



## Wellness Policy

### I. PURPOSE

The purpose of this Providence Hall Charter School (PHCS) Wellness Policy is to provide a school environment that enhances learning and development of lifelong wellness practices in the following manner:

- A. Nutrition education will be provided and promoted in health classes following the guidelines provided in the health core and Utah state standard.
- B. Physical education will be provided and patterns of meaningful physical activity connected to students' lives outside of physical education classes will be promoted.
- C. All foods and beverages made available to students on PHCS campuses through the PHCS nutrition program will be consistent with current Healthy and Hunger Free Kids Act and Smart Snack Standards.
  - 1. Smart Snacks Standards are a USDA federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.
- D. The PHCS school environment will be safe, comfortable, pleasing, and allow ample time and space for eating meals.
- E. The PHCS nutrition program will be accessible to all students and must comply with federal, state, and local requirements.
- F. All foods made available on PHCS campuses will adhere to food safety and security guidelines.

### II. COMMITTEE

A Health and Safety Committee will be designated to oversee the implementation and evaluation of the PHCS Wellness Policy. This committee will be comprised of representation from the

- A. PHCS Board of Trustees (Board),
- B. PHCS Parent(s)/Guardian(s),
- C. PHCS Nurse(s),
- D. PHCS Food Services Director,
- E. PHCS Administrator(s), and
- F. PHCS School Operation(s) Personnel,
- G. with the Board providing direct oversight.

The Health and Safety Committee will report findings to the Board.

### III. FUNDRAISERS

- A. All fundraisers that involve food will be Smart Snack Compliant if they fall within school hours (12:00 midnight to ½ hour after the end of the school day) or have an exemption (three allowable per school year) signed by appropriate PHCS Administrator.
- B. Food-based fundraisers will not occur in competition to the School Breakfast Program and/or National School Lunch Program.

### IV. PROCEDURES FOR IMPLEMENTATION

#### A. Nutrition Education

- 1. PHCS will ensure the health core is taught in all appropriate grades.
- 2. Nutrition education will be encouraged on other content areas in the home and the broader community.



## B. Physical Education and Physical Activity

Adequate physical education will be provided and patterns of meaningful physical activity connected to students' lives outside of physical education will be promoted as follows:

1. PHCS will ensure the physical education core is taught in all grades.
2. Physical education activities will be encouraged in other content areas in the home and the broader community.
3. Physical education instructors will be endorsed and have a current First Aid/CPR Certification.
4. Enrollment in physical education courses will not exceed the number of students that space and equipment can safely accommodate.
5. Adequate equipment and supplies will be available for all students to safely and fully participate in structured physical education activities.
6. Time allotted for physical education instruction will be consistent with school and state standards.
7. Daily recess periods can be structured to be a part of physical education.

## C. Nutrition Guidelines for All Foods on Campus

All foods and beverages made available to students on PHCS campuses will be consistent with the current Healthy and Hunger Free Kids Act guidelines as follows:

1. All foods made available to students on PHCS campuses will emphasize nutrient density fruits and vegetables, decreasing fat and added sugars, sodium, and moderating portion size.
2. PHCS will limit food and beverage offered to students outside of the School Breakfast Program and/or National School Lunch Program to the following standards:
  - a. Foods and beverages must meet Smart Snacks Standards.
  - b. Fruits and vegetables should be offered for sale at any location where foods are sold.
  - c. Classroom snacks will feature healthy choices and follow food safety guidelines.
  - d. Food and beverage advertisements in the cafeteria will be consistent with established nutrition standards.
  - e. No PHCS activities, events, or parties will interfere with student access to a nutritionally balanced meal.
  - f. All food sold within school hours (12:00 midnight to ½ hour after dismissal) will fall under the Smart Snacks Standards.
  - g. When vending machines are available to students they will carry Smart Snack Standards compliant items.
  - h. No competitive foods will be sold during PHCS meal services.
  - i. When field trips are scheduled, students will have access to sack meals through the School Breakfast Program and/or National School Lunch Program.

## D. Eating Environment

The PHCS environment will be safe, comfortable, pleasing, and allow ample time and space for eating meals.

## E. Student Nutrition Operation

1. The PHCS student nutrition program will be accessible to all students and must comply with federal, state and local requirements.



2. PHCS will develop a coordinated and comprehensive outreach, promotion, and pricing plan to ensure maximum participation in the National School Lunch Program.
3. Free and reduced applications will be made available to all households.

## F. **Food Safety/Food Security**

1. All foods made available on campus by the PHCS nutrition program will adhere to food safety and security guidelines, including compliance with federal, state, and local food safety and sanitation regulations.
2. Food provided outside of the PHCS nutrition department becomes the responsibility of the administration with oversight by the Board.
3. Access to any PHCS food service facility is to be limited to PHCS nutrition department staff and authorized PHCS personnel only.

## G. **Staff as Role Models**

PHCS will offer opportunities and encouragement for staff to model healthy eating and exercise habits.

## H. **Implementation and Evaluation**

The Board will ensure that the wellness policy guidelines are enforced as follows:

1. The nutrition department, consulting with the operations department, will be designated and charged with operational responsibility for ensuring that each PHCS campus follows this policy.
2. The compliance of this policy will be evaluated annually by the Health and Safety Committee.