



## Pacific Heritage Academy Wellness Policy

### **Purpose & Philosophy:**

Pacific Heritage Academy believes that healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, lifelong health and well-being. Pacific Heritage Academy is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn. This environment will be achieved by teaching, supporting, and modeling healthy: eating habits, lifestyles, physical activity, physical education, and school safety.

### **Policy:**

The overall goal of the school wellness policy is to encourage a healthy lifestyle. In accordance with the Utah state Law, Sec. 204 of Public Law 111-296, Sec. 204 of Public Law 108-265, and the Healthy, Hunger-Free Kids Act of 2010, Pacific Heritage Academy will set goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

### **Goal:**

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

To meet this goal, Pacific Heritage adopts a school wellness policy with the following commitments to tuition education, physical activity, nutrition guidelines, and other school based activities. Taking into consideration difference in culture, this policy is designed to effectively utilize school and community resources and to equitably serve the needs/interests of all students and staff.

### **Implementation and Review of the Policy:**

The School's Director and Child Nutrition Director are responsible for this policy and its effective implementation. In order to ensure that the policy is being implemented both as mandated by law and in the best interest of the school and students, the director may establish a "Wellness Committee" to review wellness efforts and goals. The Wellness Committee may consist of, but is not limited to, physical education teachers, school health professionals, school administrators, parents, students, food service staff, board members, and teachers.

The implementation of the policy will be evaluated by the Child Nutrition Director at least annually. Based on the evaluation results, the School Director will consider changes to the policy and if needed actions required to improve policy's implementation and effectiveness.

This policy and any changes will be made available to the public by posting in on the school's website.

### **Pacific Heritage Academy's Nutrition and Education**

- Nutrition program will be accessible to all school children.
- Students will have access to hand washing or hand sanitizing stations before they eat meals or snacks.
- All nutrition service personnel shall have required training in nutrition & RISE food service operations.
- Nutrition program will comply with federal, state, and local requirements.
- Menu's and options will meet the meal patterns and nutrition standards established by federal and state regulations
- Lunch periods will be scheduled to allow students adequate and appropriate time to move through lines and eat and enjoy a full lunch.
- Accommodating the religious, ethnic and cultural diversity of its student body in meal planning, Pacific Heritage Academy will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students.
- The school will only market and advertise food and beverages that meet the Smart Snacks and the school nutrition standards.
- Pacific Heritage Academy will make every effort to prevent the overt identification of students who are eligible for free/reduced priced school meals.
- Classroom celebrations shall encourage healthy choices

### **Pacific Heritage Academy's Physical Activity and Education**

- A sequential developmentally appropriate curriculum shall be utilized to help students develop the knowledge, motor skills, self-managements skills, attitudes, and confidence needed to adopt and maintain physical activity through out their lives.
- Provide students with opportunities, support, and encouragement to be physically active on a regular basis.

- School field trips will utilize public transportation or promote physical activities such as walking if in close proximity
- Every student from Kindergarten to eighth grade receives regular age appropriate quality physical education.
- Physical activity facilities on school grounds are kept safe and well maintained.
- Promote through physical education with safe satisfying physical activity for all students, including those with special needs.