
SECTION: J - Students
POLICY TITLE: School Wellness
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TABLE OF CONTENTS

1. PURPOSE AND PHILOSOPHY
 2. NUTRITION EDUCATION
 3. PAYING FOR MEALS
 4. SUICIDE PREVENTION
 5. VENDING MACHINES
 6. FOOD SAFETY AND SECURITY
 7. SCHOOL FOODSERVICE OPERATION
 8. OTHER SCHOOL BASED ACTIVITIES
 9. PHYSICAL ACTIVITY
 10. PHYSICAL EDUCATION
 11. PUBLIC INVOLVEMENT
 12. NON-DISCRIMINATION
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1. PURPOSE AND PHILOSOPHY

The Utah County Academy of Sciences (UCAS) is committed to promoting healthy students by supporting wellness, good nutrition, and regular physical activity as part of the total educational environment. UCAS supports a healthy atmosphere where students learn and participate in positive dietary and lifestyle practices. It is understood that a school contributes to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance and helps each student to reach their full potential. To help accomplish these objectives, the UCAS Child Nutrition Program will comply with federal, state, and local requirements. Service will be accessible to all students.

2. NUTRITION EDUCATION

- 2.1. UCAS will encourage that nutrition education be part of an integrated curriculum in all health and PE courses taken in grades nine through twelve. Nutrition standards will be based on the current Dietary Guidelines for Americans. Foods made available to students will offer variety and contain nutrients for optimal growth and development based on these guidelines.
- 2.2. Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and/or social studies.
- 2.3. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the local community.
- 2.4. Foods:
 - 2.4.1. All foods made available will adhere to food safety and security guidelines. This includes school meals, a la carte, vending machines, beverage contracts, fundraisers, student stores, and school parties/celebrations/activities. All foods will be compliant with federal and state government standards.

- 2.4.2. The effects of caffeine will be addressed as part of the health curriculum.
- 2.4.3. They will meet the national school lunch program requirements before, during, and 30 minutes after the school day.
- 2.4.4. Food offered to students in the lunch serving area during the lunch period will be coordinated with the School Food Service personnel from the contracting school or organization.
- 2.4.5. All vending contracts must be approved by the UCAS administration.
- 2.5. Environment: The school environment must be safe and comfortable allowing ample time and space for eating meals.
- 2.6. Physical Activity:
 - 2.6.1. Physical activity inside and outside of physical education classes will be encouraged.
 - 2.6.2. Physical activities before, during, and after school, will be encouraged.
 - 2.6.3. Physical activity will not be used for reward or punishment.
 - 2.6.4. Students will be encouraged to use safe walkable and bike-able routes to come to and from school, when available.
- 2.7. Employee: Education staff shall not deny a student participation in lunch time as a form of discipline or punishment. Healthy snacks will be encouraged and modeled by classroom teachers during school hours.
- 2.8. School-Based Activities: Except for infrequent school parties, activities, or fundraisers, all school based activities are to be consistent and support the local wellness policy guidelines.
- 2.9. Implementation of this policy will be reviewed with the Board of Trustees annually. Consideration for recommendations of guideline changes will be made if deemed appropriate.
- 2.10. Evaluation: UCAS will inform and update the public (including parents, students, and others in the community) about the content and implementation of the wellness policy.
- 2.11. UCAS will measure periodically and make available to the public, on the school's website, an assessment of the local wellness policy, including:
 - 2.11.1. the extent to which UCAS is compliant with the local wellness policy;
 - 2.11.2. the extent to which UCAS's policy addresses state and federal requirements and;
 - 2.11.3. the progress made in attaining the goals of the local wellness policy.

3. PAYING FOR MEALS

- 3.1. See the UCAS Meal Charging Procedure for information about how students will be charged for meals and procedures for unpaid meal balances.
- 3.2. Information about free and reduced meals will be distributed during each registration window at the beginning of the school year.

4. SUICIDE PREVENTION

- 4.1.** In collaboration with the Utah State Board of Education's public education suicide prevention coordinator, UCAS, being a secondary grades charter school, shall implement a youth suicide prevention program. UCAS will use the school counselors as the designated public education suicide prevention coordinator of the school, and shall, in collaboration with the training, programs, and initiatives described in Section 53G-9-607, include programs and training to address:
 - 4.1.1.** bullying and cyberbullying, as those terms are defined in Section 53G-9-601
 - 4.1.2.** prevention of youth suicide;
 - 4.1.3.** increased risk of suicide among youth who are not accepted by family for any reason, including lesbian, gay, bisexual, transgender, or questioning youth;
 - 4.1.4.** youth suicide intervention;
 - 4.1.5.** post-vention for family, students, and faculty;
 - 4.1.6.** underage drinking of alcohol;
 - 4.1.7.** methods of strengthening the family; and
 - 4.1.8.** methods of strengthening a youth's relationships in the school and community.
- 4.2.** The designated public education suicide prevention coordinator shall:
 - 4.2.1.** oversee the youth suicide prevention programs of UCAS; and
 - 4.2.2.** coordinate prevention and post-vention programs, services, and efforts with the state suicide prevention coordinator.

