



## 3330 Wellness Policy

**Approved:** 8 December 2015, Revised 15 November 2018

**Rule:** Utah State Board of Education Rule: R277-719

Utah Code: Section 53A-1-402

United States Code: (42 U.S.C. 1779, 10(1), 10(b))

Healthy Hunger-Free Act of 201 (public law 111-296)

**Purpose:** The purpose of this policy is to explain how Edith Bowen Laboratory School will seek to promote the health of students, address childhood obesity, and optimize student educational performance.

### 1. Policy

- a. Edith Bowen Laboratory School promotes healthy living by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment.
- b. Edith Bowen Laboratory School supports an education where students learn and participate in positive dietary and lifestyle practices and also learn about the negative impact and cost of poor nutrition and inactivity to both individuals and society as a whole.
- c. Edith Bowen Laboratory School adheres to state and federal guidelines for nutrition education, physical activity, and all food sold at school.

### 2. School Goals

- a. Students will be taught healthy food choices and care for the body during general education, and/or physical education classes.
- b. Edith Bowen Laboratory School will adhere to USDA's "Smart Snacks in School" policy.

### 3. Procedures:

#### a. Nutrition and Healthy Habits

- i. All students have access to affordable, varied, and nutritious foods. Food providers are required to take every measure to ensure that student access to foods and beverages meet federal, state, and local laws and guidelines.
- ii. Any food sold during the school day will follow USDA's "Smart Snacks in the School" policy. Vending machines will not be made available to students.
- iii. Food for special events and celebrations is left to the discretion of classroom teachers.



- iv. Rewards and incentives for academic performance should be given careful consideration as to the messages they send to students receiving them. Food should not be equated with good or bad behavior.
- v. Teachers and parents are encouraged to offer a variety of healthy food choices.
- vi. School personnel will assist all students in developing the healthy practice of washing hands before eating.
- vii. School personnel serve as nutrition educators and role models for healthy lifestyles.
- viii. School personnel will collaborate with parents and the community to support these guidelines and the promotion of lifelong healthy nutrition habits.
- ix. Food service staff will be provided with regular professional development necessary to meet or exceed the professional standards set forth by the Healthy Hunger-Free Kids Act to enable them to become full partners in providing excellent food and nutritional education for our students.
- x. Access to food service operations is limited to child nutrition staff and authorized personnel.

**b. Physical Activity**

- i. Physical education programs are designed to stress physical fitness and encourage healthy and active lifestyles. Students shall develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthy lifestyle.
- ii. Students are taught to assess their individual fitness and develop skills to maintain a lifetime of health and fitness through age-appropriate education.
- iii. School leaders shall develop and implement a comprehensive plan to encourage physical activity that includes the following:
  - 1. Full implementation of the State Office of Education's Physical Education core curriculum including the topics of fitness, motor skills, social and emotional development, and knowledge.
  - 2. All kindergarten students will receive a minimum of 30 minutes of structured physical education each week.



3. All first through fifth grade students will receive a minimum of 60 minutes of structured physical education each week.
  4. Physical education shall be taught by well-prepared specialists who are certified by the state, or working towards certification, to teach physical education. All physical education teachers shall be adequately prepared and regularly participate in professional development activities to effectively deliver the physical education program.
    - iv. Teachers and other school community personnel do not withhold opportunities for physical activity without parent notification.
- 4. Learning Environments and Education**
- a. The entire school environment, not just the classroom, is aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
  - b. Nutritional information, health instruction, and physical education goals are aligned to integrate curriculum goals and objectives, where possible.
  - c. Educators, administrators, and parents consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure that students' basic nourishment and activity needs are met.
- 5. Evaluation, Assessment and Promotion**
- a. The administrator or designee oversees compliance with the established school wellness policy.
  - b. Edith Bowen Laboratory School will establish a School Wellness Committee consisting of an administrator, child nutrition manager, physical education teacher, grade-level teachers, other pertinent faculty/staff, parents, and any members of the school community who would like to attend. The School Wellness Committee meets a minimum of one time per year.
  - c. Edith Bowen Laboratory School will establish a Student Wellness Team that will coincide with Edith Bowen's Student Lighthouse Team.
  - d. The school wellness policy shall be assessed every three years and the findings will be available to students, family and the community. Discussion surrounding improvements to school nutrition and physical activity will be shared with the community as well.
  - e. The Wellness Policy, annual assessments, and other pertinent information will be available on the school website.



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## 6. Definitions

- a. Healthy Hunger-Free Act of 2010: most current legislation which authorizes funding and sets policy for USDA's child nutrition programs, including the National School Lunch Program.
- b. Smart Snacks in School: guidelines set by the USDA for food items sold in schools. USDA: United States Department of Agriculture