

The Wellness policy of GACC was updated on 5/13/2023 to meet the new guidelines and goals of the Nebraska Department of Education's Lunch Program.

Daily the students are offered a variety of fruits and vegetables as required by the program. The serving sizes recommended by the program also meets the guidelines. A copy of these guidelines is available for viewing. The guidelines are stored in the office next to the kitchen. There is also a water station with a water jug and cups for anyone that would like water.

Students in Grades Prek-6 attend Physical Education classes twice a week. Students in Grades 7-8 attend Physical Education classes daily. Their parents are given a syllabus at the beginning of the year explaining what the students will be learning and the expectations in the class. Students in Grade 9 attend Physical Education and Health class daily. They also receive a syllabus at the beginning of the year explaining what they will be learning and the expectations. Both the student and their parents sign the syllabus. We also offer Lifetime Activities classes and Weightlifting classes to the upper grades. They receive and sign a syllabus as well. New this year, we changed the lunch time period for grades 7-12. After the students finish their lunch, they are able to go to the gym or practice field where they are supervised so they are able to participate in activities or walk. A large percentage of the students participate in athletic practices/competitions during the year also.

The high school has added some additional nutrition classes. The students learn how to cook everyday items and try new items as well. They also compare labels and learn how to read the nutrition facts.

The cooks decorate the lunchroom for holidays and other special occasions and offer food to celebrate different events or "decorate" edible items for the occasions. There are also posters hanging in the lunchroom and new items to try are posted on their bulletin board.

Students in Grades Prek-3 have a recess following their lunch and in the morning and afternoon where they are encouraged to participate in group or individual games and activities. Grades 4-6 have a recess following their lunch where they also are encouraged to participate in games or activities. In addition to the nutrition provided and the physical education classes, more classes are taught by the local extension office both in the school classrooms and in the community. A list of the extra classes taught at each grade level is available for viewing. This list is stored in the binder in the rectory where the books and paperwork for the lunch program is also stored.

The goals of the School Wellness Program are to continue to promote healthy lifestyles in the schools. The school follows the guidelines and updates from the Nebraska Department of Education National School Lunch Program. The School Wellness Program will be enclosed in the family envelopes that are sent home at the start of the school year. Any new information and/

or updates will be sent home to each family when additional family envelopes are sent home. The elementary school sends family envelopes home every Tuesday and the junior high and high school family envelopes are posted on the school site each month. The elementary envelopes require parent signatures on the envelopes when they are returned to the school. The junior high and high school students and their parents receive a beacon and an email when the newsletter is posted on the school site.

The updates and revisions to the wellness policy are made before each school year; any changes are implemented at the beginning of each school year whenever possible but can be updated at any time deemed necessary to inform the public of changes.

When updating the policy, the public can view the meal patterns, rules for vending, the nutritional information on snacks served and list of approved snacks for the smart snack list.

GACC does not offer breakfast but they do offer the vegetable and fruit bar at every lunch period. There is no additional charge for seconds at the vegetable and fruit bar.

All fundraising must be approved by the administration, whether they are edible or non-edible items. There are posters hung in the lunchroom promoting healthy choices. They are replaced as new ones are made available.

The wellness policy is available to anyone upon request; it is also posted for viewing in both schools and in the lunchroom, next to the Civil Rights Statement. The school board, parents, students, teachers, and stake holders can view the policy at any time in either the posted areas or request a copy from the administration.

The wellness committee isn't as large as some as we are a small school and do not have a school nurse, multiple administrators, etc. but we have a wide variety of area members.

The latest revisions of the policy are available to the public where they will be able to see the revision and the families will receive it in the first fall family envelope sent home in August of 2017 and every August thereafter. The policy will continue to be revised as needed or as any changes are made to improve the wellness and activity of the students. School Wellness Policy adopted 8/1/2015 Reviewed 5/3/2023 Updated and Revised 5/13/2023