

ALTA PUBLIC SCHOOLS WELLNESS POLICY

FOOD SERVICE/ CHILD NUTRITION PROGRAM

Alta believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create strength-based, positive, and health-promoting learning environments at every level and in every setting throughout the school year.

Research shows that two components are strongly correlated with positive student outcomes -- good nutrition and physical activity before, during, and after the school day.

This condensed policy outlines Alta Public School's approach to ensuring all students practice healthy eating and physical activity behaviors throughout the school day.

SCHOOL WELLNESS POLICY

Committee Role and Membership

Alta Public Schools have created a district-wide Wellness Committee that meets at least four times per year to establish goals for and oversee schools' health and safety policies and programs.

The designated official for oversight is Mayra Henriquez. She is the Meal Coordinator of Food Services for Alta Public Schools and can be contacted at m.henriquez@altaps.org.

Sharing of Foods and Beverages

Schools should monitor students sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets. Students should not take any unhealthy foods and beverages to the school campus. If students' are found to be in possession of unhealthy foods or beverages on campus, those foods may be confiscated.

Competitive Foods and Beverages

Alta's goal is that all students will participate in our meal program. Thus, foods and beverages outside the meal program that are sold or provided to students on the school campus during the school day should not compete with the meal program. If snacks are provided to students, they meet or exceed the USDA Smart Snacks nutrition standards.

In addition, any food celebrations cannot occur during breakfast or lunch mealtime, and should not be served close to those times, so as to not affect the students' appetite during mealtime.

School Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per quarter. Schools may elect to allow less celebrations than the maximum described previously. It is highly encouraged that each party includes no more than one food or beverage that does not meet the USDA nutrition standards for foods and beverages sold individually.

Fundraising Activities

School fundraising activities will either not involve food, or will only use foods that meet the USDA nutrition standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity versus food.

Any fundraising activities involving food must occur at least 30 minutes before or 30 minutes after the end of the school day. Alta will make available to parents and teachers a list of healthy fundraising ideas.

This is a condensed version of the Board Approved Wellness Policy. You can find the complete policy at- <https://altapublicschools.org>

School-sponsored Events (such as, athletic events, dances, or performances).

If schools serve or sell food and beverages at school-sponsored events outside the school day (30 minutes before or after the school day), schools are highly encouraged to ensure that the foods and beverages meet the Smart Snack nutrition standards for meals or for foods and beverages sold individually.

Physical Education and Physical Activity Opportunities

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Middle and high schools should provide students with a period of daily physical activity in addition to physical education and classroom physical activity.

Physical Activity in the Classroom

For students to receive the nationally recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Physical Activity Opportunities Before and After School

All elementary, middle, and high schools will offer, when appropriate, extracurricular physical activity programs, such as physical activity clubs or intramural programs. Program staff, when appropriate, will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

HIGHLIGHTED POLICY GOALS

Goal# 2: Increase meal participation rates by offering quality, accessible, and appealing meals.

Goal# 5: School parties/celebrations/meetings (PCM) and other school-sponsored events should maximize the use of healthy food choices and only allow one non smart snack aligned food or beverage.

Goal# 6: Schools will use non-food rewards for school accomplishments.

Goal# 7: School-based organizations should raise funds with non-food options, if at all possible.

Goal# 9: Students will receive comprehensive health education instruction in all grades.

Goal# 10: Students will receive 60 minutes of daily physical activity throughout the school day.