



Wasatch Peak Academy Wellness Policy

The purpose of this Policy is to ensure the best possible mental and physical health environment for the students of Wasatch Peak Academy.

WPA's Board recognizes that there is a link between good health and a student's ability to learn effectively and perform at their highest academic potential. The Board also recognizes education and establishment of good eating habits, and a desire for physical activity must begin at a young age. WPA is committed to providing nutritional education, physical activity and a healthy learning environment for its students and staff. WPA earned the designation of a Gold Medal School in 2008.

- I. Nutrition and Fitness Advisory Committee: Under the direction of the Board and the Director a Nutrition and Fitness Advisory Committee will be established to oversee wellness efforts, review wellness goals and as necessary recommend changes to wellness policies. The Advisory Committee may consist of, but is not limited to parents, students, food service manager, Physical Education teacher, a Board member, the Director, teachers, health professionals and members of the community.

- II. Nutritional Education Policy: The primary purpose nutritional education is to build knowledge and skills that will help children make healthy eating and physical activity choices now and lifelong. This will be supported by the following:
 - a. Healthy eating habits are taught and supported for students and staff by encouraging teachers, when ever possible, to use healthy nutrition facts in learning skills such as reading, writing and math.
 - b. Food will not be allowed to be used as punishment or rewards, however, nutrition education will be provided and nutrition incentive program will be encouraged
 - c. Promote nutritional and physical awareness and healthy lifestyles through physical education classes, after school sports clubs, and intramural sports at recess and after school.
 - d. Increase awareness of healthy lifestyles such as regular medical and dental check ups.
 - e. Promote safety in and out of the home by using local law enforcement and more.
 - f. Encourage and educate parents in ways to provide healthy and affordable sack lunches.

- III. Physical Activity: The Board recognizes the importance of physical activity for student health and academic achievement. The Board encourages the director to implement programs to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student's physical, mental, emotional and social well-being. The following goals are some of the ways WPA hopes to achieve this:



- a. Provide a wide variety of physical activities and introduce students to many different sports and ways of getting physically active. This may be done through PE, after school activities, extramural sports, or in the classroom.
- b. Provide daily recess for all elementary students for at least 30 minutes per day and 30-60 minutes of fitness education per week, schedule permitting.
- c. Use a variety of subjects and innovative lesson plans to increase physical movement in the classroom, such as “brain breaks” where students can do jumping jacks and other exercises to get their blood flowing.
- d. When activities such as mandatory testing or inclement weather make it necessary for students to stay indoors for long periods of time, students will be given periodic breaks during which they are encouraged to participate in some activity or movement.
- e. Physical education activities will teach students cooperation and teamwork, good sportsmanship, positive self-image, and personal achievement.
- f. Appropriate alternative activities should be provided for students with physical disabilities.
- g. Exemptions from physical activities should be provided where appropriate for ill or injured students.
- h. Parent volunteers are encouraged form after school sports teams or clubs for students.

IV. Healthy and Safe School Environment: WPA recognizes that a healthy and safe school environment is necessary in promoting and sustaining the nutritional, physical and emotional health of it students and staff. This will be provided in the following ways:

- a. Provide a clean, safe, and enjoyable lunchroom for students.
- b. Provide student access to restroom use for washing hands and a hand sanitizer available at the entrance and exit of lunchroom and educate students on importance of washing hands.
- c. Provide enough space and serving areas to ensure all students have an appropriate place to eat in the lunchroom.
- d. Create an environment that fosters good eating habits, enjoyment of meals, good manners and respect for others.
- e. WPA makes every effort to accommodate children with allergies at a specified table.
- f. WPA will make drinking fountains available so that students can get water at meals and throughout the day.

V. Food Guidelines: The purpose of these guidelines is to support WPA’s wellness policy, specifically in the classroom. WPA’s Board wants to promote a healthy classroom environment for every student, with as little distractions as possible to the learning process. This will be supported in the following ways:



- a. Food will only be allowed in the classroom as part of a lesson plan and at the approval of the Director. (For example, a teacher may use an orange to teach fractions.)
- b. No vending machines or beverage machines are on campus.
- c. No birthday treats are allowed for distribution in class, unless they are considered “healthy snacks.”
- d. Three class parties are allowed per year.
 - i. The PTO President, with approval from the Director, will provide guidelines for these class parties.
 - ii. Some healthy snack choices must be offered to students and faculty as part of these class parties.
 - iii. The Director and the Board may create and provide a “Healthy and Affordable Snack” list to parents for parties.

VI. Measurement of Wellness Policy:

- a. The WPA Wellness Policy will be reviewed annually by the Advisory Committee.
- b. The Food Service Manager, PE Teacher and Director will be in charge of compliance and oversight of the Wellness Plan during the year.
- c. The policy will be available on the WPA Website at all times.
- d. The Triennial Assessment conducted by the State will be made available to the public on the WPA’s website.
- e. Based on the Triennial assessment, necessary changes/modifications and or updates will be made to the Wellness Policy and will be approved by the Board.

Megan Triplett - WPA Board President

1-19-17

Date