

The Center for Creativity, Innovation and Discovery

School Wellness Policy

Philosophy/Purpose

The Center for Creativity, Innovation and Discovery, (CCID) is committed to provide a school environment which supports the ability to learn along with the wellness of our students and staff. This will be accomplished with ongoing attention given to the following areas:

- Nutrition Education
- Nutrition Guidelines
- Physical Education and Activity
- Community Involvement
- Assessment

Administration Policy

The Wellness policy shall be administered according to the following administrative policy provisions:

A. Nutrition Education

1. Students will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Nutrition education will emphasize topics including: healthy food preparation; balance between food intake and energy expenditure; and health literacy.
3. Staff who will provide nutrition education shall receive appropriate training.
4. The school cafeteria will feature educational signage that promotes a healthy lifestyle. Schools will link nutrition education activities with the school food environment.
5. Implementation of the State of Utah Health Education Core Curriculum will take place in each grade.
6. Nutrition will be integrated into the physical education, health education curriculum or core curricula (e.g. math, science, language arts).
7. Nutrition education and promotion includes enjoyable, developmentally appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens.

B. Standard for Child Nutrition Programs

1. School Meals

- a. The school Kitchen Manager will work to make meals appealing, nutritious and cost-effective.
- b. Nutrition information for school meals will be made available to parents upon request.

2. Federal school meal programs shall meet the required nutritional standards. (Nutritional Standards Website)
3. Nutritional standards provide well-rounded nutritious meals to students. The Kitchen Manager shall use strategies to maintain / increase participation in school meal programs.
4. CCID will maintain lunchroom procedures that allow adequate time for meal consumption.
5. CCID will provide enough space and serving areas to ensure student access to school meals with a minimum of wait time.
6. Free drinking water will be available during meals.
7. In order to preserve meal time for all students, CCID should not schedule tutoring, assemblies, clubs/organization meetings, and other activities during meal time.
8. Adults will supervise eating areas and encourage appropriate behavior.
9. Due to student allergies, there will be no sharing of school or student lunches or snacks.
10. All food that is brought onto campus for classroom parties must be coordinated through the classroom teacher.
11. CCID will use USDA geographical preference rules to access local food and beverages whenever possible.
12. Kitchen Manager will coordinate the menus with seasonal production of local farms and with production in school gardens so that school meals will reflect seasonal and local agriculture.

C. Standards for Competitive and other foods

1. Smart Snacks

- a. All a la carte items sold at CCID will meet or exceed Smart Snacks standards. The Food Service program will maintain documentation to show compliance.
 - b. Should vending machines be made available, all foods and beverages sold in the machines will meet Smart Snacks standards. School administration will maintain documentation to show compliance.
 - c. The State allows up to three food-related fundraisers per year that do not meet Smart Snack regulations. Each fundraiser may last no more than five consecutive days. However, the sale or use of nutritional foods is encouraged. CCID will document non-compliant fundraisers to ensure that limits are adhered to.
 - d. School will develop creative campus fundraisers based on healthy food items, integrating farm grown produce where appropriate.
 - e. Elementary schools may not sell a la carte items except milk/juice to students and may not sell competitive foods as a la carte items if they do not meet the minimum Smart Snacks in School standard.
2. Non-food items are encouraged to be used as a reward for students. (Examples)
 3. The Kitchen Manager will be available to answer questions and address concerns on these regulations.

D. Physical Education and Activity

1. The Utah State Board of Education Physical Education Core Curriculum will be implemented in school.
 - a. All teaching staff is responsible for implementation.
 - b. The school will provide ongoing professional development for physical education staff and teachers.
 - c. All staff will provide daily physical activity (including recess) and/or physical education instruction for each student.
2. CCID recognizes the Center for Disease Control's (CDC) recommendations for 60 minutes of physical activity per day for school age children.
3. CCID will establish and promote safe routes for walking and biking to and from school.
4. CCID:
 - a. Will not withhold recess or other physical activity as a punishment for students.
 - b. Will not exclude students from physical activity except for reasons concerning student safety.
 - c. May provide structured (or organized) activity options during recess by teachers, para-professionals and supervisors.
5. CCID recognizes that school gardens and farm visits can offer physical activity opportunities, as well as agricultural education, by engaging students in activities such as planting, harvest, and weeding.

E. Wellness Promotion and Marketing

1. Parents, teachers, school administrators, students, child nutrition professionals, and community members are encouraged to serve as role models by practicing healthy eating and being physically active.
2. Food and beverage items must meet Smart Snacks standards in order to be advertised or promoted on the school campus.
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. Water bottles will be permitted in classrooms under teacher supervision.
5. Information will be provided to families which will help them incorporate and promote physical activity in students' lives.
6. Nutrition education activities and promotions (National School Lunch/Breakfast Week) will be conducted.
7. Local food selections shall be marked so students connect the foods they eat with the farms that produce them.

F. Implementation, Evaluation, & Communication

1. CCID will appoint a wellness committee to oversee, implement, monitor, assess and review the school wellness policy.
 - a. CCID will appoint a chair to oversee the wellness committee and ensure community involvement. The committee will meet annually.

- b. The wellness committee will include representatives from credentialed and non-credentialed staff, students, school nurse and parents / community members. The annual school survey will include questions regarding the Wellness Policy.
- C. The school wellness team shall include representatives from the local agricultural community, food and nutrition professionals, such as local farmers, chefs, nutritionists, health educators, or representatives from farm organizations, agricultural industry or community organizations that work to promote local foods.
- d. Wellness committee agenda and minutes will be reviewed by the school wellness committee and posted on school website.
- e. The Wellness Policy will be reviewed and updated every three years, based on best practices.
- f. This assessment and any revisions will be reported to the school board and to the public; documentation of notification will be kept.

Wellness, Nutrition and Physical Activity Policy originally adopted 06/05/17

Board Revision 09/11/2017

Board Revision 04/17/2019

Replaces and Updates Wellness, Nutrition and Physical Activity Policy

Changes name of policy to School Wellness Policy

Incorporates NSLP recommendations, including Utah Farm to Fork program