



Goodland Academy Wellness Policy

Goodland Academy is committed to providing an educational environment that enhances learning and development of lifelong wellness practices.

All students at Goodland Academy shall be given the knowledge and skills necessary to make nutritious food choices, and enjoyable physical activity choices for lifelong wellness.

All staff at Goodland Academy are encouraged to model healthy eating and physical activity as a valuable part of daily life.

To meet these commitments, Goodland Academy adopts this wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. The intent of this policy is to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Goals for Nutrition Education

Goodland Academy will strive to achieve the following Goals:

- Incorporate more nutrition education for graduation.
- Offer more nutrition education in all grade levels.
- Begin conducting nutrition education activities and promotions that involve students, parents, and the community.
- Improve the food service environment so that it promotes health and nutrition education.
- Provide training and education for staff, teachers, and other personnel to promote wellness, and to educate students in making healthy lifestyle choices.
- Plan at least 3 nutrition activities per year, to include educational staff as well as other staff as appropriate.
- Provide information at least once per semester to students' families that encourage them to teach students about health and nutrition.

Nutrition Promotion

Goodland Academy will strive to achieve the following Goals:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school and cottage settings. All school personnel will help reinforce these positive messages.

- Eliminate or reduce advertising and other materials on the school campus that promote foods of minimal nutritional value.

Physical Activity

Goodland Academy will strive to achieve the following Goals:

- Provide physical education for all students.
- Offer a planned sequential program of physical education instruction, incorporating individual and group activities, which are student centered and taught in a positive environment.
- Schedule breaks or physical education before lunch times in order to increase food consumed, decrease plate waste, and improve behavior during meals.
- Incorporate a 5-10 minute physical activity session in classrooms to transition between lessons. These can include stretches, simple exercises, or methods to relieve stress.
- Provide staff with monitored recreational activities that promote moderate physical activity during indoor recess times.
- Create wider opportunities for students to voluntarily participate in before and after school physical activity programs such as organized community sports or clubs.
- Provide information to families that encourage them to teach children about health and physical activities.

Other School Based Activities

Goodland Academy will strive to achieve the following Goals:

- Promote physical and nutrition education in after school programs.
- Promote health and nutrition in other school based activities such as school events, field trips, etc.
- Promote health and wellness by hosting health fairs, theme weeks, and guest speakers who promote a healthy lifestyle.
- Organize and participate in local health committee comprised of families, teachers, administrators, and students to plan, implement, and improve nutrition and physical activity in the school environment.

Marketing of Foods and Beverages Sold on Campus

Goodland Academy will:

- Ensure only foods meeting the Smart Snack standards will be marketed during the school day. Marketing of non-compliant foods and beverages will not be permitted during the school day.

Nutrition Guidelines for All Foods on Campus

Goodland Academy will:

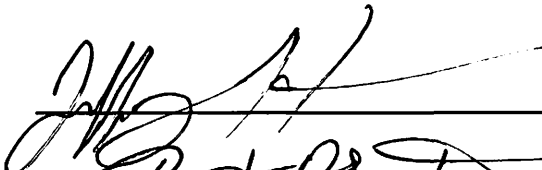
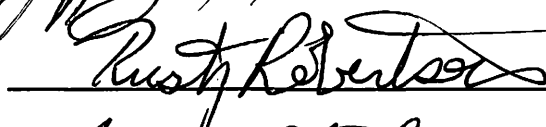


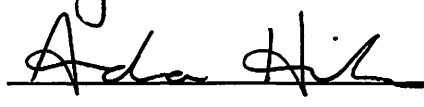
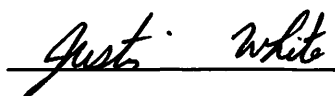
- Offer school menus (breakfast, lunch, and snack) that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Oklahoma Department of Human Services School Nutrition Program.

- Add nutritious and appealing options (such as fruit, vegetables, nuts, trail mix, beef jerky, reduced fat milk, reduced fat yogurt, reduced fat cheese, 100% juice, and water) whenever food/beverages are offered at site.
- Involve parents and staff in identifying nutritional and healthier food options.
- Follow USDA, Child Nutrition Programs, policies on competitive foods, and extra food sales or service.
- Promote healthy and nutritious foods as recommended by the USDA Dietary Guidelines for Americans, including fundraisers, concession stands, school parties, etc.

Implementation and Review

- The School Nutrition Program Manager is responsible for insuring the implementation of the Wellness Policy as written above.
- A review of the implementation of the Wellness Policy will take place every 3 years, or sooner if deemed necessary, to identify and discuss areas for improvement. The review will be done by the Wellness Planning Committee. The School Nutrition Program Manager will be responsible for completing and posting the review outcome reports. The policy will be reviewed by the Policy Assessment Tool provided by the School Nutrition Program.
- The policy will be posted on the Goodland Academy website along with the report of progress toward the goals of the policy and subsequent revisions that were made to the wellness policy. A copy of the current policy and the most recent progress and implementation report will be made available to all who request it. Anyone interested in participating in the implementation and ongoing development of the Wellness Policy is encouraged to call the School Nutrition Program Manager at 580-326-7568.

Wellness Policy Committee

Jeff Hinkle Program Manager		7/1/19 Date
Rusty Robertson		7/1/19 Date
Hope Robertson		7/1/19 Date
Cayce Green		7/1/19 Date
Amanda Hinkle		7/1/19 Date
Justin White		7/1/19 Date