

The Golden Door Charter School

It is our expectation that all students will achieve—No Exceptions, No Excuses

Golden Door Charter School is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

School Meals The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs.

♣ All school meals are accessible to all students. ♣ The District offers reimbursable school meals that meet USDA nutrition standards. ♣ Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes. ♣ Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. ♣ Lunch will follow the recess period to better support learning and healthy eating. ♣ All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

Other food available at school ♣ The foods and beverages sold outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. ♣ All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class. o The District will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas (Healthy Party Ideas); o The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards; and o The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. ♣ Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

Nutrition Promotion Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

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♣ Promote healthy food and beverage choices using at least ten Smarter Lunchroom techniques. ♣ Each school will implement at least one of the following four Farm to School activities: o Local and/or regional products are incorporated into the school meal program; o School hosts a school garden; o School hosts field trips to local farms; and o School utilizes promotions or special events, such as tastings, that

highlight the local/ regional products. ♣ Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food advertising and marketing includes, but is not limited to the following: o Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container. o Displays, such as on vending machine exteriors. o Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards. o Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment.

Nutrition Education The District aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

♣ Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens. ♣ Nutrition education will be included in the Health curriculum so that instruction is sequential. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects. ♣ The District teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. The District will include in the health education curriculum the following essential topics on healthy eating: o Food guidance from MyPlate o Reading and using USDA's food labels o Balancing food intake and physical activity o Food safety o Social influences on healthy eating, including media, family, peers, and culture o How to find valid information or services related to nutrition and dietary behavior o Resisting peer pressure related to unhealthy dietary behavior o Influencing, supporting, or advocating for others' healthy dietary behavior

Physical Education The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

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- ♣ All district students will participate in physical education that meets or exceeds state standards.
- o All District elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year.
- o All District middle school students are required to take physical education in one grade level.
- o All District high school students are required to take the equivalent of one academic year of physical education.
- ♣ Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- ♣ All physical education classes in District are taught by licensed teachers who are certified or endorsed to teach physical education.
- ♣ Waivers, exemptions, or substitutions for physical education classes are not granted.

Physical Activity Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- ♣ Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be required or withheld as punishment for any reason.
- ♣ All elementary schools will offer at least 20 minutes of recess on all or most days during the year.
- o Outdoor recess will be offered when weather is feasible for outdoor play.
- o Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games, led by staff.
- o In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.
- ♣ The District recommends

teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. Activity break ideas are available through Active Schools WI. ♣ The District offers opportunities (e.g., including activity clubs, open gym, intramurals and varsity sports) for students to participate in physical activity before and/or after the school day. ♣ The District will support active transport to and from school, such as walking or biking.

Other Activities that Promote Student Wellness The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

- ♣ The District will continue relationships with its community partners, including UW-Extension and our local hospital, in support of this wellness policy's implementation.
- ♣ The District will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- ♣ The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.

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- ♣ When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Policy Monitoring/Implementation

- ♣ The District will convene a district wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness
- ♣ The wellness committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff); school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals.
- ♣ The District will actively notify households/families of the availability of the annual report through the District newsletter and website.
- ♣ The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW
Washington, D.C. 20250-9410
fax: (202) 690-7442; or
email: program.intake@usda.gov.

This institution is an equal opportunity provider.

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Wellness Policy Assessment Tool

Form 357 Rev 8/17

This template provides information on wellness policy goals and practices within the SFA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school, or at a minimum, each school level. The wellness policy and completed assessment must be available to the public. Triennial assessment is required by USDA, annual assessments are strongly encouraged in New Jersey.

SFA/District Name THE GOLDEN DOOR CHARTER SCHOOL Policy Reviewer

School Name THE GOLDEN DOOR CHARTER SCHOOL Date

Select all grades: PK ☒ K ☒ 1 ☒ 2 ☒ 3 ☒ 4 ☒ 5 ☒ 6 ☒ 7 ☒ 8 ☒ 9 ☐ 10 ☐ 11 ☐ 12 ☐

I. Public Involvement

☒ Yes ☐ No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- | | | | |
|--|---|---|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> Public |

☒ Yes ☐ No Person in charge of compliance:

Name/Title: Paul Veldis, BA

☒ Yes ☐ No The policy is made available to the public.

Indicate How: Put on web page or hard copy in office

☒ Yes ☐ No Our policy goals are measured and the results are communicated to the public.

Please describe: Per on web page or hard copy in office

☒ Yes ☐ No Our district completes triennial reviews of the wellness policy. If more frequently, please describe:

II. Nutrition Education

☒ Yes ☐ No Our district's written wellness policy includes measurable goals for nutrition education.

☒ Yes ☐ No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ Yes ☐ No We offer nutrition education to students in: ☒ Elementary School ☒ Middle School ☐ High School

III. Nutrition Promotion

☒ Yes ☐ No Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ Yes ☐ No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ Yes ☐ No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

☒ Yes ☐ No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ Yes ☐ No We ensure students have access to hand-washing facilities prior to meals.

☒ Yes ☐ No We annually evaluate how to market and promote our school meal program(s).

☒ Yes ☐ No We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☒ Yes ☐ No We offer taste testing or menu planning opportunities to our students.

☒ Yes ☐ No We participate in Farm to School activities and/or have a school garden.

☒ Yes ☐ No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☒ Yes ☐ No We price nutritious foods and beverages lower than less nutritious foods and beverages.

☒ Yes ☐ No We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☒ Snack Bars ☒ à La Carte

☒ Yes ☐ No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☐ Yes ☐ No We provide teachers with samples of alternative reward options other than food or beverages.

☐ Yes ☐ No We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☐ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ We operate the School Breakfast Program: ☐ Before School ☒ In the Classroom ☐ Grab & Go
- ☒ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☒ ☐ We operate an Afterschool Snack Program.
- ☐ ☐ We operate the Fresh Fruit and Vegetable Program.
- ☒ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☒ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
☒ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☐ as Fundraisers

Yes No **V. Physical Activity**

- ☐ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☐ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ We offer before or after school physical activity: ☐ Competitive sports ☐ Non-competitive sports ☒ Other clubs

VI. Additional Info: Indicate any additional wellness practices and/or future goals used to establish a school environment that promotes students' health, well-being, and ability to learn. Describe progress made in attaining these goals.

VII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Position/Title

Email Phone