Education and activities designed to foster healthy lifestyles are essential for students to achieve their full potential. The Grand Island Public Schools supports guidelines developed by the Alliance for a Healthier Generation Framework to foster a healthy school environment. These guidelines address the six main components of the Alliance for a Healthier Generation Framework: 1) healthy school meals, 2) healthy competitive food and beverages, 3) health education, 4) employee wellness, 5) physical education, and 6) student wellness.

1. Healthy School Meals
Grand Island Public Schools believes proper nutrition is critical to the educational process. GIPS shall offer breakfast and lunch to all students following the nutrition guidelines set by the USDA. (http://www.fns.usda.gov/child-nutrition-programs)

**GIPS school meals program shall:**
- provide a welcoming environment for students' mealtime with adequate time to sit and eat (a minimum of 20 minutes, not including time spent washing hands or standing in line is recommended);
- allow students to converse with one another to enjoy the social aspect of mealtime;
- welcome family members and mentors to eat a school lunch with their student;
- not withhold food or utensils as a form of punishment; and
- provide potable water which is easily accessible and available at no cost during meal time.

**Before/After School Programs**
Snacks provided with GIPS funds for before and after school programs (eg. ASP, Reading Together, . . .) will meet USDA Nutrition Standards for Competitive Foods.

2. Healthy Competitive Food and Beverages
Grand Island Public Schools defines Competitive Food and Beverages as food and beverages sold or provided to students outside of the school meals program during the regular and extended school day. Competitive food and beverages shall meet or exceed the USDA Nutrition Standards for Competitive Foods. This includes a la carte, vending, snack foods, school stores, and fundraising.

**Food/Beverage Fund-Raisers**
School sponsored fundraising (eg. Hulas, DC Diplomats, . . .) items to be sold shall follow GIPS Fundraising Policy and Guidelines found on the GIPS website. Autonomous organizations (eg. Booster Clubs, Parent/Teacher Organizations, . . .) are encouraged to follow USDA Nutrition Standards for Competitive Foods when selling food and beverages. Proceeds from competitive food and beverage sales occurring one half hour before to one half hour after meal periods shall be directed to Nutrition Services to maintain the integrity of the GIPS Nutrition Services Program.

**Vending**
All vending machines in schools shall meet USDA Nutrition Standards for Competitive Foods.

**School Snack Sales**
All school snack sales (eg. Team Snacks during school hours) shall meet USDA Nutrition Standards for Competitive Foods.

**Incentives and Rewards:**
Meals, snacks, and beverages shall not be used as an incentive or reward. A list of alternative rewards can be accessed on the GIPS Website.
Classroom Celebrations (Birthdays, Holidays, Etc.)
Due to food safety concerns, all food items provided to students must be healthy and commercially pre-packaged.

A list of healthy pre-packaged food items and a list of alternative non-food items can be accessed on the GIPS Website.

Concessions:
Autonomous groups organizing concessions are encouraged to provide healthy food and beverage choices. Groups can collaborate with the Central District Health Department to plan concession fare options.

3. Health Education
Grand Island Public Schools shall teach healthy living skills and nutrition education as part of the regular instructional program. These programs provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention as outlined by the National Health Education Standards (Center for Disease Control).

Instructional Topics
GIPS shall address behaviors that contribute to major causes of death and diseases, including, but not limited to the following topics:

- Physical and Personal Wellness
  - Asthma awareness
  - Nutrition and dietary behavior
  - Physical activity and fitness
  - Sexual Risk Behavior: HIV, STI/STD, Teen Pregnancy Prevention

- Emotional and Social Wellness
  - Emotional and mental health
  - Communication, goal setting, organizational skills and decision-making skills
  - Stress management

- Prevention and Risk Management
  - Alcohol and other drug-use prevention
  - Foodborne illness prevention
  - Injury prevention and safety
  - Suicide Prevention
  - Tobacco-use prevention
  - Violence prevention

Instructional Time
GIPS shall provide the minimum health education requirements to meet Bronze Level as identified by the Alliance for a Healthier Generation Framework:
- Pre-K to Grade 2 = minimum of 30 minutes per week
- Grades 3 to 5 = minimum of 40 minutes per week
- Middle School = One grade for 9 weeks
- High School = One grade for 9 weeks

4. Employee Wellness
The Grand Island Public Schools is committed to promoting and supporting the health and well-being of its employees by encouraging a culture of wellness and physical activity. Grand Island Public Schools shall:
- provide an Employee Assistance Program (EAP) for all employees;
- sponsor at least two wellness and/or physical activity events each year;
• incorporate a low impact physical activity into all meetings, professional learning activities, and celebrations hosted by GIPS - the staff member in charge of the meeting shall be responsible for incorporation of the activity; and
• if needed, provide healthy food and beverages that meet *USDA Nutrition Standards for Competitive Foods* at meetings, professional learning activities, and celebrations.

5. **Physical Education**
Grand Island Public Schools recognizes that physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. A physically educated person:

*Standard 1:* Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

*Standard 2:* Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

*Standard 3:* Participates regularly in physical activity.

*Standard 4:* Achieves and maintains a health-enhancing level of physical fitness.

*Standard 5:* Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

*Standard 6:* Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Recess and any other physical activity time will not be taken away as punishment.

GIPS shall provide the minimum physical activity requirements to meet Bronze Level as identified by the *Alliance for a Healthier Generation Framework: Guidelines for Physical Activity*:

- Elementary – 60 min/week (average minutes/week)
- Middle School – 90 min/week (average minutes/week)
- High School – Based on one half year of Physical Education

6. **Student Wellness**
Grand Island Public Schools promotes academic achievement by providing a broad scope of services from qualified staff to improve the mental and physical health of students.

• Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the school district and community organizations.
• The district shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and community.
• A coordinated program of accessible health services shall be provided to students and shall include violence prevention, school safety, communicable disease prevention, health screening, community health referrals, immunizations, parenting skills, first aid, and other priority health education topics.
• The healthy school environment shall include:
  • Pre K-5 Counseling Sessions and 6-12 counseling support
  • 6-8 Nutrition/Wellness Course (formally FCS)
  • Pre K-12 Social Workers in all schools
  • Well Managed Schools Model and Positive Behavior Supports Curriculum
  • Policies: Bullying/Harassment, Dating Violence, Abuse, Appropriate Use of Electronic Media
• Events that promote physical activity and offer only healthy food and beverages

Healthy, Hunger-Free Kids Act:
42 U.S.C. 1779(a), emphasis added.
42 U.S.C. 1779(b).