

GENESIS

INNOVATION ACADEMY

Wellness Policy

2017-2018

Table of Contents

Preamble	2
School Wellness Committee	3
Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement	4
Nutrition	7
Physical Activity	14
Other Activities that Promote Student Wellness	18
Glossary	20

Genesis Innovation Wellness Policy

Preamble

Genesis Innovation Academy (hereto referred to as GIA) is committed to the optimal development of every student. Genesis Innovation Academy 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. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{11,12,13,14}

This policy outlines Genesis Innovation Academy'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. Specifically, this policy establishes goals and procedures to ensure that:

- Students in Genesis Innovation Academy have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—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/or after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of Genesis Innovation Academy in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- Genesis Innovation Academy establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

Genesis Innovation Academy will coordinate the wellness policy with other aspects of school management, including GIA's School Improvement Plan, when appropriate.

I. Genesis Innovation Academy Wellness Committee

Committee Role and Membership

Genesis Innovation Academy will convene a representative wellness committee that meets at least two 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 this Genesis Innovation Academy-level wellness policy (heretofore referred as “wellness policy”).

Genesis Innovation Academy Wellness Membership committee will represent both elementary boys and girls along with middle school girls and boys and include, (to the extent if possible) but not be limited to, parents and guardians; students; representatives of the school nutrition program (ex., nutrition manager); physical education teachers; health education teachers, school counselor, school administrators, school board members and the community.

Due to our unique school structure that separates scholars by gender and grade-span, Genesis Innovation Academy will establish an ongoing School Wellness Committee (SWC) that convenes to review 1) campus-level issues that address the needs of the collective community of boy and girl scholars; 2) school-level issues related to the unique wellness needs of girls and boys separately; 3) grade-span issues that affect early elementary, upper elementary, and middle schoolers in different ways, and 4) opportunities to improve the health and wellness of Genesis staff members.

Leadership

The Superintendent or designee(s) will convene the Genesis Innovation Academy Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure GIA’s compliance with the policy

Genesis Innovation Academy Wellness Committee

Name	Title	Email address	Role
Gavin Samms	Superintendent/ Head of Schools	Gsamms@giacademy.org	Assistant Coordinator
Renetta Dees	Girls’ Academy School Director	Rdees@giacademy.org	Administrative Staff Member
Neal Christian	Boys’ Academy School Director	Nchristian@giacademy.org	Administrative Staff Member
Ebonie Fagin	Nutrition Manager / Health Services Manager	Efagin@giacademy.org	Chairperson & Coordinator
LaTosca Hooks	Operations Manager	Thooks@giacademy.org	Staff Member
Robert Green	Boys’ Academy P.E. Teacher	Rgreen@giacademy.org	Boys Sub- Committee Chair

Tiffany Stephenson	Girl's Academy P.E. Teacher	Tstepvenson@giacademy.org	Girls Sub-Committee Chair
Arle Wilson	Board Secretary	ernestsmom@gmail.com	Board Representative
Nia Louis	Student	Louisnia06@gmail.com	Girls Academy Representative
Antione Williams	Student	Lebron65444@icloud.com	Boys Academy Representative

Genesis will designate its Nutrition Manager as the school wellness policy coordinator; the coordinator will ensure compliance with the policy.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

Genesis Innovation Academy will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, and actions, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

This wellness policy can be found at: www.genesisinnovstionacademy.org

Recordkeeping

GIA will retain records to document compliance with the requirements of the wellness policy at the Genesis Innovation Academy Administrative Offices, and/or on Genesis Innovation Academy's Admin Drive on the computer network.

Annual Review

GIA will review its Wellness Policy twice per year. The annual review will be published around the same time each year in the month of August and will include updated information.

Revisions and Updating the Policy

GIA will update or modify the wellness policy based on the results of the annual review and/or as Genesis Innovation Academy 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

Community Involvement, Outreach, and Communications

GIA is committed to incorporating community input, which begins with awareness of the wellness policy. GIA will inform parents of the improvements that have been made to school meals and

compliance with school meal standards, availability of child nutrition programs and how to apply. GIA will use electronic mechanisms, such as email or displaying notices on Genesis Innovation Academy's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are notified of the content of and updates to the wellness policy.

III. Nutrition

School Meals

Genesis Innovation Academy is committed to serving healthy meals to children, with 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. Our school meal program aims 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.

The elementary school and middle school within Genesis Innovation Academy participate in USDA child nutrition programs, including the National School Lunch Program (NSLP). All schools within Genesis Innovation Academy are 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. (Genesis Innovation Academy offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using the following Smarter Lunchroom techniques:
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes and hotel pans)
 - 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
 - Water is emphasized as the healthiest drink choice; white milk is emphasized as the healthiest choice among non-water beverages available
 - Alternative entrée options are available

Staff Qualifications and Professional Development

Our school nutrition program director/ manager and staff will meet annual continuing education/training requirements as per USDA professional standards for child nutrition professionals.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Our Genesis Innovation Academy will make drinking water available

where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

Genesis Innovation Academy is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served during the school day, 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. 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. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, school stores, and snack or food carts.

Fundraising

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. GIA will make available to parents and teachers a list of healthy fundraising ideas.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive nutrition messages throughout the year.

Nutrition Education

Genesis Innovation Academy aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Promote fruits, vegetables, whole-grain products, and low-fat and fat-free dairy products, and healthy food preparation methods.
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);

Essential Healthy Eating Topics in Health Education

Genesis Innovation Academy will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#) and the Dietary Guidelines for Americans
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Food and Beverage Marketing in Schools

Genesis Innovation Academy is committed to providing a school environment that ensures opportunities for students to practice healthy eating and physical activity behaviors throughout the school day. We strive to teach students how to make informed choices about nutrition, health, and physical activity. It is the intent of Genesis Innovation Academy to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the Genesis Innovation Academy Wellness Policy.

IV. Physical Activity

Genesis strives to schedule and encourage physical activity each school day. Physical activity will only be withheld when such activity is deemed to be unsafe or unhealthy. To the extent practicable, Genesis Innovation Academy will ensure that its ground and facilities are safe, and that equipment is available to students to be active.

Physical Education

- Genesis Innovation Academy 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.

Essential Physical Activity Topics in Health Education

Genesis Innovation Academy will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all or most days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

In the event of inclement weather Genesis Innovation Academy will make all reasonable attempts to conduct **indoor recess**. Teachers and staff will follow indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education instruction. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Elementary and Secondary)

GIA recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. Genesis Innovation Academy recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Genesis Innovation Academy will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

Genesis Innovation Academy will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

Genesis Innovation Academy offers opportunities for students to participate in physical activity after the school day through a variety of methods. We will encourage students to be physically active after school by participating in clubs, physical activity in aftercare, and sports.

V. Other Activities that Promote Student Wellness

Genesis Innovation Academy will promote health and wellness with extra-curricular opportunities that require physical activity and/or health education, which could include, but not be limited to: sports, martial arts, scouting, running/fitness/aerobics clubs, etc. All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be complementary of the wellness policy.

Community Health Promotion and Engagement

Genesis Innovation Academy will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Genesis Innovation Academy will use electronic mechanisms (such as email or displaying notices on GIA's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

References

- ¹ Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.
- ² Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.
- ³ Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.
- ⁴ Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.
- ⁵ Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.
- ⁶ Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.
- ⁷ Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213.
- ⁸ MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.
- ⁹ Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.
- ¹⁰ Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.
- ¹¹ Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.
- ¹² Singh A, Uijtdewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.
- ¹³ Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.
- ¹⁴ Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063-1071.