

# **Wellness Policy**

**Adopted: January 20, 2016**

**Revised: September 19, 2017**

**Revised: June 27, 2022**



## **Purpose**

The purpose of this policy is to ensure the best possible mental and physical health environment for the students of Wallace Stegner Academy (the “School”). The School’s Board of Directors (the “Board”) and members of the administration, including the School’s Directors and campus principals (the “Administration”), recognize that there is a well-documented link between nutrition, physical activity, and learning. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students’ overall health as well as their behavior and academic achievement in school. Schools have a responsibility to try to help students learn, establish, and maintain lifelong healthy eating and activity habits and to promote healthy living in families and in the community. Faculty and staff wellness is an integral part of a healthy school environment as well, since school faculty and staff can be daily role models for healthy behaviors.

## **Policy**

### Wellness Committee

Under the direction of the Board and Administration, the School will establish a Wellness Committee to oversee wellness efforts, review the School’s progress towards accomplishment of the School’s wellness objectives and goals, periodically review this policy, and, as necessary, recommend changes to this policy. The Wellness Committee may consist of, but is not limited to, parents, students, food service staff, physical education teachers, members of the Board and Administration, health professionals, and members of the community. The School will maintain a list of the names and contact information of the Wellness Committee members. The School will also provide notice via the School’s website of how individuals can get involved with the Wellness Committee and otherwise participate in the development, implementation, and periodic review and update of this policy.

### Objectives and Goals

All students in the School will possess the knowledge and skills necessary to make healthy food and physical activity choices throughout their lifetime. Parents and families will be provided with tools and resources to promote and encourage healthy living. All staff in the School will be encouraged to model healthy eating and physical activity as a valuable part of daily life.

To meet these objectives and goals, the School adopts this policy, which addresses physical activity, nutrition education, healthy school environment, food guidelines, and other school-based activities that promote student wellness. This policy is designed to effectively utilize School and community resources to equitably serve the needs and interest of all students, families, faculty, and staff, taking into consideration differences in culture.

### Physical Activity

The Board and Administration recognize the importance of physical activity for student health and academic achievement. To promote physical activity, the School will:

- a. Ensure that every student from Kindergarten through eighth grade receives regular, age-appropriate, quality physical education.
- b. Use a variety of subjects and lesson plans to increase physical movement in the classroom.
- c. Provide a wide variety of physical activities and introduce students to different sports, games, or ways of getting physically active. This may be done in the classroom as well as through physical education, assemblies, or after-school activities.
- d. Not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- e. Provide physical activities that teach all students, regardless of ability, cooperation and teamwork, good sportsmanship, positive self-image, and personal achievement.
- f. Ensure that alternative activities are provided for students with physical disabilities, as appropriate.
- g. Provide exemptions from physical activities where appropriate for ill or injured students.

### Nutrition Education

The primary purpose of nutrition education is to build knowledge and skills that will help students make healthy eating and physical activity choices now and throughout their lives. In order to do so:

- a. The School's classrooms, cafeterias, and other School spaces will provide clear and consistent messages that explain and reinforce healthy eating and physical activity habits.
- b. Faculty and staff will teach healthy eating habits in the classroom by incorporating, when practical, healthy nutrition facts and activities not only in health but also in subjects such as math, science, language arts, social sciences, and elective subjects.
- c. Nutrition education will be provided and nutrition incentive programs may be established. Staff wellness will also be important and activities for staff may be established to allow staff to model and support this policy.

- d. Healthy meal choices, including fruits, vegetables, whole grains and low-fat dairy products, will be provided to students to encourage improvement of nutrition behaviors on the School's campuses.
- e. Students will be encouraged to test healthy food items with which they are not familiar to promote behavior change and healthy school meal consumption.
- f. Nutritional and physical awareness and healthy lifestyles will be promoted to students, families, faculty, and staff through activities that may include but are not limited to assemblies, newsletters, and physical activities.
- g. The Administration will measure the level of implementation of nutrition education in the School through such measures as self-reporting surveys.

### Healthy School Environment

The Board and Administration understand the need to create a school environment that is conducive to promoting and sustaining the nutritional, physical, and emotional health of its students, faculty, and staff. In order to create such an environment:

- a. Students will be educated on the importance of proper hand washing and will be provided access to restrooms for washing hands.
- b. The School will make drinking fountains available so that students can get water at meals and throughout the school day. In addition, students may be allowed to bring and store water bottles in the classroom.
- c. The School will ensure there is adequate time for students to enjoy eating healthy foods with their peers.
- d. The School will, when appropriate, make reasonable efforts to keep School-owned physical activity facilities open for use by students outside of school hours.

### Food Guidelines

The primary purpose of the food guidelines contained herein is to ensure that the use of food in the School promotes and protects health and wellness. The following guidelines are hereby set forth:

- a. The National School Lunch Program guidelines and regulations, which can be accessed online at <http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>.
- b. The School Breakfast Program guidelines and regulations, which can be accessed online at: <https://www.fns.usda.gov/sbp/school-breakfast-program>.
- c. Food that supports the School's wellness philosophy, objectives, and goals will be allowed in the classroom at the teacher's discretion where it is part of a lesson plan or demonstration. For example, a teacher may use an orange to teach fractions.
- d. Distribution of carbonated beverages at School will only be allowed as approved by the Administration. Energy drinks are prohibited across the School campuses.
- e. Teachers will be encouraged to identify their students' allergies and dietary restrictions and work with parents to address individual needs.

- f. Students will be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other dietary restrictions.
- g. Distribution of birthday treats in the classroom will only be allowed when approved by the Administration.
- h. Classroom celebrations that involve food will be allowed at the Administration's discretion. Such celebrations will comply with the following:
  - i. All foods made available will comply with state and local food safety and sanitation regulations.
  - ii. Healthy snack choices and/or options may be offered to students, faculty, and staff as part of the celebration.
  - iii. Faculty, staff, and parents will make healthy and fun activities part of the celebration and the sole focus of the celebration will not be food.
- i. During the school day, the Administration will permit marketing at the School's campuses of only those foods and beverages that meet the nutrition standards under the applicable School Breakfast Program and National School Lunch Program regulations.
- j. Food provided as part of after-school or extracurricular activities will be under the direction of the Administration.
- k. Guidelines for meals served as part of the School's meal program will not be less restrictive than the applicable federal regulations and guidance.

### Triennial Assessment

At least once every three years, the School will review this policy and assess the School's compliance with this policy. This triennial assessment will measure the School's implementation of this policy and include:

- a. The extent to which the School's campuses are in compliance with this policy;
- b. The extent to which this policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- c. A description of the progress made by the School in attaining the objectives and goals of this policy.

The School's Director is responsible for managing the triennial assessment. The School's Wellness Committee will participate in the triennial assessment. The School will make the triennial assessment results/report available to the public by posting the assessment results/report on the School's website.

The School will update or modify this policy as needed based on the results of the triennial assessment. If no updates or modifications are needed after the triennial assessment, this policy will be ratified by the Board.

### Oversight of Policy and Recordkeeping

The Director, in conjunction with the campus principals, will oversee this policy and each campus's implementation of and compliance with this policy.

The Kitchen Manager, who oversees the School Breakfast Program and National School Lunch Program at all of the School's campuses, will ensure compliance with the applicable regulations, including ensuring that all reimbursable school meals meet current USDA nutritional standards.

The Director and/or campus principals will retain documentation that demonstrates the School'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.

#### Annual Notification of Policy

This policy will be posted on the School's website and will be provided to parents on an annual basis during registration. Matters related to the implementation of this policy will also be posted on the School's website.