

SUBJECT: Wellness Policy

Compliance Oversight Officials: Summit Academy School Principals

Summit Academy Directive

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 triennial to review the recommendations, measuring implementation and make adjustments 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.

Evaluation

One or more LEA officials or school officials shall be designated to ensure that each participating school is in compliance with this Wellness Policy. 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. A formal triennial assessment to measure the extent to which schools are in compliance with the implementation of this policy.

Summit Academy's School Nutrition Guidelines

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

In accordance with the Utah State core health curriculum, students in 3rd through 12th 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.

Child nutrition programs shall be accessible to all students and comply with federal, state, and local requirements.

Schools shall include strategies to increase participation in school meals program including, but not limited to:

1. In order to promote health and minimize waste, schools are encouraged to provide students with food choices, to educate students about the best choices to make, and to encourage students to eat what they take.
2. Free drinking water will be made available through the school day. Student will be made aware of the availability of water during meals.
3. We will help students recognize eating to a point of satisfaction and not beyond through units on nutrition taught in health and prompts during lunch time.

School lunch periods will be scheduled to allow students adequate and appropriate time to move through lines and eat and enjoy a full lunch.

1. Schools will examine the relationship between lunch periods, instructional periods and recess to determine the schedule most conducive to healthy eating habits.
2. Schools will encourage a cafeteria environment that provides a positive dining experience with supervision of eating areas by adults who model proper conduct and voice level.

Summit Academy School's lunch program has achieved a high standard of healthy food. All schools will offer a salad bar, sandwiches, or main meal, with new food choices daily. The salad bar is included in all reimbursable meals served.

Nutrition guidelines for all food and beverages available on the school campus meet Smart Snacks Final Rule (7 CFR 210.11) See the "Fundraising" binder located in the Jr. High office for snacks and nutrition guidelines. (See Binder. Whittle)

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.

Elementary schools may not sell a la carte items except milk. 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.

Vending Machine Policy Guidelines

Vending Machine income will be used to fund P.E. and our athletic programs. Vending income and expenditures are reported to our Business Manager.

Vending machines do not contain foods of minimal nutritional value (As defined by the USDA) during school hours.

Summit Academy Schools will not promote foods of minimum nutritional value, except during after-hours events.

With the exception of faculty vending, food and beverage vending machines will not be allowed in elementary schools

Physical Activity Goals/Guidelines

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.

Summit Academy's School Nutrition Guidelines for the Staff

Summit Academy is involved with Select Health's Activity Challenges. As the Primary insured person, staff will join a couple activity challenges a year.

Staff will encourage students to be physically active. Will promote school wellness to students.

***Certain exemptions are allowed for students, teachers, and staff with special needs and events pre-approved by school administration and Summit Academy Board of Directors.**

****This policy does not restrict the types of food that parents provide for their own child's consumption at school.**