

## Wasatch Peak Academy Wellness Policy



*The purpose of this Policy is to ensure the best possible mental and physical health environment for the students of Wasatch Peak Academy.*

WPA's Board recognizes that there is a link between good health and a student's ability to learn effectively and perform at their highest academic potential. The Board also recognizes education and establishment of good eating habits, and a desire for physical activity, must begin at a young age. WPA is committed to providing nutritional education, physical activity, and a healthy learning environment for its students and staff.

- I. Nutrition and Fitness Advisory Committee: Under the direction of the Board and the Director, a Nutrition and Fitness Advisory Committee will be established to oversee wellness efforts, review wellness goals and WPA's progress towards the accomplishment of those goals, and, as necessary, recommend changes to this Policy. The Advisory Committee may consist of, but is not limited to, parents, students, food service manager, Physical Education teachers, Board members, the Director, teachers, health professionals, and members of the community. WPA will maintain a list of the names and contact information of the Advisory Committee members. WPA will also provide notice via WPA's website of how individuals can get involved with the Advisory Committee and otherwise participate in the development, implementation, and periodic review and update of this Policy.
- II. Nutritional Education Policy: The primary purpose of nutritional education is to build knowledge and skills that will help children make healthy eating and physical activity choices now and throughout their life. WPA will support this by doing the following:
  - a. Teaching and supporting healthy eating habits for students and staff by encouraging teachers, when possible, to use healthy nutrition facts in learning skills such as reading, writing, and math.
  - b. Promoting nutritional and physical awareness and healthy lifestyles with activities that may include physical education classes, after school sports clubs, and intramural sports at recess and after school.
  - c. Increasing awareness of healthy lifestyles such as regular medical and dental checkups.
  - d. Promoting safety in and out of the home by using local law enforcement and more.
  - e. Encouraging and educating parents in ways to provide healthy and affordable sack lunches.
- III. Physical Activity: The Board recognizes the importance of physical activity for student health and academic achievement. The Board encourages the Director to implement programs to ensure that students engage in healthful levels of vigorous physical activity to promote and develop each student's physical, mental, emotional and social well-being. The following goals are some of the ways WPA hopes to achieve this:

- a. Provide a wide variety of physical activities and introduce students to many different sports and ways of getting physically active. This may be done through PE, after school activities, extramural sports, or in the classroom.
  - b. Provide daily recess for all elementary students and fitness education weekly, schedule permitting.
  - c. Use a variety of subjects and innovative lesson plans to increase physical movement in the classroom, such as “brain breaks” where students can do jumping jacks and other exercises to get their blood flowing.
  - d. When activities such as mandatory testing or inclement weather make it necessary for students to stay indoors for long periods of time, give students periodic breaks during which they are encouraged to participate in some activity or movement.
  - e. Provide physical education activities that will teach students cooperation and teamwork, good sportsmanship, positive self-image, and personal achievement.
  - f. Provide appropriate alternative activities for students with physical disabilities.
  - g. Provide exemptions from physical activities where appropriate for ill or injured students.
- IV. Breakfast and Lunch Program: WPA participates in USDA child nutrition programs, including the National School Lunch Program (“NSLP”) and School Breakfast Program (“SBP”). WPA is committed to offering school meals through the NSLP and SBP that:
- a. Are accessible to all students;
  - b. Are appealing and attractive to children;
  - c. Are served in clean and pleasant settings;
  - d. Meet current nutrition requirements established by local, state, and Federal statutes and regulations. (WPA offers reimbursable school meals that meet USDA nutrition standards; and
  - e. Promote healthy food and beverage choices.
- V. Healthy and Safe School Environment: WPA recognizes that a healthy and safe school environment is necessary in promoting and sustaining the nutritional, physical, and emotional health of its students and staff. WPA will provide this in the following ways:
- a. Provide a clean, safe, and enjoyable lunchroom for students.
  - b. Provide student access to restroom use for washing hands, make a hand sanitizer available at the entrance and exit of lunchroom, and educate students on importance of washing hands.
  - c. Provide enough space and serving areas to ensure all students have an appropriate place to eat in the lunchroom.
  - d. Create an environment that fosters good eating habits, enjoyment of meals, good manners, and respect for others.
  - e. Make every effort to accommodate children with allergies at a specified table.
  - f. Make drinking fountains available so that students can get water at meals and throughout the day.
- VI. School Food Culture: Wasatch Peak works to create a school environment where students are supported in making healthy life choices. To that end, WPA offers the following.

