



Instilling Accountability, Responsibility, Respect

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Nutrition and Physical Activity Wellness Policy

Rationale

To optimize student performance potential, C.S. Lewis Academy supports an environment where children have access to healthy food and regular physical activity as outlined by Section 204 of the Healthy, Hunger-Free Kids Act of 2010, Centers for Disease Control (CDC), U.S. Department of Agriculture (USDA), Utah State Rule R277-19 and R277-720, and Utah's Child Nutrition Programs (CNP). This policy outlines C.S. Lewis Academy's approach to ensuring students have access to healthy foods throughout the school day, receive quality nutritional and physical education, and have opportunities to be physically active before, during, and after school.

Goal

All students at C.S. Lewis Academy will possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. To meet this goal, C.S. Lewis Academy adopts this school wellness policy with the following commitments to nutrition education, physical activity, nutrition guidelines, other school based activities, and implementations. This policy is designed to effectively utilize school and community resources to equitably serve the needs and interests of all students, families, and staff, taking into consideration differences in culture. This policy will be made available to our stakeholders on the school website, through staff training, and education of the students and families. This policy may be updated to reflect new federal and state guidelines.

Nutrition Education

- The school cafeteria or eating area serves as a learning laboratory to support nutrition education through menu offerings and signage.



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- The school will provide education for students, families, and staff to help them learn skills needed to practice lifelong healthy eating.
- The classroom, cafeteria and other school venues provide clear and consistent messages that explain and reinforce healthy eating and physical activity habits.

Promotion of Healthy Eating and Nutrition Guidelines

- Promotion and marketing of a variety of healthy foods, including fruits, vegetables, whole grain and low fat dairy products.
- Offer lunch service which is a good source of nutrients, moderate in sodium, moderate or low in fat, and moderate in sugar that is not naturally occurring in the food and moderate in calories.
- Classroom celebrations should encourage healthy choices and portion control. Celebrations involving treat food will be limited to Halloween, Christmas, and Valentine's Day. During these food parties, a healthy food option should also be offered.
- Drinks should be limited to water, 1% (or lower) milk, fat free chocolate milk, and juices that are 100% juice with no sugar added.
- Strive to improve student nutrition behaviors on the school campus; include an increase of healthier meal choices by students to include fruits, vegetables, whole grains, and low fat dairy products.
- Students shall be encouraged to try healthy food items with which they are not familiar to promote healthy eating habits.

Special Diets

C.S. Lewis Academy is committed to providing all students with the nutritious and safe meals they need to be healthy. In order to ensure that all children shall have an equal opportunity to participate in school meal programs, C.S. Lewis Academy shall:

- Design menus to accommodate cultural food preferences and common dietary requests, including allergies.



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- Implement a procedure to process requests for meal modifications

Physical Activity

Physical activity should include regular instructional physical education as well as recess.

- All students will be provided equal opportunity to participate in physical education classes. Staff will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
- C.S. Lewis Academy will ensure that all students receive regular, age appropriate quality physical education.
- Provide within the school environment safe enjoyable activities for all students, including those who are not athletically gifted and those with special needs.
- Students will be encouraged to be physically moving during recess.
- Teachers and staff are not to withhold recess, PE, or other physical activities as a punishment for poor behavior, incomplete class work, or remediation purposes.

Goals for Other School Based Activities

- The before and after-school environment includes physical activity and promotes healthy eating habits as outlined above, including clubs, celebrations, fundraisers, meetings, and any other extra-curricular activities.
- Dining room supervisory staff (teachers, aids, janitorial staff, etc.) shall receive appropriate training in how to maintain a safe, orderly, and pleasant eating environment.
- Train staff who supervise student dining areas to encourage healthy eating patterns through positive experiences, allowing students adequate time to eat.
- Offer opportunities and encouragement for staff to model healthy eating habits.



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Food Safety/Food Security

- All foods made on campus will comply with state and local food safety and sanitation regulations.
- Implement Hazard Analysis and Critical Control Point (HACCP) plans and guidelines to prevent food illness in school.
- All food service equipment and facilities must meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety.

Measuring Implementation

- Form a committee of shareholders to oversee and make recommendations for school wellness. This committee will be made up of parents, students, teachers, school health professionals, school administrators, the school board, and the general public. This committee will not exclude any person who wishes to be a member. The committee chair will be responsible for development, implementation, periodic review, and update of the wellness policy.
- The committee will meet triennially in a public forum advertised to the school, on the school website and by social media. The committee chair will report to C.S. Lewis Academy Board of Directors.
- Conduct a triennial review of the progress toward school wellness policy goals and identify areas for improvement.