

# Gateway Learning Academy, LLC

Newsletter

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We are excited to let you know about our participation in the “Gold Sneaker Initiative”. The Gold Sneaker Initiative was developed by the Tennessee Department of Health to enhance policies related to health and wellness within licensed child care providers across Tennessee. By integrating nutrition and physical activity into our children’s daily routine, children receive repeated exposure to information and principles for healthy living. It is this repeated exposure and experience with nutrition education and physical activity that will influence children in a positive way. Children will begin to understand that nutrition and activity are a regular and essential part of each day, thus reinforcing a lifetime of healthy habits. The Gold Sneaker policies to enact will include minimum requirements on physical activity, sedentary activities, breastfeeding, meal time, behaviors, portion sizes, and a tobacco-free facility. In addition, we have outlined special rules that must be adhered to in the academy to ensure the safety of our child.



## Gold Sneaker Policies

### Physical Activity Policies

#### Policy 1:

Children attending less than a full day program shall be offered a proportional amount of the physical activity time as required by TDHS licensure rules. Physical activity for children ages three years and older must be a balance of structured and unstructured play, both indoors and outdoors (weather permitting) utilizing age appropriate activities.

#### Policy 2

Providers shall provide education (i.e., via parent meetings, provider newsletter articles, sharing of educational video resources, etc.) to families twice each year that addresses the importance of limiting screen time according to current American Academy of Pediatrics policy and the development of a Family Media Plan.

#### Policy 3

Children shall not be allowed to remain sedentary or to sit passively for more than 60 minutes continuously, except for scheduled rest or naptime. Child care director shall take Go NAP SACC Self Assessments (Infant and Child Safety Physical Activity & Screen Time) to compare their physical activity practices to best practice standards.

#### Policy 4:

Child care providers must ensure physical activity is a positive experience for children and that it is never used negatively or to control behavior.

### Nutrition Policies

#### Policy 5

Providers shall ensure appropriate infant and child feeding patterns, including breastfeeding. All educators shall be trained to: advocate for breastfeeding, safely prepare expressed breastmilk for feeding, feed infants according to their individual needs, and store expressed breast milk properly. Providers shall publically display their support for breastfeeding infants and mothers by posting signage or other publically facing information (i.e., participate in Breastfeeding Welcomed Here through the TN Department of Health or Team Nutrition resources for new and expectant moms about breastfeeding).

## Policy 6

Child care educators shall ensure appropriate infant and child feeding patterns, including adequate time for snack and meal consumption and age-appropriate portion size. Child care educators shall provide education to families twice each year (i.e., via parent meetings, provider newsletter articles, sharing of educational video resources, etc.) that addresses nutritional learning experiences, with a focus on adequate time for snacks and meals and age-appropriate portion size. All eating opportunities shall consist of a respect for the child and promotion of a positive attitude toward food. Child care educators shall apply evidence-based early food preference learning strategies such as introducing healthy foods, repeatedly pairing new healthy food choices with foods children already like and modeling consumption and enjoyment of healthy foods.

## Tobacco-Free Campus Policy

### Policy 7

The child care provider campus shall be free of all tobacco and tobacco-related products, including smoking, smokeless and electronic products. The campus is inclusive of all vehicles used to transport enrolled children, all outdoor spaces, and all indoor locations, whether or not children are present. Child care employees and volunteers may not use tobacco or tobacco-related products while off-campus at provider-related activities (i.e. fieldtrips, walks, and all other outdoor activities). Employees who use tobacco products while off campus are required to change clothes and wash hands thoroughly prior to interacting with children. “No Smoking” signs shall be posted conspicuously at each child care provider entrance, as required by state law.

### More:

- The daily **cut-off time** at Gateway Learning Academy, LLC is **8:30 a.m.**, and if for some reason you are running late. **Please take the time to call the center by 7 a.m. at 901-774-9553 and** feed your child and understand if you fail to call in staffing is determined at 8:30. **Unneeded staff members** are sent home if ratio has been met by 8:30 and that mean we cannot accept your child if we have not heard from you to include him or her in the ratio for the day. We can't be **out of compliance at no time**, so if you child causes us to be out of ratio. He or she will not be allowed to check in for that day.
- All children must wear **shoes that cover the whole foot**, not cut outs, flip flops, house shoes, socks, etc. and **no beads in their head**. ***Due to the safety of all children on the playground and in the classroom***, we must do all that we can do to ensure and take all precaution to protect the children in our care. As you know, the beads tend to fall off and present a choking hazard.
- *According to the Fire Marshall's regulations*, there should be **no parking directly in front of the building for no length of time**. We are asking everyone to **secure a parking space** before exiting your vehicle.
- **If your child is allowed to come after 8:30, he or she must eat breakfast before arrival to the center**. The breakfast is served from 6:30 – 8:30 which is outlined by our food program with the state. This agreement is made with the state each year (our designated food serving times- breakfast: 6:30- 8:30a.m., lunch 10:45- 12:45 p.m., and snack: 2:30 -4:30 p.m.). **Our food program is a state funded program and we must adhere to all components of the policies**.
- Finally, if you are **smoking any type of drugs**, please do not pick any children up that day. The **smell** is too much **at the door** and for our children and other clients. In addition, you are exposing the child that you are picking up to that environment.
- Please don't forget to **wear your mask and to sanitize your hands** at the door, and any **temperature over 100**, will be turned around at the door.
- As always, we are thankful for your co-operation in these matters and thanks for the opportunity to serve your family.