

Wellness Policy

It is the policy of Gateway Preparatory Academy Board of Directors to adhere to the federal wellness law. The purpose of this policy is to provide a school environment that enhances learning and development of lifelong wellness practices in the following manner:

Nutrition education will be provided and promoted in health classes following the guidelines provided in the health core and Utah State standard.

Physical education will be provided and patterns of meaningful physical activity connected to students' lives outside of physical education classes will be promoted.

All foods and beverages made available to students on campus will be consistent with the current Healthy and Hunger Free Kids Act (HHFKA) and Smart Snack guidelines.

The school environment will be safe, comfortable, pleasing, and allow ample time and space for eating meals.

The Child Nutrition program will be accessible to all students and must comply with federal, state, and local requirements.

All foods made available on campus will adhere to food safety and security guidelines.

The Health and Safety Committee will be designated to oversee the implementation and evaluation of the Gateway Preparatory Academy Wellness Policy. This committee is comprised of representation from the Board of Directors, parents, nurses, food services director, principals, and school operations with the Board of Trustee providing direct oversight. The Health and Safety committee will report findings to the Gateway Preparatory Academy Board of Directors.

All fundraisers that involve food will be smart snack compliant if they fall within school hours (12:00 midnight to ½ hour after the end of school day) or have an exemption (three allowable per school year) signed by appropriate administration. Food based fundraisers will not occur in competition to the School Breakfast Program and/or National School Lunch Program.

1. Procedures for Implementation:

- A. **Nutrition Education:** Gateway Preparatory Academy will ensure the health core is taught in all appropriate grades. Nutrition education will be encouraged on other content areas in the home and the broader community.
- B. **Physical Education and Physical Activity:** Adequate physical education will be provided and patterns of meaningful physical activity connected to students lives outside of physical education will be promoted as follows:
- Gateway Preparatory Academy will ensure the physical education core is taught in all grades. Physical education activities will be encouraged in other content areas in the home and the broader community.
 - Physical education instructors will be endorsed and have a current First Aid/CPR Certification.
 - Enrollment in physical education courses will not exceed the number of students that space and equipment can safely accommodate.
 - Adequate equipment and supplies will be available for all students to safely and fully participate in structured physical education activities.
 - Time allotted for physical education instruction will be consistent with state standards.
 - Daily recess periods can be structured to be a part of the physical education.
- C. **Nutrition Guidelines for All Foods on Campus:** All foods and beverages made available to students on campus will be consistent with the current Healthy and Hunger Free Kids Act (HHFKA) guidelines as follows:
- All foods made available to students on campus will emphasize nutrient density fruits and vegetables, decreasing fat and added sugars, sodium and moderating portion size.
 - Gateway Preparatory Academy will limit food and beverage offerings for sale to students outside of the federal school meal program to the following standards:
 - Foods and Beverages must meet USDA Smart Snacks Guidelines.
 - Fruits and vegetables should be offered for sale at any location where foods are sold.
 - Classroom snacks will feature healthy choices.
 - Food and beverage advertisements in the cafeteria will be consistent with established nutrition standards.
 - No school activities, events or parties will interfere with student access to a nutritionally balanced lunch.

- All food sold within school hours (12:00 midnight to ½ hour after dismissal) will fall under the smart snacks guidelines.
- Vending machines will have only Smart Snack Compliant items sold. Vending machines will be turned off during breakfast and lunch service.
- No competitive foods will be sold during lunch service.
- When field trips are scheduled, students will have access to sack lunches through the NSLP.

2. Each school will be allowed to have three fundraisers per school year with foods which do not meet the "Smart Snacks" requirements. Each individual fundraiser cannot exceed 5 days in length.

- A. **Eating Environment:** The Gateway Preparatory Academy environment will be safe, comfortable, pleasing, and allow ample time and space for eating meals.
- B. **Child Nutrition Operation:** Child Nutrition programs will be accessible to all students and must comply with federal, state and local requirements. Gateway Preparatory Academy will develop a coordinated and comprehensive outreach, promotion and pricing plan to ensure maximum participation in the federal school meal program. Free and Reduced applications will be made available to all households.
- C. **Food Safety/Food Security:** All foods made available on campus by Child Nutrition Department will adhere to food safety and security guidelines including compliance with federal, state and local food safety and sanitation regulations. Food provided outside of Child Nutrition Services becomes the responsibility of the administration with oversight by the Board of Directors. Access to the food service facility is to be limited to Child Nutrition staff and authorized personnel only.
- D. **Staff as Role Models:** Gateway Preparatory Academy will offer opportunities and encouragement for staff to model healthy eating and exercise habits.
- E. **Implementation and Evaluation:** The Board of Directors will ensure that the wellness policy guidelines are enforced as follows:
 - One or more persons at Gateway Preparatory Academy will be designated and charged with the operational responsibility for ensuring that the school follows the wellness policy.
 - The compliance of the wellness policy will be evaluated annually by the Principals and Health and Safety Committee. A written record of compliance will



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be provided to the Board of Directors for evaluation and approval.

Board Reviewed and Approved: May 9th, 2019