5. VENDING MACHINES

- 5.1.** UCAS recognizes that students need adequate and nourishing food in order to grow, learn and maintain good health. The Board of Trustees also recognizes that vending machines in school provide an opportunity for students and others to purchase snacks without the necessity of leaving the school campus. UCAS encourages the placement of food and beverage vending machines in the school. Food and beverages provided in vending machines will be compliant with all child nutrition and Smart Snack standards.
- 5.2.** Proceeds from vending machines governed by this policy at the Provo campus shall be used in the support of school programs, which benefit students. This use may include the purchase of books, supplies, equipment, assemblies, rewards, incentives, school-wide activities, activity supervision, campus clean up, the promotion of healthy food choices, and the encouragement of appropriate disposal of litter. Proceeds may also be used to support teacher training.

6. FOOD SAFETY AND SECURITY

- 6.1.** All foods made available will comply with state and local food safety and sanitation regulations.
- 6.2.** Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in school.

- 6.3. For safety and security of the food facility, access to the foodservice operation is limited to child nutrition staff and authorized personnel.
- 6.4. Food allergy procedures will be followed.
- 6.5. Upon request and after disclosure, waiver forms are signed, nutrition information for products offered will be made available from the UCAS kitchen.
- 6.6. UCAS will obtain at least two safety inspections each year, which will be conducted by a state or local agency responsible for food safety inspections.

7. SCHOOL FOODSERVICE OPERATION AND FOODS PROVIDED

- 7.1. The UCAS Child Nutrition Program will aim to be financially self-supporting. Budget neutrality of profit generation will not take precedence over the nutritional needs of the students. If subsidy of the program is needed, it will not be from the sale of foods that have minimal nutritional value.
- 7.2. Before employment, all food service employees shall obtain a food handlers permit and will be encouraged to attend the additional sanitation and food safety courses.
- 7.3. School nutrition/food service employees shall, whenever feasible, obtain certification or credentials from an approved program, including but not limited to School Nutrition Association (SNA) certification, within the first five years of employment.
- 7.4. Foods provided through the nutrition program will meet Dietary Guidelines for Americans. They will offer a variety and contain nutrients for optimal growth and development based on these guidelines. Student shall be provided with sufficient time to consume meals at school with at least 20 minutes for lunch and 10 minutes for breakfast from the time the student is seated.
- 7.5. The child nutrition program will support the integration of healthy habits and nutritious eating in health and PE courses.
- 7.6. Local foods will be purchased when available through state provision and funding programs.

8. OTHER SCHOOL BASED ACTIVITIES

- 8.1. After school program will encourage physical activity and practice healthy life-style habits.
- 8.2. School Wellness Policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).

9. PHYSICAL ACTIVITY

- 9.1. UCAS will encourage additional time to be allotted for physical activity (in addition to physical education) that is consistent with research, national and state standards (150 minutes per week).
- 9.2. UCAS will encourage families and community members to institute programs that support physical activity.
- 9.3. Physical activity on school grounds will provide a safe environment.
- 9.4. UCAS shall work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their away-from-school time.

10. PHYSICAL EDUCATION

- 10.1.** UCAS will make effective use of school and college/university resources to better serve the needs of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels.
- 10.2.** UCAS's physical education program shall be consistent with Utah State minimum standards

11. PUBLIC INVOLVEMENT

- 11.1.** UCAS encourages teachers of physical education and school health professionals as well as parents, students, and representatives of the school food program, the school Board of Trustees, school administrators, and the public to participate in the development of wellness policies.
- 11.2.** The Wellness Team will be composed of the School Community Council members plus others who will be invited or desire to participate. The Team will work on the development of the UCAS wellness policy including the implementation of the UCAS wellness policy with periodic review and updates. A UCAS school official will be assigned to ensure that UCAS complies with their school wellness policy.
- 11.3.** The Team will meet every three years.
- 11.4.** The triennial assessment results will be made available to the public and will include the extent of compliance and a description of progress being made to attain compliance.
- 11.5.** This and other relevant policies will be updated based on the results of the triennial assessment.

12. NON-DISCRIMINATION

- 12.1.** In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.
- 12.2.** Persons with disabilities who require alternative means of communication for program information (i.e. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.
- 12.3.** To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:
 - 12.3.1.** Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
 - 12.3.2.** Fax: (202) 690-7442; or
 - 12.3.3.** Email: program.intake@usda.gov

12.4. This institution is an equal opportunity provider.

REFERENCES

UTAH CODE ANN. § 53G-9-601, et seq.
UTAH ADMIN. CODE R277-700-6(14)
Utah Admin. Code R277-719
Utah Admin. Code R277-727
7 CFR 210 – 225
USDA Smart Snack Standards
UCAS Lunch Charging Procedure

FORMS

None

HISTORY

Revised – August 20, 2024. Added information about breakfast. Added information about the wellness committee. Section three was added. Amendments to clarify the emphasis of physical activity was added.

Revised – November 28, 2023. Removed section describing Physical Education state core curriculum. Removed language about UVU vending machines. Minor grammar and title updates.

Revised – September 23, 2019. Added section 3.

Revised – February 15, 2019. Added sections on national school lunch program guidelines, vending machine compliance, and encouraging parent involvement.

Revised – March 19, 2016.

Revised - November 17, 2015.

Enacted – December 17, 2013.
