



Policy Number: 3230

Dated: 01/28/2026

## 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.

### POLICY

1. All school activities shall be consistent with and support the nutrition guidelines outlined in this policy.
2. Adequate physical education shall be provided. A sequential and developmentally appropriate curriculum shall be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to be physically active throughout their lives. Physical activity should include regular instructional physical education. ALA encourages additional physical activity through extracurricular activities in the secondary schools, recess in the elementary schools, and community education.
3. Nutrition education is taught as part of the Utah Core Standards for Health Education in grades K-6, junior high, and high school as consistent with R277-700.
4. Child nutrition programs shall be accessible to all students and must comply with federal, state, and local requirements.
5. In order to promote student health and reduce childhood obesity, ALA shall develop nutritional and safety guidelines for all foods and beverages made available to students on campus.
6. Each school principal shall oversee the implementation and evaluation of this policy in their school.

## **SCHOOL ACTIVITIES**

All school activities shall be consistent with and support the nutrition guidelines outlined in this policy. After-school programs shall encourage physical activity and the formation of healthy habits. The policy guidelines shall be considered when planning all school-based activities (such as school events, field trips, dances, assemblies, etc.)

## **PHYSICAL EDUCATION**

Adequate physical education shall be provided as required by UTAH ADMIN. CODE R277-700. A sequential and developmentally appropriate physical education curriculum shall be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to be physically active throughout their lives. The physical education curriculum shall promote the benefits of a physically active lifestyle and shall help students develop skills to engage in lifelong healthy habits, as well as incorporate health education concepts. American Leadership Academy encourages additional physical activity through extracurricular activities in the secondary schools, recess in the elementary schools, community education, and city recreation programs.

1. Each school shall ensure the physical education core is taught in grades k-12. Physical education activities shall be encouraged in other content areas, in the home and the broader community.
2. Each school is encouraged to implement a wide variety of physical activity courses aimed at improving student confidence, fitness levels, motor skills, and self-management skills, i.e. circuit training, walking classes, weight training, jump rope, dance, etc.
3. All ALA secondary students shall take a minimum of one physical education course in junior high school and 1.5 credits of physical education in high school.
4. Schools will work toward meeting state standards for physical education.
5. Elementary students shall be allowed a regular recess period each school day not to include scheduled lunch time. Recess periods should generally be 15 minutes and should not routinely be used as a punishment or a reward.
6. Training focusing on the Utah State Core Standards will be provided for elementary physical education specialists in support of this policy.

## **RECESS (ELEMENTARY)**

American Leadership Academy recognizes that recess is a necessary structural component of the elementary school day for all students.

1. The school shall provide at least 20 minutes of active daily recess to all elementary school students.
2. Recess, PE, or other physical activities may not be withheld as a punishment for poor behavior, incomplete class work, or remediation purposes.

3. Considerations shall be made for heat, cold, or other extreme weather conditions.

## **ACTIVE ACADEMICS**

Teachers shall incorporate movement and kinesthetic learning approaches into core subject instruction when possible and do their part to limit sedentary behavior during the school day.

## **HEALTH SCREENINGS**

American Leadership Academy may participate in a variety of health screenings to identify students who may be at risk for developing health-related conditions. Some of the optional screenings may include oral health, height and weight, and hearing. Vision screening in schools is mandatory in Utah (Utah Code 53G-9-404). Schools shall notify parents or guardians of all student health screenings and provide them with information on how to exclude their student if the screening violates their personal belief.

## **NUTRITION EDUCATION**

Sequential and interdisciplinary nutrition education shall be provided and promoted.

1. Nutrition education is taught as part of the Utah Core Standards for Health Education in grades K-6, middle school, and high school as consistent with R277-700.
2. Nutrition curriculum is based on the Utah Core Standards for Health Education.
3. Efforts should be made to promote a healthy lifestyle through fairs, assemblies, and other activities conducted throughout the school year. Parent, student, government, and other entities providing and organizing these activities (displays, skits, speeches, presentations, etc.) should, where applicable, focus attention on nutrition, exercise, and other healthy lifestyle activities.
4. American Leadership Academy will provide information and resources to promote student wellness through the school website, brochures, newsletters, etc.

## **NUTRITION PROGRAMS**

Child nutrition programs shall be accessible to all students and must comply with federal, state, and local requirements.

## **NUTRITION GUIDELINES**

In order to promote student health and reduce childhood obesity, and pursuant to regulations adopted by the Department of Agriculture under Title 7 CFR, Subtitle B, Chapter II, Food and Nutrition Service, American Leadership Academy shall abide by the following nutrition guidelines for all foods and beverages made available to students on campus during the school day. Should any part of this policy conflict with federal regulations, the federal regulations, as updated and amended by the Department of Agriculture, shall be followed.

