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SUBJECT: Wellness

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I. **Board Philosophy**

The Board of Education is committed to providing fitness and nutritional instruction and implementing nutritional practices that enhance student learning and support the development of lifelong wellness. Responsibility for ensuring that each school meets the provisions of this policy is delegated to the District Administration.

II. **Administration Policy**

The Wellness policy shall be administered according to the following guidelines:

**Guidelines**

A. Nutrition

1. School Nutrition Programs (school lunch) will comply with federal, state and local requirements.
  - a. Menus and options will meet the meal patterns and nutrition standards established by federal and state regulations.
  - b. Lunch, ala carte, breakfast and snack programs will meet portion size and nutritional value standards. Nutritional information on food offerings will be readily available near the point of purchase.
  - c. School Nutrition Programs will be accessible to all school children. Reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9 (f)(1), 1766(a), as those regulations and guidelines apply to schools.
  - d. All nutrition service personnel shall have pre-service and in-service training in nutrition and safe food service operations.
  - e. The Director of Nutrition Services will ensure compliance with the guidelines in Section II. A. 1.
2. School lunch periods will be scheduled to allow students adequate and appropriate time to move through lines and eat and enjoy a full lunch.
  - a. Schools will examine the relationship between lunch periods, instructional periods and recess to determine the schedule most conducive to healthy eating habits.
  - b. 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.
3. Principals of secondary schools will monitor all foods and beverages made available in vending machines, in student stores and at concession stands and will ensure the inclusion of healthy food and beverage options for students. All foods made available at school will adhere to food safety

guidelines. Nutrition information for all products will be made readily available near the point of purchase.

4. With the exception of faculty vending, food and beverage vending machines will not be allowed in elementary schools.
5. All students will receive nutrition education based upon the Utah State Healthy Lifestyles Core Curriculum. Teachers will receive training as needed on accurate nutritional instruction. Nutrition may be integrated into other content areas such as math, science, language arts and social studies.
6. School administrators will encourage the use of healthy foods or non-food items as rewards for student accomplishment and for fund-raising.
7. The local school principal will ensure compliance with the guidelines in Section II. A. 2-6.

B. Physical Fitness

1. Students will receive physical fitness instruction based upon the Utah State Healthy Lifestyles Core Curriculum.
  - a. It is recommended that elementary students receive 90-120 minutes of fitness education per week. Elementary students should also receive a daily recess period.
  - b. It is recommended that secondary students participate in fitness assessment and instruction as outlined in the Core.
2. All fitness equipment, physical activity facilities and playground equipment will be safe, properly maintained and frequently inspected.
3. Principals are encouraged to establish or enhance fitness opportunities (such as walking clubs or fitness challenges) for staff and patrons.
4. The local school principal will ensure compliance with the guidelines in Section II. B.

C. Local School Oversight

Each principal will annually review the school's nutrition and fitness efforts with the School Community Council. A report of this review will be submitted to the appropriate Area Administrator of Schools.

D. District Nutrition and Fitness Advisory Committee

1. The District shall establish a Nutrition and Wellness Advisory Committee. The committee shall be organized for the purpose of reviewing wellness efforts, research, and best practices and advising the Board of Education on fitness and nutrition issues.
2. Committee membership shall include three principals, the Director of Nutrition Services, three teachers, one school nurse, and six patrons. The District Healthy Lifestyles Consultant will chair the committee.
3. The committee will meet at least twice a year.

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