



## **Wellness Policy**

### **Policy Number: 5101**

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#### **I. Purpose**

Summit Academy realizes that there is a connection between healthy bodies and productive minds. We are committed to creating a healthy school environment that enhances the development of lifelong wellness practices, promotes healthy eating and physical activities that support student achievement, and complies with federal mandates regulating school food and nutrition. This policy is meant to be a dynamic one; the Summit Academy Wellness Committee intends to meet each year to review the recommendations, measuring implementation and to update / modify this policy as approved by the Board of Education.

Summit Academy Schools will create opportunities for students to eat healthy, be active, and stay tobacco and drug free.

#### **II. Evaluations**

- The School Director or designee oversees compliance with the established Summit Academy wellness policy.
- Each of Summits schools will have a designated representative assuring that their Summit School is in compliance with the Wellness Policy. Each School representative will report back to the School Director or designee.
- Summit Academy Wellness Committee consists of administrators, physical education teacher(s), parents, a school board member, school nurse, child nutrition manager, students, and any public who would like to attend
- The Wellness Committee will meet a minimum of one time per year. A formal triennial assessment to measure a) the extent to which schools are in compliance with the implementation of this policy; b) the extent to which the Wellness Policy compares to model local school wellness policies/best practice; and c) the progress made in attaining the goals of this Wellness policy (e.g., a description of what progress has been made, etc.) shall be completed at least once every three years, and the assessment results shall be made available to the public. Appropriate updates/modifications to this Wellness Policy, based on the triennial assessment shall be made.
- Documentation of efforts to review and update/modify this Wellness Policy and its measurable goals, including who was involved in the process (e.g., evaluation documents, meeting minutes, agenda, including who attended/participated, etc.) shall be retained for three years plus the current year.

#### **III. Nutrition Education**

Summit Academy will establish a safe school environment that promotes basic principles of good nutrition and physical activity.

Nutrition Education will be offered at each grade level in concordance with the Utah State Office of Education Health and Nutrition Core Standards.



In accordance with the Utah State core health curriculum, students in 3<sup>rd</sup> through 12<sup>th</sup> grades will be taught:

1. Nutrient groups, functions of the various nutrients, foods rich in these nutrients, and deficiency symptoms.
2. The dangers of dysfunctional eating and fad diets.
3. The influence of the media on food choices.
4. The relationship between food intake and activity.
5. Comparison of personal eating habits with a balanced diet.
6. Impact of food preparation on nutritional content of food.
7. Nutritional labeling.

Students shall be taught the health risks associated with carbonated beverages, specifically, the detrimental effects of high dissolved sugar content, carbonation, artificial sweeteners and caffeine

#### **IV. Physical Activity and Education**

Physical education will be provided and promoted as follows:

1. Each school will teach the physical education core in grades K-12. Physical education will be encouraged through physical education activities in other content areas, in the home and the broader community.
2. Each school shall meet state standards for physical education for elementary and secondary education.
3. Physical education instructors shall be trained and certified according to state standards.
4. Schools are encouraged to implement a variety of physical activity courses aimed at improving student confidence, fitness levels, motor and self-management skills.
5. In addition to PE and daily recess, elementary licensed staff and educational support professionals (ESPs) are encouraged to provide periodic opportunities for physical movement in the classroom. The district will maintain a list of resources for brain breaks, stretches and energizers.

Administration and faculty will offer physical education opportunities to all students during the scheduled school day. Secondary schools will provide different options for PE/Elective credit. (PE, Sports, Cardio games, dance class, and social dance.) As well as competitive sports after school hours. (Cross Country, Volleyball, Basketball, Wrestling and Soccer)

Teachers may not withhold a significant portion of a student's involvement in recess and/or PE activities as a behavior consequence.

- Elementary schools are encouraged to provide at least 20 minutes of recess for students during each school day.
- Elementary schools are encouraged to provide recess before lunch.



- Elementary schools are encouraged to provide at least 30 minutes of physical education per week.
- Elementary schools are encouraged to have faculty and staff members promote physical activity during recess.
- Elementary schools are discouraged from withholding recess time as a punishment.
- Elementary schools are encouraged to provide alternate physical activity opportunities on bad weather days.
- Secondary schools will meet the State physical education requirements for graduation.
- Appropriate physical education will be provided to students with disabilities and special health care needs.
- Teachers will utilize a curriculum that is consistent with the National and State Standards for Physical Education.

