

# **Utah Military Academy – Camp Williams Campus**

## **Wellness Policies on Physical Activity and Nutrition**

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, thrive, and good health fosters student attendance and education. Utah Military Academy is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Utah Military Academy that:

- Utah Military Academy will engage students, parents, teachers, food service, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All students in grades 7-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition guidelines of the Healthy, Hunger-Free Kids Act, and recommendations of the U.S. Dietary Guidelines for Americans.
- Our Qualified Food Services Director will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritious needs of students.
- The school will participate in available federal school meal programs including the National School Lunch Program.
- All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class.
- The District will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas (Healthy Party Ideas);
- The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
- The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

## **Purpose and Philosophy**

To optimize student performance potential consistent with the United States Military enlistment and commissioning expectations, Utah Military Academy promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. Utah Military Academy supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Utah Military seeks to contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity.

## **TO ACHIEVE THESE POLICY GOALS:**

### **Nutritional Quality of Foods and Beverages Sold and Served School Meals**

Meals served through the National School Lunch Program will:

- 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 vegetable;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives.

Food served through the school lunch program shall meet or exceed the federal regulations and guidance for reimbursable school meals. Other food items on school grounds and at school-sponsored activities during the instructional day will include healthy snack options.

### **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of the school's responsibility to operate a food service programs, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and /or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

### **Junior High and High Schools**

In junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the guidelines for the USDA Smart Snacks in Schools.

The Smart Snacks rule (established July 1, 2014) does not affect food sold, on the weekend, after school, and off campus. Examples include concessions, food and snacks students bring from home, classroom events, and teacher lounges.

## **Fundraisers**

The Smart Snacks rule standards provides a special exemption for limited fundraisers that do not meet the nutrition standard. Utah State limits these fundraisers to 3 per year, lasting a maximum of 5 days per fundraiser and must have exemption filed in advance.

## **Communication with Parents**

Utah Military Academy will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

## **Policy Review**

Utah Military Academy will periodically review and revise the Student Wellness Policy to ensure that it supports healthy eating, physical activity, and student wellness. The Foods Director will encourage school school-wide nutrition and physical activity wellness policies.

To ensure that nutrition goals are addressed and healthy nutrition is encouraged the following data will be reviewed:

- Nutritional content of meals served.
- Student participation in the school meals programs.
- Snacks and beverages sales outside of the meals programs.
- Food sales such as fundraisers, or activities, outside of the school meals programs.

## **Policy Monitoring/Implementation**

- The District will convene a district wellness committee that meets at least two 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 wellness.
- The wellness committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff); school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians,

doctors, nurses, dentists); and the general public. The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals.

- The District will actively notify households/families of the availability of the annual report through the District newsletter and website.
- The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as District 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.