

Gettysburg School District Wellness Policy

The Gettysburg School District (GSD) promotes healthy schools by supporting wellness, good nutrition, regular physical activity, mental health, and a healthy learning environment as part of the total learning experience. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. A healthy, well-nourished, and physically active child is more likely to be academically successful.

The Gettysburg School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of GSD that:

- The School District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing District nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at GSD should meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- To the maximum extent practicable, GSD will participate in available federal school meal programs such as the School Breakfast Program and the National School Lunch Program.
- GSD will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

Policy Goals

School Meals

Meals served through the National School Lunch and School Breakfast Programs should:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by the local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%, 2%) and fat-free milk and nutritionally-equivalent non-dairy alternatives;
- When possible, ensure that a portion of the served grains are whole grain.

Breakfast

- GSD will, to the extent possible, operate the School Breakfast Program.
- GSD will notify parents and students of the availability of the School Breakfast Program.

- GSD will encourage parents to provide a healthy breakfast for their children through newsletters, take-home materials, or other means.

Free and Reduced-Price Meals

The Gettysburg School District will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, GSD may utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use non-traditional methods for serving school meals.

Meal Times and Scheduling

- GSD will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- GSD should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 a.m. and 1:00 p.m. if possible.
- GSD should not schedule tutoring, club, or organizational meetings for activities during mealtimes, unless students may eat during such activities.
- GSD will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- GSD should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

Sharing of Foods and Beverages

The Gettysburg School District will discourage students from sharing their food and/or beverages with one another during meal or snack times.

Nutrition Education and Promotion

The Gettysburg School District aims to teach, encourage, and support healthy eating by students. GSD should provide nutrition education and engage in nutrition promotion that:

- Is offered as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and electives;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services; and
- Includes training for teachers and other staff.

Physical Activity Opportunities and Physical Education

- Physical Education (P.E.) – All physical education will be taught by a certified teacher. Student involvement in other activities involving physical activity should not be substituted for meeting the physical education requirement. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Daily Recess – All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which teachers should encourage moderate to vigorous physical activity both verbally and through the provision of space and equipment. GSD should discourage extended periods of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long period of time, teachers should give students periodic breaks during which they are encouraged to stand and be moderately active.
- Physical Activity Opportunities Before and After School – When possible, the elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or open gyms. High school and middle school will offer interscholastic sports programs. GSD will offer a range of activities that meet the needs, interests, and abilities of all students, including boys and girls, students with disabilities, and students with special health-care needs.
- Teachers and other school and community personnel will be encouraged to not use physical activity (e.g., running laps, pushups) or withholding opportunities for physical activity (e.g., recess) as punishment.

School food service staff will ensure compliance with nutrition policies with school food service areas. A committee will be formed to review and update this policy.