## **SCHOOL FOOD CULTURE**

1. Fresh fruits and vegetables, whole grains, and fat-free or low-fat dairy products are featured in school menus and prepared appropriately.
2. Food items available to children through school meals, a la carte, vending machines, school stores, and events should try to support healthy food choices and the goal of improving student health and well-being.
3. All items sold to students during the school day meet the USDA Smart Snacks in School nutrition standards. Questions regarding food related fundraisers should be directed to the Food Service Director.

## **EATING TIME**

American Leadership Academy recognizes mealtime as an integral time that allows students to enjoy eating, explore and try healthy options, as well as socialize. Students shall be provided a minimum 10 minutes for traditional breakfast and 20 minutes for lunch, which excludes time to arrive at the cafeteria and waiting in line. Lunch shall follow recess whenever possible, which can help to increase intake of healthy items, decrease food waste, and improve behavior.

## **PARTIES, CELEBRATIONS AND REWARDS**

1. Parents, teachers, and schools are encouraged to use non-food items for parties, celebrations, and rewards. Foods made available to students on campus for purposes of class or school parties, celebrations, or rewards should feature healthy choices and emphasize nutrient density, fruits and vegetables, minimal fats and added sugars, and moderate portion sizes.
2. Pursuant to the U.S. Department of Health and Human Services Food and Drug Administration Food Code, as adopted by UTAH ADMIN. CODE R392-100, schools may not offer for human consumption foods prepared in a private home. Therefore, students, parents, teachers, and others who bring food for distribution to other students, such as for birthdays, holidays, and other occasions, must bring food items that have been commercially packaged.

## **MARKETING**

Advertising and marketing of foods and beverages on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards outlined in this policy and set forth by federal regulations.

## **SUBSTANCE MISUSE PREVENTION AND INTERVENTION**

The use of alcohol, tobacco, and other drugs has been found to negatively affect the developing brain of youth. Not only are youth who use alcohol, tobacco, and other drugs at a higher risk for experiencing addiction later in life, but teen substance use has been linked with school performance problems such as higher absenteeism and poor or failing grades. American Leadership Academy shall establish and enforce clear standards of conduct.

1. ALA prohibited behaviors include the use, possession, or distribution of alcoholic beverages, tobacco, electronic cigarettes, drugs, and drug paraphernalia on school grounds including during school sponsored extracurricular activities. (R277-613; Utah Code 53G-8-209).
2. Rules of student conduct, including the alcohol, tobacco and other drugs policy will be given to staff, parents, and students.
3. ALA will ensure that a local board-approved Positive Behaviors Plan is implemented and regularly reviews the plan to determine if adjustments/enhancements should be made. (Utah Code 53G-10-407).
4. ALA will provide instruction on avoiding alcohol, tobacco, electronic cigarettes, and other drug use at each grade level by committing to teaching the substance abuse prevention standards as part of the Health Education Core Standards and utilizes vetted resources provided by the USBE. (Utah Code 53G-10-405).
5. ALA will ensure that an approved evidence-based underage drinking, and substance abuse prevention program is provided to each 4<sup>th</sup> or 5<sup>th</sup> and each 7<sup>th</sup> or 8<sup>th</sup> and each 9<sup>th</sup> or 10<sup>th</sup> grade students.
6. When selecting additional substance abuse prevention programs, ALA will follow prevention principles representative of current research including:
  - a. Programs that enhance protective factors and reverse or reduce risk factors.
  - b. Programs that address all forms of drug misuse including the underage use of legal drugs, the use of illegal drugs, and the inappropriate use of prescription medications, or over-the-counter drugs.
  - c. Prevention programs for elementary school children should target improving academic and social-emotional learning to address risk factors for drug abuse, such as early aggression, academic failure, and school dropout. Education should focus on the following skills:
    - i. Self-control;
    - ii. Emotional awareness;
    - iii. Communication;
    - iv. Social problem-solving; and
    - v. Academic support, especially in reading.
  - d. Prevention programs for secondary students should increase academic and social competence with the following skills:
    - i. Study habits and academic support;

- ii. Communication;
- iii. Peer relationships;
- iv. Self-efficacy and assertiveness;
- v. Drug resistance skills;
- vi. Reinforcement of anti-drug attitudes.

## **MEDICATION MANAGEMENT**

Students shall be allowed access to medication during school hours by following Utah Code 53G-9-50s which requires prior parent/guardian and healthcare provider authorization. Parents must submit a completed medication authorization form annually to the school for any routine and scheduled medications that are required during school. The school nurse shall train staff on how and when to administer medication to students.

