



## **Health and Wellness Plan**

### **Rationale**

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity are essential to reduce risk for many chronic diseases. Schools have a responsibility to help students learn, establish and maintain lifelong healthy eating and activity patterns. Well planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a health school environment since school staff can be daily role models for healthy behaviors.

### **Goals**

All students at Canyon Grove Academy shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff members at Canyon Grove Academy are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Canyon Grove Academy adopts this school wellness policy with the following commitments to nutrition education, physical activity, nutrition guidelines, other school based activities and implementations. This plan is designed to effectively utilize school and community resources to equitably serve the needs and interest of all students and staff, taking into consideration difference in culture.

### **Nutrition Education**

- Canyon Grove Academy is enrolled in the Team Nutrition Program, and has integrated the Team Nutrition lesson plans into its curriculum for all levels.
- All students, grades K-8, receive interactive nutrition education throughout the school year as part of their health course to help them learn skills needed in practicing lifelong healthy eating.
- Nutrition education occurs outside the classroom, linking classroom nutrition education to the larger school community, such as through the school gardens and

cafeteria-based nutrition education; and by engaging and involving families and the community.

- The school cafeteria serves as a learning laboratory to support nutrition education through menu offerings and signage; and by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
- The classroom, cafeteria and other school venues provide clear and consistent messages that explain and reinforce healthy eating and physical activity habits.

### **Promotion of Healthy Eating and Nutrition Guidelines**

- Canyon Grove Academy participates in the National School Lunch and Breakfast Programs.
- Reimbursable lunches and all school meals meet or exceed all USDA requirements as well as provide sufficient choices. These include new foods and foods prepared in new ways to meet the taste preference of the students.
- Students can volunteer to work in the kitchen and cafeteria.
- Parents are invited to eat lunch or breakfast with their children whenever possible.
- All children participating in NSLP will be provided food in a non-stigmatizing manner.
- Vending machines are not available to students.
- Designated lunch periods for all students offers sufficient time (at least 15 minutes) to enjoy eating healthy foods. Lunch periods are scheduled near the middle of the school day (between the hours of 11:15 am to 12:30 pm).
- The school cafeteria provides a relaxed and comfortable atmosphere for students to enjoy meal times. Recess is before lunch service to promote students eating more and taking time to eat.
- Students are encouraged to test healthy food items with which they are not familiar to promote behavior change and healthy school meal consumption.
- Food and beverages will not be used as a reward or punishment.
- Classroom parties will encourage healthy choices and portion control.
- Fundraisers, meetings, parties and celebrations will permit primarily non-food items.
- Meals are served in an environmentally-friendly manner. Whenever possible, local, seasonal, organic foods will be used. Napkins and tableware are non-disposable. The reduction of waste is maximized by recycling, reusing, composting and purchasing recycled products.
- Special-need students whose Individualized Education Program (IEP) plan indicates the use of Foods of Minimal Nutritional Value (FMNV) or candy for behavior modification (or other suitable needs) may be given FMNV or candy items.

### **Physical Activity**

Structured, age-appropriate, quality physical activity is provided to all full-day students for 45 minutes, twice weekly. Additionally, teachers have the option in teaching dance to students. All students, including those who are not athletically gifted, are able to participate in a safe enjoyable environment. Canyon Grove Academy participates in nationally recognized health and fitness programs. Physical education courses are also offered to all students.

- Recess is offered daily to students in kindergarten through eighth grade to give them the opportunity for unstructured physical activity.
- Each elementary student has one recess period in addition to lunch recess. Students also participate in

a schoolwide physical education twice weekly to promote a healthy lifestyle, body movement, and exercise.

- Physical activity is not denied as a means of punishment.
- Physical activity is not required as a means of punishment.
- Students are never kept in from PE or recess to finish schoolwork.
- Physical education is safe and satisfying, including for those with special needs.
- Fitness education and assessment helps students understand and improve or maintain their physical well-being.
- Physical education promotes the benefits of participating in regular amounts of physical activity now and throughout life.
- Physical activity facilities on school grounds are kept safe and well-maintained.
- Recess is scheduled before lunch for all elementary age students.
- Safer routes to school are designated for pedestrians and bicyclists, encouraging walk-to school days, and walking or biking safety policies. Bike racks and storage for skateboards and scooters are provided.

### **Other School Based Activities**

- Canyon Grove Academy participates in the Utah Department of Health Silver Medal Schools Program.
- Canyon Grove Academy is a tobacco-free school.
- Curriculum integrates physical activity and nutrition education in all subjects, such as math and science, as much as possible throughout the school day.
- Canyon Grove Academy has established a school garden which will give students the opportunity to plant, harvest, prepare, cook and eat food they have grown.
- The school library/media center will have resources on exercise, research-based nutrition, weight control and other health issues related to eating and physical activity for students, families and faculty use.
- Dining room supervisory staff receives appropriate training on how to maintain a safe, orderly, and pleasant eating environment.

### **Staff as Role Models**

Canyon Grove Academy will provide information to employees with community programs that provide educational activities for school staff members on healthy lifestyle behaviors, eating, physical activity and injury prevention.

- Staff members who supervise student dining areas are trained to encourage healthy eating patterns through a positive daily experience.
- Staff are encouraged and offered opportunities to model healthy eating habits.
- Staff shall never use embarrassment or humiliation as a means of encouraging students to eat more or less, or to get them to try new foods.

### **Food Safety**

- All food service staff members have appropriate pre-service training and participate regularly in professional development activities.
- All available foods comply with state and local food safety and sanitation regulations.
- Hazard Analysis and Critical Control Point (HACCP) plans and guidelines are implemented to prevent food illness in school.

- All food service equipment and facilities meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety.

## **Measuring Implementation:**

Parents and middle school age students are encouraged to serve on the steering committee that revises the school wellness plan and revamps the school menus.

A Director appointed committee periodically assesses how well the plan is being managed and implemented. The committee shall conduct a yearly review of wellness policy goals and identify areas for improvement. The committee shall identify, at minimum, the top three areas of improvement and provide action ideas for improvement as part of their report to the Board.

A yearly report will be prepared and submitted to the school board. Any recommendations for revisions will be reviewed by the board.