



Policy Number: 3230

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POLICY WELLNESS

PURPOSE

American Leadership Academy realizes that children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. The school supports a healthy atmosphere where children learn and participate in positive dietary and lifestyle practices enhanced through basic nutrition education and other school activities designed to promote student wellness. As part of promoting wellness, American Leadership Academy will comply with federal, state, and local requirements.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance

This policy outlines the ALA's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at ALA have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;

- The community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The school establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff at the school. Specific measureable goals and outcomes are identified within each section below.

SCHOOL WELLNESS COMMITTEE ROLE AND MEMBERSHIP

American Leadership Academy will convene a representative school wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this school-level wellness policy.

The wellness committee membership will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., director, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public.

LEADERSHIP

The Executive Director or designee(s) will convene the wellness committee and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.

IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT

American Leadership Academy 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 specific to ALA; 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. It is recommended that the school use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: *americanleadership.net*.

RECORDKEEPING

American Leadership Academy will retain records to document compliance with the requirements of the wellness policy. Documentation maintained 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 Schools Wellness Policy; including an indication of who is involved in the update.
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

ANNUAL NOTIFICATION OF POLICY

American Leadership Academy will inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. ALA will make this information available via the school's website. The District will provide as much information as possible about the school nutrition environment. Annually, the school will also publicize the name and contact information of the person leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

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;
- A description of the progress made in attaining the goals of the school's wellness policy.

The position/person responsible for managing the triennial assessment is the Executive Director.

The wellness committee, in collaboration with the school, will monitor the schools' compliance with this wellness policy.

American Leadership Academy will notify households/families of the triennial progress report via the website.

REVISIONS AND UPDATING THE POLICY

The wellness committee will update or modify the wellness policy based on the results of the annual and/or 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 COMMUNICATION

American Leadership Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. The school will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. 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, 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. The school will ensure that communications are accomplished through means similar to other ways that the school communicates important school information with parents.

NUTRITION

American Leadership Academy 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 (nutrition label or manufacturer's specification); 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), and the After School Snack Program (ASSP). ALA is committed to offering school meals through the NSLP 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.
- Promote healthy food and beverage choices using Smarter Lunchroom Techniques.
- Menus will be posted on the school website.
- Students will be allowed at least 20 minutes to each lunch.
- Students are served lunch at a reasonable time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

STAFF QUALIFICATIONS AND PROFESSIONAL DEVELOPMENT

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

WATER

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.

CELEBRATIONS AND REWARDS

All foods offered on the school campus should meet or exceed the USDA Smart Snacks in School nutrition standards including through:

- Celebrations and parties. A list of healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
- Classroom snacks brought by parents. The school can provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
- Rewards and incentives. The school will provide teachers and other relevant school staff a list of alternative ways to reward children.

FOODS AND BEVERAGES SOLD IN SCHOOL

All foods and beverages available for sale to students on the school campus during the school day, including but not limited to sales through vending machines, student stores, etc., must meet the nutrition standards outlined and consistent with the Smart Snacks Rule or any Federal Regulations.

The school campus includes all areas of the property under the jurisdiction of the school that are accessible to students during the school day. The school day means, for purposes of this policy, the period from midnight before the start of the official school day to thirty minutes after the end of the official school day.

Foods and beverages sold at an infrequent school-sponsored fundraiser are exempt from the Smart Snacks Rule, but may not take place in the food service area during any meal service. Fundraisers which include the sale of foods or beverages that do not meet the standards may not take place more than the frequency specified by the Utah State Board of Education. Meals served through the National School Lunch Program will meet the nutrition requirements, established by local, state, and federal statutes and regulations.

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 the schools. 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 throughout the school campus, as well as encourage participation in school meal programs.

NUTRITION EDUCATION

The school will encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Includes nutrition education training for teachers and other staff.

ESSENTIAL HEALTHY EATING TOPICS IN HEALTH EDUCATION

The school will include in the secondary health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior

- Influencing, supporting, or advocating for others' healthy dietary behavior

FOOD AND BEVERAGE MARKETING IN SCHOOLS

ALA 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.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an 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.¹ This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards.
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the school.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the school/school nutrition services/Athletics Department reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the school wellness policy.

PHYSICAL ACTIVITY

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the school is committed to providing these opportunities.

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 for any reason. The school will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

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

ALA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and 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. The curriculum will support the essential components of physical education.

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.

All elementary students in grades 1-6 will receive physical education for at least 30 minutes per week throughout the school year.

All secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.

The school's physical education program will promote student physical fitness through individualized fitness and activity assessments.

ESSENTIAL PHYSICAL ACTIVITY TOPICS IN HEALTH EDUCATION

Health education is important for all grades and the school shall ensure the health core is taught. The school will require middle and high school students to take and pass at least one health education course. The school will include in the health education curriculum many of the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active

- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

RECESS

All elementary schools will offer at least 20 minutes of recess on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities available.

Outdoor recess will be offered when weather is feasible for outdoor play.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

CLASSROOM PHYSICAL ACTIVITY BREAKS

The school recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week.

OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

The school will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The school will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the school wellness committee.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

COMMUNITY HEALTH PROMOTION AND FAMILY ENGAGEMENT

The school will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed

and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

STAFF WELLNESS AND HEALTH PROMOTION

The school will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity.

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.