## **V. Nutrition Guidelines for Food / Beverages**

### **A. School Meals**

Summit Academy participates in USDA child nutrition programs, including the National School Lunch Program (NSLP)/ Breakfast. The School is committed to offering school meals through the NSLP program that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The School offers reimbursable school meals that meet USDA nutrition standards (<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>)). Schools shall include strategies to increase participation in school meals program including, but not limited to:

Elementary schools may not sell a la carte items except, milk, 100 % juice and water. Secondary schools may not sell competitive foods (all foods outside of the federal reimbursable meal) as a la carte items if they do not meet the minimum Smart Snacks in School standard. All a la carte items sold in schools are foods strictly prepared by the federal school meal programs and shall meet the required nutritional guidelines and minimum standard.

### **B. Competitive Food and Beverages Sold**

All foods sold a) outside of the school meal programs (e.g., federal reimbursable meal); b) on the school campus; and c) at any time during the official school day (e.g., vending machines, school stores, a la carte sales, etc.) shall meet the minimum requirements established by the *National School Lunch Program (7 CFR 210)*, *National School Breakfast Program (7 CFR 220)*, and the *Nutrition Standards for All Foods Sold in School Final Rule (7 CFR 210.11)*, also known as *Smart Snacks in School*. Please reference *USDA FNS Final Rule*. Smart Snacks in School standards shall build on the healthy advancements of the school meal programs and encourage children to make healthier snack choices during the school day that



provide them with the nutrition they need to learn and grow.

**C. Exceptions**

Foods and beverages sold at an infrequent school-sponsored fundraiser are exempt from the Smart Snacks Rule but may not take place in the food service area during any meal service. Fundraisers which include the sale of foods or beverages that do not meet the standards may not take place more than the frequency specified by the Utah State Board of Education. Meals served through the National School Lunch Program will meet the nutrition requirements, established by local, state, and federal statutes and regulations. A fundraiser exception form must be filled out and approved by a school administrator.

**D. Celebrations and Rewards**

- Schools offering other food items at no charge to students during the school day are encouraged to include healthy snack options.
- Parents and teachers are encouraged to provide healthy food options or non-food items to students for birthdays, celebrations, or parties.
- Healthy food choices or non-food items (e.g., books, pencils, stickers, trinkets, etc.) are supported as reward options. Carbonated beverages, and foods that do not fit the minimum standard are discouraged as classroom rewards.

**VI. Healthy and Safe School Environment**

Summit Academy 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. This will be provided in the following ways:

- Provide a clean, safe, and enjoyable lunchroom for students.
- Provide student access to restroom use for washing hands and educate students on the importance of washing hands.
- Provide enough space and serving areas to ensure all students have an appropriate place to eat in the lunchroom.
- Create an environment that fosters good eating habits, enjoyment of meals, good manners and respect for others.
- Summit Academy will make every effort to accommodate children with allergies.
- Summit Academy will make drinking fountains available so that students can get water at meals and throughout the day.

**VII. Vending Machine Policy Guidelines**

Vending machines do not contain food or drink of minimal nutritional value (As defined by the USDA/Smart Snack) during school hours, with exception to staff drink vending machine only available to staff members.

Food and beverage vending machines will not be allowed in elementary schools, with exception to staff drink vending machine only available to staff members.



**VIII. Summit Academy's School Nutrition Guidelines for the Staff**

Summit Academy values the health and well-being of every staff member and encourages all staff to maintain a healthy lifestyle. Summit Academy encourages all staff members to model a healthy lifestyle for its students. Staff will encourage students to be physically active and will promote school wellness to students.

**IX. References**

Utah State Office of Education Health and Nutrition Core Standards  
USDA Child Nutrition Programs  
National School Lunch Program (NSLP)/ Breakfast  
National School Lunch Program (7 CFR 210)  
National School Breakfast Program (7 CFR 220)  
Nutrition Standards for All Foods Sold in School Final Rule (7 CFR 210.11)  
USDA FNS Final Rule  
USDA/Smart Snack

**X. Attachments**

N/A

**XI. Revision History and Approval Date**

Version 1: August 2014: Effective  
Version 2: May 2015: Updated  
Version 3: March 2017: Updated  
Version 4: July 2017: Updated  
Version 5: May 21, 2020: Updated – Added Evaluations, Healthy and Safe School Environment, and Nutrition Guidelines for Staff sections. Included additional information to Nutrition Education, Physical Activity and Education, School Meals, Exceptions, Celebrations and Rewards, and Vending Machine Policy Guidelines sections and subsections. Updated policy format.  
Version 6: June 18, 2025: Reviewed

