daily physical activity as a part of the extended day program. Options include, but are not limited to:
 - Organized competitive sports teams
 - Organized internal sports teams
 - Physical activity classes and sessions
 - Yoga
 - Cardio Class
 - Swimming lessons

Goals for physical education during the school day:

- Sequential physical education will be consistent with the Pennsylvania State Association for Health Education and Physical Education, Recreation and Dance (P.S.A.N.P.E.R.D.) guidelines
- Adequate planned instruction time will be provided for students
 - Elementary School – 120 minutes (2 hrs) per 6-day cycle
 - Middle School – 135 minutes (2 hrs 15 minutes) per 6-day cycle
 - High School (9th Grade) 155 minutes (2hrs 35 min) per 5-day cycle
- Professional development for staff will be provided by the P.S.A.N.P.E.R.D
- Physical education classes will have a teacher-to-student ratio comparable with those of other classes
- A varied and comprehensive curriculum that leads to students’ beginning and remaining physically active for a lifetime will be provided in the PE program
- The PE program will provide safe and adequate equipment, facilities and resources
- Students will be moderately to vigorously active as much time as possible within the physical education class as a documents medical condition or disability will allow
- Students will take part in after-school programs that provide and encourage physical activity

Goals for the school-based activities designed to promote nutrition and student wellness:

- The nutritional program and guidelines developed and implemented during the school day will be continued as a part of the after-school program. The program will explore and implement creative ways to teach students about the value received from eating fresh fruits and vegetables, the increased benefit of physical activity, and understanding the relationship between nutritious foods and increased performance
- Wellness will be stressed in the development of after school programs. Examples of programs offered include:
 - Fitness and conditioning for young women
 - Double dose: dance and drama
 - Center stage: the fashion and entertainment edge
 - Basic level African dance
 - Changing the world one bite at a time
 - Nutrition and strength training
 - Cooking to stay fit
 - Flag football
- Residential staff will receive training on wellness issues to support the wellness programs developed during the school day and for the afterschool hours
- Residential staff will include in their curriculum dietary instruction to support healthy eating in the after-school hours

Goals for measurement and evaluation:

- The Vice President of Operations is responsible for oversight and to ensure compliance with the wellness policy.
- Principals will monitor the goals that pertain to the classroom and the school-day wellness activities. Verification that the goals have been achieved will be done at the end of each semester or trimester
- The director of student services will monitor the goals that pertain to setting nutrition standards for meals during the school day. Verification that the goals have been achieved will be done at the end of each semester or trimester
- The director of campus life, assistant director of residential life and assistant athletic director will monitor the goals established for the residential staff and extended day programs. Verification that the goals have been achieved will be done at the end of each semester or trimester
- The above-named personnel group will complete an assessment of the wellness policy at least every three years to evaluate the following assessment components. The assessment will be posted on the website and will be used to review and update the wellness policy, as needed, with stakeholder input.
 - Compliance of participating schools with the wellness policy
 - Comparison of the local policy to a model school wellness policy
 - Progress made in attaining the goals of the wellness policy

Goals for public communication:

- The wellness policy will be included in the new student and parent handbook annually
- The wellness policy will be posted on the school's website annually
- Updates to the wellness policy will be communicated to parents and staff via email
- When updates to the wellness policy are made, a notification will auto-populate on the school's website the day of the post to direct visitors to the updated policy
- The website will provide information to interested school and community stakeholders on how they may participate in the development, implementation, periodic review, and update of the wellness policy. Stakeholders may include parents/guardians, students, community members and staff such as administrators, food service staff, physical education teachers, and school health staff.
- We will post the following statement on our website, accompanying the wellness policy—"We welcome participation and input from the community on the development, review, implementation, and update of the school wellness policy. Please contact Latesha Beasley at lbeasley@girardcollege.edu if you are interested in getting involved."