

Give Every Child A Chance

Wellness Policy Key Points



Our Vision: Health Matters to All in Our Community:

We at GECAC actively promote healthy lifestyle choices by supporting the emotional and physical health of staff, students, families and the greater community. In supporting healthy behaviors, GECAC demonstrates to all partners, students and staff that good health is a vital mission to success.

We Promote a Healthy Site Environment:

Each site and site staff will reinforce students' healthy behaviors with healthy messaging, healthy role-modeling, making information on healthy living available to parents, and giving students a choice/voice on what is in their site environment.

We Teach Meaningful Nutrition and Health Education:

Regular nutrition education, based on USDA and California Department of Education, will be conducted during the ASAP Program. Nutrition education will be extended to parents through various outreach avenues. We will include Social-Emotional Learning.

We Ensure Opportunities to be Active and Learn About Physically Activity:

GECAC's goal is to include a minimum of 30-60 minutes of physical activity each school day, not only during P.E., but also during transitions, study breaks, and other uncommitted time. Students will learn skills that promote life-long physical activity.

We Develop Our Staff to be Healthy Role Models:

Staff will receive training, development, resources and support on health curricula, healthy decision-making and healthy environment creation.

We Partner With Others in the Community:

GECAC staff and administration will work together to establish and maintain relationships with students, parents, school-day staff, key community organizations and other stakeholders to ensure our Wellness Policy is well supported and implemented.