

Title: Student Nutritional and Physical Wellness Policy

Effective Date: 4/10/18

References: R277-719

### Purpose

To optimize student performance potential, the Ignite Entrepreneurship Academy Board of Directors promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. IEA supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity.

### Policy

It is the policy of IEA that:

1. IEA will engage students, parents, teachers, food service, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
2. All students will have opportunities, support, and encouragement to participate in nutrition education and engage in physical activities on a regular basis.
3. IEA will strive to create an educational environment that promotes healthy students by educating parents, staff, and students on proactive strategies for reducing the spreading of contagious illness in the school.

### **Illness Prevention**

1. IEA will provide parent and staff education regarding prevention strategies to help families and staff take proactive measures for reducing the spreading of contagious illnesses.
2. If a student presents with symptoms such as excessive coughing, fever, vomiting, diarrhea, and other flu-like symptoms, IEA's Health and Safety Coordinator will evaluate the student and determine if the student needs to be sent home.
3. Parents who are contacted to pick up their child due to flu-like symptoms or contagious illnesses must make arrangements to have the child picked up as soon as possible; Their child will not be returned to his/her class and will remain in the wellness room until picked up.
4. Faculty, staff, and students who are ill with flu should remain home for at least 24 hours after being free of fever, vomiting, and diarrhea without the aid of medicine such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) or other drugs to lower their temperature.

### **Opportunities for Physical Education and Wellness**

1. A quality physical education program is an essential component for all students to learn about and participate in physical activity.

2. 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.
3. Physical activity should include regular instructional physical education throughout each grade level as well as extracurricular activities that encourage and support physical well-being.
4. The school will promote awareness of healthy lifestyles by encouraging, for example, regular medical and dental checkups, safety in and out of the home, and a variety of activities that encourage physical wellness now and throughout life.

### **Opportunities for Nutrition Education**

1. A quality nutrition education program is an essential component for all students to learn in an effort to positively influence students' eating behaviors.
2. Nutrition education topics shall be integrated within a sequential, comprehensive health education program taught at every grade level and be consistent with the State Core Health Education Curriculum.
3. The classroom, eating area, and other school venues will serve as a place of learning by providing clear and consistent messages that explain and reinforce healthy eating and physical activity habits.
4. Nutritional and physical awareness will be promoted through assemblies and other school functions that may include gymnastics, dances, hikes, or other physical activities.

### **Nutritional Guidelines for Foods Available in School**

1. Food served through a federally sponsored school lunch program shall meet or exceed the federal regulations and guidance for reimbursable school meals.
2. Other food items on school grounds and at school-sponsored activities during the instructional day are encouraged to include healthy snack options.
3. Ignite Entrepreneurship Academy does not currently provide food services for lunch. If available, the Parent Teacher Organization will communicate to parents specially arranged optional services such as a pizza day as well as the associated cost.
4. Students must bring their own lunch and drink from home daily unless a pre-arranged optional lunch service has been ordered and paid for in full.
5. In order to maximize the school's learning environment, families are encouraged to pack healthy foods and to minimize snack and dessert foods. Drinks should also be healthy and low in sugar, such as milk, water, or natural fruit juice.
6. Soda, drinks that stain (e.g. red, orange, or purple punch), and gum are not allowed on campus.
7. In accordance with Health Department rules, students may not trade lunches or individual items for the safety of students with allergies. All food shall be consumed in the designated areas as specified by administration.
8. Families who have children with special dietary needs, such as a food intolerance or food allergies, should notify the school of such conditions. The school will work with the family and

then make a determination as to how to accommodate that child's individual needs. The school will put forth its best efforts to mitigate possible risks associated with the condition.

9. Other food items on school grounds and at school-sponsored activities during the instructional day will include healthy snack options.
10. Designated lunch periods for all students will be established to allow sufficient time to enjoy eating healthy foods.

#### **Staff as Role Models**

1. The school will encourage staff to serve as positive role models to students as follows: train staff to supervise student-dining areas to encourage healthy eating patterns; offer opportunities and encouragement for staff to model healthy eating habits; develop strategies for teachers, administrators, students, food service professionals, parents, and community members to serve as role models in practicing healthy eating and being physically active.

#### **Fundraisers**

1. Competitive food and beverage items sold during the school day shall meet nutrition standards for competitive foods.
2. The profits from competitive foods shall accrue either to the nonprofit food account or to the nonprofit school food service account. Profit from competitive foods may not accrue to the benefit of a for-profit account or entity.
3. An allowance for food or beverages that do not meet competitive food standards is made for the purpose of conducting infrequent school-sponsored fundraisers.

#### **Monitoring and Policy Review**

1. The school Director will ensure compliance with this policy in the school and will report on the school's compliance to the Board.
2. The Board will, as necessary, revise this policy and develop work plans to facilitate its implementation.

#### Sources used in preparation of this policy

Maria Montessori. "Wellness Policy."

Policies-Utah Association of Charter Schools. [HR Policies](#). "Nutrition and Physical Activity Wellness Policy."

Utah Military Academy, Food and Wellness Policy

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