



Book	Board Policy Handbook
Section	400 - Pupil Personnel
Title	STUDENT WELLNESS POLICY
Number	419
Status	Proposed
Last Revised	May 17, 2018

Purpose:

The Wasatch County School District is committed to providing a school environment that promotes and protects children's health and well-being, and stimulates their ability to learn by teaching and participating in positive lifestyle habits.

Nutrition Education Goals:

The primary goal of nutrition education and nutrition promotion is to positively influence students' eating habits. Sequential and interdisciplinary nutrition education shall be provided and promoted by:

1. Teaching the Utah health core standards at the elementary and secondary level;
2. Nutrition education and nutrition promotion in all related content areas.

Physical Activity Goals:

The purpose in setting physical activity goals is to provide opportunities for every student to develop the knowledge and skills to maintain physical fitness and understand the benefits of a healthy lifestyle.

1. Physical education core curriculum standards will be taught at the elementary and secondary level.
2. All physical education instructors are certified.
3. Provide appropriate equipment for all students to participate in physical education.
4. Allocate time for elementary physical education classes consistent with State standards.
5. Support opportunities for physical activity through after school programs including competitive and recreational intramurals and interscholastic athletics.
6. Work with community recreation departments to provide safe and supportive recreational opportunities for students of all ages.
7. Promote and encourage employees to model healthy lifestyle practices for their students.

Nutritional Standards for All Foods:

School Food Services is dedicated to providing healthy and nutritious meals to all students. The School Food Service program shall comply with federal, state and local requirements.

1. School meals will reflect USDA federal and state regulations for nutrition integrity.
2. School food services will offer breakfast in all schools.
3. Lunch, served daily, will be nutritionally analyzed for specific age and grade groups.
4. Menu guidelines can be accessed @ www.wasatch.edu/departments/foodservice
5. A la carte will only be offered to students in high schools.
6. Vended and school store foods and/or drinks in secondary schools shall be in compliance with Smart Snack Standards. Vending machines are not available to elementary or middle school students.
7. Free Summer Lunch Program is offered through the USDA and administered by Wasatch School Food Services. Free to any child up to age 18. Small children must be supervised by an adult.
8. Federal Free and Reduced meal programs are available to all families who qualify. (Forms available at each school and online)

Evaluation:

A wellness committee shall be appointed to implement, review and evaluate all aspects of the wellness policy.

1. The appointed district wellness committee may include parents, students, child nutrition specialist, physical education teachers, school nurse and representatives of the school food service department, school board, school administrators, and the public. The purpose of the district

wellness committee is as follows:

1. Regularly monitor the overall effectiveness of the district wellness policy.
2. Highlight areas in need of future change
3. Recommend modifications that will positively affect student health.
4. Evaluate annual progress towards achieving the goals of the wellness policy.
5. Every three years, conduct an assessment that determines compliance to the policy and progress towards goals.
6. School Community Councils, within the individual schools, will help monitor, review and revise wellness policies.

Last Modified by Stacey Moore on May 3, 2018