

# **Gulf Coast Trades Center Wellness Policy**

**July, 2019**

## **GCTC Wellness Policy**

### **Preamble**

Gulf Coast Trades Center (GCTC) is committed to the optimal development of every student. GCTC believes that for students to have the opportunity to achieve personal, academic, and developmental success, we need to create positive, safe, and health-promoting learning environments, in every setting, throughout their placement.

This policy outlines GCTC’s approach to ensuring environments and opportunities for all students to practice healthy choices. Specifically, this policy establishes goals and procedures to ensure that:

- Students enrolled in GCTC have access to healthy foods throughout the school day—both through reimbursable school meals and daily snacks—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- GCTC will coordinate the wellness policy with other aspects of school management, including GCTC’s School Improvement Plan and SHAC, when appropriate.

This policy applies to all students and staff at Gulf Coast Trades Center.

### **I. School Wellness Committee**

#### ***Committee Role and Membership***

GCTC will convene a wellness committee (hereto referred to as the SHAC) 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 GCTC’s wellness .

The SHAC membership will represent high school levels and include (to the extent possible), but not be limited to: students; representatives of the school nutrition program (ex., school nutrition director); school health professionals (ex., health education teachers, GCTC’s health services staff [i.e., nurses, social services staff [i.e., school counselors, social workers, GCTC administrators (ex., superintendent, principal, vice principal), and professionals (ex., dietitians, doctors, nurses, dentists). To the extent possible, the SHAC will include representatives from each building and reflect the diversity of GCTC.

#### ***Leadership***

The Executive Director or designee(s) will convene the SHAC and facilitate development of and updates to the wellness policy, and will ensure GCTC’s compliance with the policy.

The name, title, and contact information is listed below:

Name	Title	Email address	Role
Dr. Dale Underwood	Executive Director	<a href="mailto:Dale.underwood@gctcw.org">Dale.underwood@gctcw.org</a>	Facilitator

### **II. Wellness Policy Implementation, Monitoring, and Accountability**

#### ***Implementation Plan***

GCTC will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

### ***Recordkeeping***

GCTC will retain records to document compliance with the requirements of the wellness policy at the Central Office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit SHAC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the SHAC.

### ***Revisions and Updating the Policy***

The SHAC will review, update, or modify the wellness policy annually as priorities change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.

## **III. Nutrition**

### ***School Meals***

GCTC 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. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

GCTC participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP), along with the Aftercare Snack Program. GCTC is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (GCTC offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
  - Sliced or cut fruit is available daily
  - Daily fruit options are displayed in a location in the line of sight and reach of students
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
  - White milk is placed is easily accessed at the beginning of the line.
  - A full salad bar is offered every day.
  - Student surveys are given to students to get their opinions of the menus.
  - Student artwork is displayed in the service and/or dining areas
  - Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
  - School meals are administered by a team of child nutrition professionals.

- GCTC's child nutrition program will accommodate students with special dietary needs.
- 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 (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day.

***Staff Qualifications and Professional Development***

All GCTC's nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout the campus. GCTC will make drinking water available where school meals are served during mealtimes. Water cups/jugs will be available in the cafeteria if a drinking fountain is not present. All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, and other methods for delivering drinking water.

***Competitive Foods and Beverages***

GCTC is committed to ensuring that all foods and beverages available to students on GCTC's campus during the school day\* support healthy eating. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

**IV. Physical Activity**

Children and adolescents should participate in 60 minutes of physical activity every day. This activity will be during their trade work and/or recreation time.

**Before and After School Activities**

GCTC offers opportunities for students to participate in physical activity after the school day and on weekends through a variety of methods. GCTC will encourage students to be physically active before and after school by: athletics and promoting community athletic programs.

**V. Triennial Progress Assessments**

At least once every three years, GCTC will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent of GCTC's jurisdiction are in compliance with the wellness policy;
- The extent to which the GCTC's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of GCTC's wellness policy.

The position responsible for managing the triennial assessment and contact information is the Support Services Manager, 936-344-7264.

GCTC will monitor GCTC's compliance with this wellness policy.

GCTC will actively notify all clients of the triennial progress report.

### **Revisions and Updating the Policy**

The SHACK Committee will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and as GCTC's priorities 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, following the triennial assessment.**

### **VI. Marketing**

Our Marketing will not advertise any items that are not in compliance with the National School Lunch and Breakfast program.

### **VII. Records Retention**

All National School Lunch records will be kept for five years.