Students are allowed to possess and self-administer certain medications after proper signed authorization by the student's parent and healthcare provider is submitted each year. This applies to epinephrine auto-injectors, asthma medication, and diabetes medication. All other medication shall be stored in a locked location with the exception of epinephrine auto-injectors, and asthma rescue medication. These shall be kept in a secure, but unlocked location.

1. Allergy and anaphylaxis: Students are allowed to possess and self-administer an epinephrine auto-injector (when appropriate) after proper authorization has been submitted to [LEA] (Utah Code 26B-4-407). If the student does not self-carry the epinephrine auto-injector, the device shall be kept in a secure but unlocked location. All other allergy medication shall be kept in a locked location. Schools shall have at least one stock epinephrine auto-injector available as required by Utah Code 26B-4-406. Trained school employees shall immediately administer the epinephrine auto-injector to a person exhibiting potentially life-threatening symptoms of anaphylaxis.
2. Asthma: Students shall be allowed to possess and self-administer their asthma medications (when appropriate) after proper authorization has been submitted to the school by Utah Code 26B-4-408. If the student does not self-carry the asthma medication, the device shall be kept in a secure but unlocked location.
3. Diabetes: Students shall be allowed to carry and self-administer their diabetes medication (when appropriate) after proper authorization has been submitted to the LEA as allowed by Utah Code 53G-9-506.
4. Seizures: School nurses shall train school employee volunteers to administer emergency seizure rescue medication (when appropriate) after proper authorization has been submitted to the LEA per Utah Code 53G-9505. Students shall not carry this medication. These medications shall be kept locked, but accessible for use in an emergency.

If the parent does not submit the required paperwork to allow emergency rescue medication at an LEA, employees shall be instructed to call 911 in the event of an emergency.

Beginning with the 2023-24 school year all LEAs shall provide seizure awareness training every 3 years for all school staff who interact with or supervise students (Utah Code 53G-9213).

## **MONITORING AND EVALUATIONS**

A triennial assessment of the LEA Wellness Policy is required by USDA FNS for those participating in the National School Lunch Program.

## **LAW AND POICY**

1. Under the Electronic Code of Federal Regulations 7 CFR 210.31 Local Wellness Policy.
2. Utah Code (53G-7-1202 and 53G-4-402): all elementary, middle and junior high schools are required to create and distribute a Safe Routes Plan. The Safe Route Plans shall encourage an increase of walking and biking to school.
3. The Federal Pro Children Act of 1994 states: "No person shall permit smoking within any indoor facility utilized for services for kindergarten, elementary or secondary education or library services to children." This applies to all schools and programs that are funded by the federal government or through state and local governments.
4. IDEA: Creating Equitable Opportunities for Children and Youth with Disabilities to Access Physical Education and Extracurricular Athletics.
5. Utah Code 26-38-2: The Utah Indoor Clean Air Act prohibits smoking and vaping at ALL elementary and secondary schools, both public and private; this includes the premises on which those facilities are located.
6. Utah Code 53G-9-213: Required seizure awareness training in Utah schools.
7. Utah Code 53G-10-406: Requires a, "school-based underage drinking and substance abuse prevention program" for students in grades 4 or 5 AND 7 or 8 AND AGAIN in 9 or 10.
8. Utah Code 53G-10-407: Requires LEAs to create a positive behaviors plan based on the input of students, parents, and staff; and submit the positive behaviors plan to the LEA governing board for approval.
9. Utah Code 53G-10-408: Requires students to complete CPR training at least once during the period that begins with the beginning of grade 9 and ends at the end of grade 12 during Health Education.
10. Utah Code 53G-9-502: Administration of Medication.
11. Utah Code 26-53: Protection of athletes with head injuries.
12. Utah Code 53G-9-702: Suicide Prevention.
13. Utah Code 53G-9-703: Parent education-mental health-bullying-safety.
14. Utah Code 53G-9-704: Youth suicide training for employees.
15. Utah Code 53G-9-207: Child sex abuse prevention.
16. Utah Code 26-55: Opiate Overdose Response Act..
17. Utah Code 53G-9-404: Public Education vision screening.
18. Utah Code 26-41-103: Stock epinephrine and stock albuterol. R156-31b: Nurse Practice Act Rules.
19. R277-620: Suicide Prevention Programs.
20. R277-700: The Elementary and Secondary School General Core.
21. R392-200-9: School Health and Safety requires all LEAs to have two staff members who are CPR and first aid certified.