

GOAL Academy Policy Wellness Policy

Section: A – Foundations & Basic Commitments

Policy Number: A-1

Policy Name: Wellness Policy Approval Authority: Board of Directors

Responsible Executive: Chief Executive Officer

Responsible Office: Human Relations

Originally Issued: 11/28/17

Revisions: 7/31/18, 5/12/22

1. Policy Statement

- a. GOAL Academy and GOAL Academy Board of Directors recognize that students and staff need to be physically active and eat nourishing food to grow, learn and maintain healthy development. It further recognizes that a significant body of research indicates a positive correlation with optimal health, learning, and academic success.

2. Reason for Policy

- a. GOAL Academy is committed to the health and wellness of both staff and students.

3. Who should read this Policy

- a. This policy applies to all employees and students of GOAL Academy.

4. Related Documents

5. Contacts

- a. Director of Human Resources

6. The Policy

The school will maintain a state-wide Wellness Committee. The purposes of the committee shall be to monitor the implementation of this policy, evaluate the school's progress of the policy's goals, serve as a resource to sites (i.e., provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy as the committee deems necessary and/or appropriate.

Representatives of the following groups but not limited to will sit on this committee: School Administrators, Administrative Assistants, Regional Managers, Teachers, Board of Education, Human Resource/Relations representatives, School Health Professional, Parent(s), and Student(s). The Wellness Committee will meet a minimum of four times per school year and report to the school board through the Director of Human Resources at least once a year. The Director of Human Resources or designee will serve as committee chair.

To further the Board's beliefs stated above, the Board adopts the following goals:

Goal #1: Nutrition – The school will support and promote nutrition education, healthy nutrition choices, proper dietary habits contributing to student's health status and academic performance to include the federal government guidelines.

Goal #2: Wellness Education – The school will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors including nutrition, physical activity and mental health for staff and students.

Goal #3: Physical Activity – The school will provide opportunities for staff and students to engage in physical activity.

The Wellness Advisory Committee shall provide guidelines for building leaders on best practices for supporting school wellness.

These guidelines will be reviewed and revised as needed at a minimum of one time per year.

