
I. PURPOSE

This policy exists to establish parameters for health and wellness initiatives at Athlos Academy of Utah. Nutrition and physical education are essential components of the wellbeing of our students. The Health and Wellness Policy is following wellness policy guidelines established by the USDA.

II. POLICY

- A. The School Leader shall:
 - 1. Designate a Health and Wellness (HW) committee, compliant with section B.1 of this policy.
 - 2. Establish a comprehensive health and wellness plan.
 - 3. Ensure the compliance with board policy and accountability to the established plan.
 - 4. Ensure a comprehensive evaluation of the established plan takes place every 3rd year.
- B. The Health and Wellness Committee shall:
 - 1. Consist of 5 or more members, and should include the school administrator, lead athletic coach, kitchen manager, school nurse (if employed by the school), and the Athlos HQ School Nutrition Specialist.
 - a. Members may also include parents, teachers, or board members.
 - 2. Meet at least four times a year and shall post meeting notices and minutes on the school's website.
 - 3. Be responsible for setting goals, developing action plans, and measuring progress in each of the categories outlined in section 3a of this policy.
 - 4. Appoint a chair responsible for recordkeeping, reporting, compiling data related to plan goals, and developing an annual report for school stakeholders. Duties of the Chair shall be outlined in detail in the Health and Wellness Plan.
- C. The Health and Wellness Plan
 - 1. Structure of the Plan:
 - a. shall comply with each item stated in sections C2-6 of this policy; and
 - b. shall include at least one goal aimed at program improvement in each category: Nutrition, Physical Activity, Social and Emotional Wellness, and Stakeholder Engagement; and
 - c. shall include an action plan for each goal that outlines timelines, intended measures of success, and responsible parties.
 - d. Goals and action plans shall be established and approved by the school leader no later than October 15th each year, and shall be presented to the Board for ratification no later than October 30th.
 - 2. Nutrition
 - a. The school meal programs aim to improve the diet and health of school children, 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.
 - b. School meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, will be accessible to all students; appealing and attractive to children; served in clean

Health and Wellness Policy

- and pleasant settings; and meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
 - c. Snacks that meet Smart Snack guidelines may be provided to students during the school day, as part of a formal program, curriculum enhancement, or class celebration; snacks that do not meet these guidelines may not be sold to students during the school day.
 - d. Nutrition education shall be emphasized in each classroom through enhanced curriculum and other initiatives.
 - e. Nutrition information shall be available on the school's website.
3. Physical Activity
- a. All students shall be provided no less than 180 minutes per week of athletic movement instruction and guided practice.
 - i. Students enrolled in half-day kindergarten programs shall participate at half that rate.
 - b. All students shall be provided no less than 180 minutes per week of unstructured free play.
 - i. Students enrolled in half-day kindergarten programs shall participate at half that rate.
 - c. Extracurricular opportunities for students to be physically active shall be provided both before and after school.
 - d. Movement breaks shall be incorporated into the classroom
4. Social and Emotional Wellness
- a. Incorporate restorative practices and mindfulness to build healthy relationships
 - b. Celebration and rewards shall be consistent with the school's PBIS plans
5. Staff Wellness and Health Promotion
- a. Faculty shall have no less than 45 minutes of prep time each day.
 - b. Staff are encouraged and supported in making healthy nutrition choices during the work day.
 - c. Professional development within the realm of health and wellness for teachers and support staff shall be provided annually.
 - d. A daily time shall be designated, outside of teacher contact hours, and with priority over any facility rentals, to provide access to the gym, turf, and weight room facilities to teachers and staff for personal use
 - i. Liability waivers and rules regarding guests and equipment use shall be managed by the school leader
6. Stakeholder Engagement
- a. At least one event shall be held each school year that brings the school and the local community together in celebration of health and wellness.
 - b. Shall promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.
- D. Related Policies
- 1. 7103 Fundraising
 - 2. 7501 Food Sales Outside of Reimbursable School Meals
 - 3. 7502 Free and Reduced-Price School Meals
 - 4. 5201 Attendance
 - 5. 8001 School Facilities Use