



## Great Oaks Academy Wellness Program

Our mission and vision in academia is aligned with our goals for wellness and health. We want to foster a strong sense of healthy living through a robust mind and wholesome physical bodies through education and engagement.

Great Oaks Academy is dedicated to the optimum progression of each and every student as a Whole. The Whole School, Whole Community and Whole Child sets the stage for success for all our students in all aspects of life:

1. Physical education and activities
2. Nutrition ecosystem and services
3. Health advocacy and education
4. Social/emotional environment
5. Physical surroundings
6. Health services
7. Psychological and social services and support
8. Staff wellness
9. Community participation
10. Family engagement

Great Oaks Academy understands that good nutrition, appropriate hydration and physical activity will produce better academic performance. This is a formula for promoting and improving our mission in education. This policy will outline the map for our students, staff and community to be healthier citizens. The school is committed to creating guidelines and providing opportunities for students to have access to healthy foods and to be involved in physical activities (before, during and/or after school) on a regular basis. This partnership with physical activities and healthy eating coupled with psychological and social wellness, will be key components to increasing the ability to learn, retain more knowledge, increase attendance and maintain focus. These policies and practices will apply to all students and staff. The purpose, specific measurable goals, and results are outlined in each section below.



## Wellness Committee

### *Role and Membership*

The role of the Wellness committee will be to implement, update, review and manage school health and wholeness policies and programs regularly. The Wellness Committee will meet a minimum of tri-annually (at least 3 times a year).

The committee membership will reflect the whole school and its parts including but not limited to (the degree possible): school nutrition program representatives, physical education teachers, school health professionals, mental health/social services staff, administrators, school board members, community health professionals, parents, students and the general public. This representation will mirror the diversity of the community (as much as possible).

The Co-Chairs of the committee will be responsible for development of the policy and the updates to policy. They will also ensure that each division is compliant with the policy.

The designated officials for oversight are:

Bernie Mertes  
Licensed school nurse

Tracy Barry  
Food service coordinator  
651-615-4699



## Members

Name	Role
Bernie Mertes	Licensed School Nurse
Robert Carpentier	Activities Director
Bruce Flees	PE Teacher
Tracy Barry	Food Service Coordinator
Brittany Flicek	Administrative Assistant
Community Member	Open
Kristin Grosse	Administrator
Parent	Open
Student	Open
General Public	Open

## Commitment & Duty

The Wellness Committee will establish and cultivate an environment promoting mental, physical and social wellness within our school through the development and execution of a wellness policy/program. The plan will lay out the duties, roles, specific goals and timelines for each division. The plan and progress will be updated in each meeting and online after each meeting.



### *Documentation*

The Wellness Committee will take notes and record the minutes from each meeting. These notes will be retained and progress updates or implementations will be updated on the Great Oaks website. The policy will be available on the website and accessible to the public. The wellness Committee will operate in transparency and provide all the information regarding timelines, participants and assigned responsibilities. The Great Oaks family and community will receive communications and/or website updates.

The Wellness committee will have an annual review of the policy/program to assess the need for modifications or new implementations/practices based on the needs of students, technological or scientific advances and/or state or federal regulation adjustments or developments.

### **Nutrition/Sustenance**

Great Oaks Academy is devoted to serving delicious healthy meals to our students. Those meals will offer students fruits, vegetables, whole grains, meat/meat alternatives, fat-free or low-fat milk, moderate in sodium and low in saturated fat. These meals will meet or exceed the nutrition standards of the Minnesota Department of Education as well as the National School Lunch Program guidelines. Students will be provided a reimbursable meal for breakfast and/or lunch. Monthly menus will be posted on the Great Oaks website as well as the Hotlunch Website. All staff members serving will be trained on serving size requirements for all components offered and selected.

### **Training**

All School Nutrition Program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements based on the USDA professional standards for child nutrition professionals as well as the Minnesota Department of Education NSLP program classes. These classes will be documented and kept in their personnel files.

### **Physical Activity**

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as those involving screen time;



2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
4. There will be various co-curricular opportunities for students in grades 5-12 to engage in physical activity including soccer, cross country, volleyball, basketball, baseball, softball, cheer and track and field.
5. Students in grades 5-9 will participate in at least 100 minutes of physical activity daily. A substantial percentage of this can be provided through a comprehensive physical activity program with guidance from (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components of:
  - a. A quality Physical Education program as the foundation
  - b. Physical activity before, during and after school - (K-5 students will have a 30 minute physical education course, 2-3 times per week). There are three sections for each grade broken down as A, B and C in 40 minute intervals. This rotation is also used with Music and Latin. Potentially the physical education time can vary from 80 to 120 minutes per week in the Grammar School.
  - c. Staff involvement
  - d. Family and community engagement

The Physical Education Curriculum Analysis Tool (PECAT) is a self-assessment and planning guide developed by CDC. It is designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based upon national physical education standards.

Great Oaks Academy School of Grammar students will have recess every day for 20 minutes. This allows each grade to average 100 minutes of recess activity weekly with the additional opportunity for 25 minutes of recess activity daily before the initial start of learning for a potential of 225 minutes per week.



In the grammar school, recess and Physical Education combined would have a potential of 305 minutes to 345 minutes of physical activity, bringing the average to 60-69 minutes of activity daily per student.

Great Oaks Academy will also use Dr. Robert Pangrazi's PE curriculum which emphasizes student activity.

#### Communications with Parents

1. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. The school will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

#### School-based activities to promote student wellness goals

According to the CDC Collection of Evidence-Based Practice (2023), children and adolescents with good nutrition, adequate hydration and physical activity before, during and after school are correlated with positive student academic outcomes. Great Oaks Academy will incorporate these practices to achieve the maximum results for all students.

Offering morning recess prior to the start of the school day and after lunch for grades K-5 as weather permits.



- Grades 5-9 will participate in physical education and increased outside activities as academic schedule and weather permit. There will also be options for extracurricular activities after school hours.
- The option to have a water bottle in the classroom and/or access to drinking fountains will help encourage adequate hydration.
- Staff members are encouraged to model healthy nutrition and activity behaviors within the school by participating in physical activity and nutritional food choices as possible.

Great Oaks Academy will be diligent in verifying immunization records upon enrollment.

## References

1. Calo, W. A., Hivner, E. A., Hoke, A. M., Keller, C. M., Lehman, E., & Kraschnewski, J. L. (2023). The Healthy, Immunized Communities Study: A pilot intervention to increase parents' intentions to get vaccines for their middle school children. *Vaccine: X*, 13, 100273–100273.  
<https://doi.org/10.1016/j.jvacx.2023.100273>
2. *Collection of Evidence-Based Strategies for School Nutrition and Physical Activity | Healthy Schools | CDC*. (2023, September 6). [Www.cdc.gov](https://www.cdc.gov/healthyschools/evidence_based_strategies.htm).  
[https://www.cdc.gov/healthyschools/evidence\\_based\\_strategies.htm](https://www.cdc.gov/healthyschools/evidence_based_strategies.htm)

