



C.S. LEWIS ACADEMY

Instilling Accountability, Responsibility, Respect

364 North SR 198 Santaquin, Utah 84655
Phone: 801.754.3376 Fax: 801.754.3102

NUTRITION AND PHYSICAL ACTIVITY WELLNESS POLICY

Purpose and Philosophy

To optimize student performance potential, C.S. Lewis Academy supports an environment where children have access to healthy food and regular physical activity as outlined by Section 204 of the Healthy, Hunger-Free Kids Act of 2010, Centers for Disease Control (CDC), U.S. Department of Agriculture (USDA), Utah State Rule R277-19 and R277-720, and Utah's Child Nutrition Programs (CNP). This policy outlines C.S. Lewis Academy's approach to ensuring students have access to healthy foods throughout the school day, receive quality nutritional and physical education, and have opportunities to be physically active before, during, and after school. School staff are encouraged and supported in practicing healthy nutrition and physical activity behaviors in and out of school. C.S. Lewis Academy is responsible to review state and federal laws concerning nutrition and physical activity requirements for students and will review and amend this policy triennially through the School's Wellness Committee. Public access will be granted for this policy, all reviews, reports, and alterations to this policy.

Nutrition Guidelines for Foods Available in School

C.S. Lewis Academy is committed to ensuring that all foods and beverage available to students on school campus during the school day support healthy eating. USDA Smart Snacks will be included in school meals and snacks. Food served through the school lunch program shall meet or exceed the federal regulations and guidelines for reimbursable school meals. Meals will include plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. Meals will be low in saturated fat, moderate in sodium, have zero grams trans-fat per serving, and meet the nutritional and caloric requirements of students. School meals will improve the diet and health of students and help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. The school participates in USDA child nutrition programs including but not limited to the National School Lunch Program and the School Breakfast Program. Standards for school meals and snacks will be in compliance with federal and state standards. Other food items on school grounds and at school-sponsored activities during the instructional day should include healthy snack options. To promote hydration, free, safe, unflavored drinking water will be available to all students through the school day through water fountains and by allowing students to bring and carry approved water bottles filled only with water.

Kitchen staff will meet or exceed hiring and annual continuing education and training requirements through the USDA website under the section for Professional Standards for Child Nutrition Professionals. Kitchen staff will develop lunchroom techniques for product placement, display and marketing to promote healthy food and beverage choices that can be found through the USDA website under Smarter Lunchroom Techniques. School menus will be given to the public through at least two of the following sources: the School's website, social media, text alert, email, or newsletter. Accommodations will be made for students



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with special dietary needs. Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available.

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. The School will use non-food fundraisers and encourage those promoting physical activity such as walk-a-thons, fun runs and the like. Fundraising for food items that are not consumed during the regular school day may include but are not limited to: donation nights at restaurants, cookie dough, candy, and pizza sales.

Opportunities for Nutrition Education

Nutrition promotion and education positively influences lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. C.S. Lewis Academy staff will teach, model, encourage, and support healthy eating for all students. Staff will provide nutrition education and engage in nutrition promotion that is designed to provide students with knowledge and skills necessary to promote and protect their health. Nutrition education topics shall be integrated within the sequential, comprehensive health education programs which shall focus on students' eating behaviors that are based on theories and methods proven effective by published research, and be consistent with the Federal and State Core Health Education Curriculum.

C.S. Lewis Academy will integrate wellness activities across the entire school setting. The School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes. An effort will be made to coordinate content across curricular areas that promote student health.

Students will have opportunities throughout the day to wash or sanitize their hands before eating. Staff members are encouraged to use healthy food options for classroom and school celebrations and parties including non-food celebration ideas. Foods and beverages will not be used as the primary reward or incentive. Foods and beverages may never be withheld as punishment for any reason.