- a. Fresh fruits and vegetables, whole grains, and fat-free or low-fat dairy products are featured in school menus, are displayed in an attractive manner, and prepared appropriately.
- b. Food items available to children through school meals, a la carte, vending machines, school stores, events, celebrations, fundraisers, concessions, etc. support healthy food choices and the goal of improving student health and well-being.
- c. An environment that ensures students have the best opportunity to practice healthy eating behaviors with minimal distractions. There shall be no advertising on WPA property that conflicts with health information provided through nutrition education and wellness efforts.
- d. All items sold to students during the school day meet the USDA Smart Snacks in School nutrition standards.

VII. Food Guidelines: The purpose of these guidelines is to support WPA’s wellness goals and Policy, specifically in the classroom. WPA’s Board wants to promote a healthy campus and classroom environment for every student, with as little distractions as possible to the learning process. This will be supported by WPA in the following ways:

- a. When possible, food offered in the classroom will connect to the lesson plan and need the approval of the Director. (For example, a teacher may use an orange to teach fractions.)
- b. No vending machines or beverage machines are accessible to students on campus. All foods and beverages sold to students outside of the school meal programs (i.e., the NSLP and SBP) during the school day will meet the USDA Smart Snacks in School nutrition standards.
- c. Any foods and beverages marketed or promoted to students on campus during the school day will meet the USDA Smart Snacks in School nutrition standards.
- d. No birthday treats are allowed for distribution in class, unless they are considered “healthy snacks.” “Healthy snacks” are those foods and beverages that are not high in fat, sugar, sodium, or calories and include but are not limited to:
  - i. 100% fruit juice and fat-free or low-fat milk;
  - ii. Fruits and vegetables;
  - iii. Whole grain crackers, pretzels, and breads;
  - iv. Low-fat or air-popped popcorn with no or little butter or salt added;
  - v. Graham crackers;
  - vi. Fat-free or low-fat yogurt;
  - vii. Trail mix; and
  - viii. String cheese.
- e. Three class parties are allowed per year.
  - i. The Director will provide guidelines for these class parties.
  - ii. Some healthy snack choices may be offered to students and faculty as part of these class parties.
  - iii. The Director and the Board may create and provide a “Healthy and Affordable Snack” list to parents for parties.

VIII. Measurement of Wellness Policy:

- a. This Policy will be reviewed periodically by the Advisory Committee.

- b. The Food Service Manager, PE Teacher, and Director will be in charge of compliance, implementation, and oversight of this Policy during the year. The Food Service Manager will help to ensure the school meal programs comply with local, state, and Federal statutes and regulations.
- c. This Policy will be available on the WPA Website at all times and will be provided to parents on an annual basis through the registration packet. Matters related to the implementation of this Policy will also be posted on WPA's website.
- d. At least once every three years, WPA will review this Policy and assess the School's compliance with this Policy. This triennial assessment will measure the School's implementation of the Policy and include:
  - i. The extent to which the School's campuses are in compliance with this Policy;
  - ii. The extent to which this Policy compares to the Alliance for a Healthier Generation's model wellness policy; and
  - iii. A description of the progress made by the School in attaining the objectives and goals of this Policy.
- e. The Director is responsible for managing the triennial assessment and the Advisory Committee will participate in the triennial assessment. The triennial assessment results/report will be made available to the public on WPA's website.
- f. The Director will retain documentation and records that demonstrate WPA's compliance with the community involvement requirements, including the requirements to document each triennial assessment and to make this Policy and the triennial assessment results/reports available to the public.
- g. Based on the triennial assessment, necessary changes/modifications and or updates will be made to this Policy and will be approved by the Board.