



North Star Academy
Policy: Wellness Policy on Physical Activity and
Nutrition (Amended)
Board Approval Date: June 21, 2017

North Star Academy (NSA) is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of North Star Academy:

- All students in grades K-9 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served during school hours are encouraged to meet nutritional recommendations of the U.S Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning, and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent possible, NSA will participate in available federal school meal programs (including the National School Lunch Program).
- NSA will promote nutrition education and physical education to students and parents to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- NSA aims to teach, encourage, and support healthy eating by students.
- NSA will support parents' efforts to provide a healthy diet and daily physical activity for their children by posting nutrition tips on school websites, and encourage healthy snacks brought from home for morning recess.

This policy applies to all School students and staff. Specific measurable goals and outcomes are identified within each section below.

SCHOOL WELLNESS COMMITTEE

Committee Role and Membership

The School will convene a wellness committee (the "Committee") that meets at least twice per year to establish goals for and oversee school health and safety policies, including development, implementation and periodic review and update of this wellness policy (the "wellness policy").

Leadership

The Director or designee(s) will convene the Committee and facilitate development of and updates to the wellness policy, and will ensure compliance with the policy.

The Director will make available to the School community each Committee member's name, contact information, and role on the Committee.

The Director MAY designate a wellness policy coordinator who will ensure compliance with the policy.

WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT

Implementation Plan

The School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the School campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The School may use online tools, such as the Healthy Schools Program (<https://schools.healthiergeneration.org>) to complete an assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that helps ensure implementation of the policy, and generate an annual progress report.

This wellness policy and the progress reports will be provided on the School's website.

Recordkeeping

The School will retain records to document compliance with the requirements of the wellness policy at the School's main office. Documentation maintained in this location(s) will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the wellness policy; including an indication of who is involved in the update and methods the School uses to make stakeholders aware of their ability to participate on the Committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the wellness policy; and
- Documentation demonstrating the most recent assessment on the implementation of the wellness policy has been made available to the public.

Annual Notification of Policy

The school will make this information available on the website, annual registration packet information, as well as in board meeting agenda and notes as it is reviewed each year. Educational material will be displayed via bulletin board and newsletter throughout the school year.

Triennial Progress Assessments

At least once every three years, the School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the School is in compliance with the wellness policy;
- The extent to which the wellness policy compares to a federal exemplar such as. Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the School's wellness policy.

The Principal is responsible for managing the triennial assessment.

The Committee will monitor compliance with this wellness policy.

The School will notify households/families of the availability of the triennial progress report via our school newsletter and/or website.

Revisions and Updating the Policy

The Committee will update or modify the wellness policy based on the results of the annual School Health Index such as (<https://schools.healthiergeneration.org>) and triennial assessments and/or as School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

The School is committed to being responsive to community input, which begins with awareness of the wellness policy. The School will actively communicate ways in which representatives of Committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means, including board minutes, newsletter, and webpage. The School will use electronic mechanisms, such as email or displaying notices on the School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

The School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

NUTRITION

School Meals

The School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer's specification) when available and acceptable; and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

The School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP). The School is committed to offering school meals through the NSLP program that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The School offers reimbursable school meals that meet USDA nutrition standards (<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>).)
 - will be administered by qualified nutrition professionals who will receive ongoing professional development;
 - be appealing and attractive to children;

- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- when available the school will offer whole grains.

Water

In an effort to promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The School will make drinking water available where school meals are served during mealtimes. Students will be allowed to bring and carry transparent water bottles filled with only water with them throughout the school day.

Competitive Foods and Beverages

The School is committed to encouraging that all foods and beverages available to students on School property during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

These standards will apply in à la carte options in cafeterias, vending machines, in-school fundraisers, School stores and snack or food carts sold during the regular school hours.

Celebrations and Rewards

The USDA Smart Snacks in School nutrition standards, will be provided to stakeholders, including parents, teachers, and other relevant school staff as an encouraged option during:

Celebrations and parties.

Classroom snacks brought by parents

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout School buildings, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by School staff, teachers, parents, students and the community.

The School will promote healthy food and beverage choices for all students, as well as encourage participation in school meal programs. This promotion will occur by ensuring that 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

Nutrition Education

- **Nutrition Education and Promotion:**
 - will be offered at each grade level in concordance with the Utah State Office of Education Health and nutrition Core Standards
 - is part of health education courses, as well as integrated across subjects such as math, science, language arts, social sciences, and elective course
 - promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices through enrichment opportunities such as clusters, as well as in the regular education classrooms

Food and Beverage Marketing in The School

The School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The School strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on School property that contains messages inconsistent with the health information the School is imparting through nutrition education and health promotion efforts. It is the intent of the School to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the School campus(es), consistent with the School's wellness policy.

Any foods and beverages marketed or promoted to students on School property during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.

PHYSICAL ACTIVITY

Children and adolescents should participate in 30 – 60 minutes of physical activity each day. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment. To the extent practicable, the School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The School will conduct necessary inspections and repairs.

Physical Education

The School will provide students with physical education, using an age-appropriate, sequential physical education consistent with state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Elementary students will receive physical education for at least 30-60 minutes per week throughout the school year.

Middle School Age students are required to take the equivalent of 1.5 academic years of physical education during grades 7-9 with additional physical education electives offered in grades 8 and 9.

The School physical education program will promote student physical fitness through individualized fitness and activity assessments such as the Presidential Youth Fitness Program (<http://www.pyfp.org>) or other appropriate assessment tool and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education

Health education will be required in all elementary grades, and the School will require middle school age students to take and pass at least one health education course. The School will follow the Utah health education curriculum addressing the essential physical activity topics

Recess (Elementary)

The School's elementary will offer at least **20 minutes of recess** each day during the school year. If recess is offered before lunch, the campus(es) will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are encouraged to use these mechanisms before eating.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the School must conduct **indoor recess**, teachers and staff will promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class.

Classroom Physical Activity Breaks (Elementary and Secondary)

Teachers will be encouraged to give periodic opportunities to be active or stretch throughout the day commonly referred to as "Brain Breaks."

Before And After School Activities

The School offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The School will encourage students to be physically active before and after school.

Other Activities That Promote Student Wellness

- a. **Integrating Physical Activity into the Classroom Setting:**
 - Classroom health education will complement physical education by reinforcing a physically-active lifestyle
 - is part of the physical education courses, as well as integrated across subjects such as math, science, language arts, social sciences, and elective course

Professional Learning

When feasible, the School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing

the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help School staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing academic improvement plans/efforts.]

Signature:

Trudy Sorenson, Board President

Date