Opportunities for Physical Education and Physical Activity

A quality physical education program is an essential component for all students to learn about and participate in physical activity. A sequential developmentally appropriate curriculum shall be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives, consistent with the Federal and State Core Physical Education Curriculum. Physical activity should include regular instructional physical education as well as recess. All students will be provided equal opportunity to participate in physical



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education classes. Staff will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All Students will receive instructional physical education for at least 30 minutes per week. At least 15 minutes of outdoor recess will be offered every school day. For younger grades, kindergarten through second grade, 25 minutes of outdoor recess will be offered every school day. Exceptions to this include but are not limited to early release, late arrival, and inclement weather. Parents may send a note to school to preclude their child from physical activity when health or physical concerns arise. The administration will determine when weather is too hazardous for students to have outdoor recess. Weather conditions considered hazardous include but are not limited to hail, freezing rain, heavy rain, strong wind or wind chill, temperatures below 30 degrees, and low air quality. In the event that the School must conduct indoor recess, teachers and staff will follow indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible. Physical activity during the school day, including but not limited to recess, classroom physical activity, breaks, or physical education will not be withheld as punishment for any reason. School administration will provide teachers and staff with a list of ideas for alternate ways to discipline students. The physical education program will promote student physical fitness through individualized fitness and activity assessments through the Presidential Youth Fitness Program or other appropriate assessment tools and will use criterion-based reporting for each student. Parents will be given opportunities to volunteer during outdoor activities such as recess as a monitor and during physical education.

C.S. Lewis Academy's Facility Manager will ensure that the grounds and facilities are safe and that equipment is available to students to be active. The Facility Manager will conduct necessary inspections and repairs. Administration and physical education staff will ensure that inventories of physical activity supplies and equipment are known and may work with community partners to build inventories of physical activity supplies and equipment so sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

C.S. Lewis Academy recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Students will be offered periodic opportunities to be active or stretch throughout the day on all or most days during a typical school week. Teachers should provide short three to five minute physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, physical education class, recess, and class transition periods. School administration will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Teachers and staff will also incorporate movement and kinesthetic learning approaches into core subject instruction when possible and work to limit sedentary behavior. Teachers will serve as role models by being physically active alongside the students whenever feasible.



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The School will promote to parents and caregivers, families, and the general community the benefits of healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. Stakeholders and community members will be informed of school initiatives through the School's website, social media, email, text alerts, or newsletter.

Policy Review

The School's Wellness Committee will develop and implement the Nutrition and Physical Activity Wellness Policy. Committee members will include parents and caregivers, Kitchen Manager or kitchen staff, physical education teacher, classroom teachers, administration, board members, and students, when appropriate. The committee should reflect the diversity of the school and community. The School Director, Kitchen Manager, and School's Wellness Committee coordinator will ensure compliance with this policy and will report on the school's compliance to the Board of Trustees and its stakeholders. The committee will utilize the assessment tools found through the Centers for Disease Control and Prevention's School Health Index. An action plan that fosters implementation and progress reports will be developed annually and will be posted to C.S. Lewis Academy's website, social media, and newsletter. At a minimum, the School's Wellness Committee will review and revise this policy and develop plans to continue to facilitate its implementation triennially. C.S. Lewis Academy administration and the Kitchen Manager will maintain the records for this policy including but not limited to:

1. A copy of this Policy,
2. Documentation the policy has been made available to the public on an annual basis,
3. Documentation of efforts to review and update the policy,
4. Committee records including who is involved in the committee and proof of public notices allowing stakeholders to participate,
5. Documentation of the most recent assessment on the implementation of the policy and proof that the assessment was made available to the public.

The public will be notified of the policy, committee, opportunities to participate in the committee, and policy assessments and reviews through at least two of the following methods: the School's website, social media, text alerts, email, and newsletter. All communication with stakeholders will be transmitted in language that is culturally and linguistically appropriate. Reports to stakeholders will also include but are not limited to: information on improvements that have been made to school meals, compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.