

The Center for Creativity, Innovation and Discovery

Wellness, Nutrition and Physical Activity Policy

Purpose and Philosophy

To optimize student performance and potential, The Center for Creativity, Innovation and Discovery (“CCID”) promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. CCID supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. CCID seeks to contribute to the basic health status of children and to facilitate learning through the support and promotion of good nutrition and physical activity.

Opportunities for Physical Education and Physical Activity

A quality physical education program is an essential component for student health and learning. 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 State Core Physical Education Curriculum. Physical activity includes regular instructional physical education, participation in an outdoor program, as well as extracurricular activities.

Opportunities for Nutrition Education

A quality nutrition education program is an essential component for all students in order to influence students’ eating behaviors toward lifelong health. Nutrition education topics shall be integrated within CCID’s lunch program, science program, physical education program, and other subjects at each grade level. The nutrition education program shall focus on students’ eating behaviors, lifestyle, and nutritional science, based on theories and methods proven effective by published research and consistent with the Utah Core Health Education Curriculum.

Nutrition Guidelines for Foods Available in Schools

Food served through the school lunch program shall meet or exceed Federal regulations and guidance for reimbursable school meals. Other food items on school grounds and at school-sponsored activities during the instructional day will include healthy snack options.

Use of Food

- 1) Food should not be used as a reward or punishment for individual student behavior.
- 2) All food that is brought onto campus for classroom parties must be coordinated through the classroom teacher.
- 3) Birthday celebrations will be coordinated by the classroom teacher, and only non-food items are allowed to be brought in. Encourage a special book or non-food item

to be shared.

4) Due to student allergies, students may not share their food during lunch or snack time.

Monitoring and Policy

The Administration will ensure compliance with this policy in the school and will report on the school's compliance to the Board. The Board will, as necessary, revise this policy and instruct the Administration to develop working plans to facilitate its implementation.