

Pacific Heritage Academy Wellness Policy



Purpose & Philosophy

Pacific Heritage Academy believes that healthy eating and regular physical activity are essential for students to reach their full academic potential and achieve optimal physical, mental, and emotional well-being. We are committed to providing a school environment that supports and protects the health of our students and helps them succeed in learning.

This commitment is achieved by teaching, supporting, and modeling healthy eating habits, active lifestyles, quality physical education, and safe school practices.

Policy Statement

The goal of the Pacific Heritage Academy Wellness Policy is to encourage and support a healthy lifestyle for all students and staff. In accordance with Utah State Law, Section 204 of Public Law 111-296, Section 204 of Public Law 108-265, and the Healthy, Hunger-Free Kids Act of 2010, Pacific Heritage Academy establishes goals for nutrition education, physical activity, and other school-based wellness activities designed to promote student health and well-being.

Wellness Goals

All Pacific Heritage Academy students will gain the knowledge and skills needed to make healthy food and physical activity choices throughout their lives. Staff members are encouraged to model healthy eating and active living as an important part of everyday life.

To support these goals, Pacific Heritage Academy adopts this wellness policy with commitments to nutrition education, physical activity, nutrition standards, and other school-based wellness initiatives. The policy respects cultural differences and is designed to use school and community resources effectively while equitably serving the needs and interests of all students and staff.

Implementation and Review

The School Director and Child Nutrition Director are responsible for implementing and overseeing this Wellness Policy. To ensure the policy is followed in accordance with the law and in the best interest of students, the School Director may establish a Wellness Committee.

The Wellness Committee may include, but is not limited to:

- Physical education teachers
- School health professionals
- School administrators
- Parents and students
- Food service staff
- Board members
- Classroom teachers

The Child Nutrition Director and Wellness Committee will evaluate the implementation of the policy at least once each year. Based on the evaluation results, the School Director will consider any necessary changes to improve the policy's effectiveness.

This policy and any future updates will be made available to the public by posting them on the school's website.

Nutrition and Nutrition Education

Pacific Heritage Academy is committed to providing a high-quality nutrition program that supports student health:

- The school nutrition program will be accessible to all students.
- Students will have access to handwashing or hand-sanitizing stations before meals and snacks.
- All nutrition service staff will receive required training in nutrition and RISE food service operations.
- The nutrition program will comply with all federal, state, and local requirements.
- Menus will meet established federal and state meal patterns and nutrition standards.
- Lunch periods will allow students adequate time to move through serving lines and enjoy their meals.
- Meals will reflect the religious, ethnic, and cultural diversity of the student body and include a variety of affordable, nutritious, and appealing food options.
- Only foods/beverages that meet Smart Snacks and nutrition standards will be marketed or advertised.
- Every effort will be made to prevent the identification of students eligible for free/reduced-price meals.
- Classroom celebrations are encouraged to include healthy food and beverage choices.

Physical Activity and Physical Education

Pacific Heritage Academy promotes lifelong physical activity through quality instruction and opportunities for movement:

- A developmentally appropriate, sequential physical education curriculum will be used to help students build motor skills, confidence, self-management skills, and positive attitudes toward physical activity.
- Students will be provided with regular opportunities, encouragement, and support to be physically active.
- Field trips will use public transportation or encourage physical activity, such as walking, when locations are nearby.
- All students from Kindergarten through eighth grade will receive regular, age-appropriate physical education instruction.
- Physical activity facilities and equipment will be safe and well maintained.
- Physical education will promote enjoyable and inclusive physical activities for all students, including those with special needs.

Wellness Policy Monitoring, Assessment, and Review

Pacific Heritage Academy will conduct a formal review and assessment of the Local School Wellness Policy at least once every three years (triennial assessment). The policy will be updated as needed based on assessment findings and current federal and state guidance.

Documentation of each review—including revision dates, participants, findings, and updates—will be maintained in the school's administrative records and made available to the public.

Effective Revision Date: January 2026