



GATEWAY PREPARATORY ACADEMY

A M O N T E S S O R I C H A R T E R S C H O O L

Nutrition and Physical Activity Wellness Policy

1.

PURPOSE & PHILOSOPHY

To optimize student performance potential, the Gateway Preparatory Academy Board of Trustees promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. Gateway supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity.

2.

OPPORTUNITIES FOR PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

A quality physical education program is an essential component for all students to learn about and participate in physical activity. A sequential developmentally appropriate curriculum shall be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives, consistent with the State Core Physical Education Curriculum. Physical activity should include regular instructional physical education as well as extracurricular activities in the Jr. High and recess in the elementary.

3.

OPPORTUNITIES FOR NUTRITION EDUCATION

A quality nutrition education program is an essential component for all students to learn in an effort to positively influence students' eating behaviors. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level. The nutrition education program shall focus on students' eating behaviors, be based on theories and methods proven effective by published research, and be consistent with the State Core Health Education Curriculum.

4.

NUTRITION GUIDELINES FOR FOODS AVAILABLE IN SCHOOLS

Food served through the school lunch program shall meet or exceed the federal regulations and guidance for reimbursable school meals. Other food items on school grounds and at school-sponsored activities during the instructional day are encouraged to include healthy snack options.

5.

VENDING MACHINES IN THE SCHOOL

Vending machines will not be placed in the school for student use.

If vending machines are placed in teacher only locations the following regulations will be observed;

- **Agreements for vending machines will be written in a contract form approved by the GPA Board.**
- **Accepted uses of vending machine income include only the following:**
 - PTO activities**
 - Staff climate activities**
 - School supplies and materials**
- **Accounting for funds from vending machines will follow standard acceptable accounting procedures with a monthly report of receipts and expenditures.**

6.

OTHER FOOD SALES ON CAMPUS (Not part of the reimbursable lunch program)

In accordance with state recommended nutritional guidelines food with limited nutritional value will be discouraged from sale in school or at school sponsored activities.

7.

MONITORING AND POLICY REVIEW

The school director will ensure compliance with this policy in the school and will report on the school's compliance to the Board. The Board will, as necessary, revise this policy and develop work plans to facilitate its implementation.

Reviewed and Approved

October 13, 2011