

Health and Wellness Policy

A copy of the state’s model policy with a complete listing of references and citations can be found [here](#).

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Committee Role and Membership

Gateway Academy has formed a School Wellness Committee to set goals and manage school health and safety policies and programs. This includes creating, implementing, and regularly reviewing and updating the wellness policy.

The local wellness committee membership will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals, school administrators, school board members; and the general public.

Wellness Committee

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Statement of Policy

Gateway Academy is committed to the optimal development of each student. This policy outlines the model approach to ensuring environments and opportunities for all students to practice lifelong healthy habits that promote physical, mental, and social health.

Research shows that students who are physically, mentally, emotionally, and socially healthy during and after the school day have positive outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and test scores, lower absenteeism, and better performance on cognitive tasks. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities perform better academically.

Chronic health conditions affect about 25% of children and adolescents, with about 5% of children having multiple chronic health conditions. Some chronic health conditions such as asthma, diabetes, seizure disorders, and poor oral health can affect students during the school day and possibly impact their academic performance. For example, research demonstrates that 49% of students with asthma miss one or more days of school because of asthma symptoms. Students with diabetes often face many challenges in school with monitoring and treating blood glucose levels, which can ultimately impact quality of life and school achievement. Research illustrates that students with seizure disorders may have difficulty with cognitive ability, academic performance, and scores on intelligence tests¹.

Research also shows that some chronic diseases can be prevented by eating well, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings. When systems support policy and create safe and healthy environments, students shall excel in their academic learning.

Mental and physical health are equally important components of overall health and well-being. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental illnesses are conditions that affect a child's thinking, feeling, mood, or behavior. Depression, anxiety, bipolar disorder, attention deficit disorder, and schizophrenia are conditions that may be occasional or chronic and affect the child's ability to relate to others and function during the school day.

Mental illnesses are among the most common health conditions in the United States.

- 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.
- 1 in 5 Americans shall experience a mental illness in a given year.

A number of factors can contribute to risk for mental illness, such as:

- Early adverse life experiences (ACES), such as trauma or a history of abuse (child abuse, witnessing violence, etc.).
- Experiences related to other ongoing chronic medical conditions such as cancer or diabetes.
- Chemical imbalances in the brain.
- Use of alcohol and other substances.
- Having few friends, feelings of loneliness and isolation.

Gateway Academy shall engage the community in supporting the work of the local school in creating continuity between schools and other settings for students and staff to practice lifelong healthy habits. Gateway Academy shall establish and maintain an infrastructure for management, oversight, implementation, communication, and monitoring of the policy. The Gateway Academy community (including parents, students, food service professionals, physical education teachers, school health professionals, community health partners, school nurses, the LEA board, and administrators) shall be encouraged to participate in the development and assessment of the wellness policy. Gateway Academy may utilize a self-evaluation or planning tool to assess the effectiveness and quality of the policy.

Nutrition

Gateway is committed to providing meals to students that offer an abundance of fresh fruits and vegetables, whole grains, and fat-free or low-fat dairy products, provide zero grams of trans-fat per serving, and limit saturated fat and sodium. Meal programs at Gateway Academy shall seek to help children develop lifelong healthy eating behaviors, support healthy choices, and improve overall student health and well-being through the following policies and practices.

Nutrition Education

- Nutrition education is taught as part of the Utah Core Standards for Health Education in grades K-5 and middle school as consistent with [R277-700](#).

- The nutrition curriculum is based on the Utah Core Standards for Health Education, which include culturally and developmentally appropriate material.
- Nutrition education is incorporated into classroom instruction beyond health in core subject areas.
- School nutrition services link the nutrition curriculum with activities. Nutrition education and training are provided to teachers and other staff to help model and encourage healthy behaviors.

School Food Culture

- Fresh fruits and vegetables, whole grains, and fat-free or low-fat dairy products are featured in school menus, are displayed in an attractive manner, and are prepared appropriately.
- Food items available to children through school meals, a la carte, events, celebrations, fundraisers, etc. support healthy food choices and the goal of improving student health and well-being.
- Gateway Academy shall provide an environment that ensures students have the best opportunity to practice healthy eating behaviors with minimal distractions. There shall be no advertising on Gateway Academy property that conflicts with health information provided through nutrition education and wellness efforts.
- All items sold to students during the school day meet the USDA Smart Snacks in School nutrition standards. Questions regarding food-related fundraisers, school stores, etc. should be directed to the Executive Director.

Eating Time

- Gateway Academy recognizes mealtime as an integral time that allows students to enjoy eating, explore and try healthy options, as well as socialize. Students shall be provided at a minimum 10 minutes for traditional breakfast and breakfast after the bell models and 20 minutes for lunch.
- Students are served meals at an appropriate and reasonable time of day.
- Considerations shall be made for students with medical needs, such as diabetes and hypoglycemia.

Celebrations and Rewards

- Gateway Academy may use food and beverages that are not a smart snack as a reward or incentive for children as deemed appropriate.

Promotion & Marketing

Promotion of food and beverages on campus shall be limited to only items that meet the USDA Smart Snacks in School nutrition standards⁴. Students shall receive consistent nutrition messaging across settings, including classrooms and cafeterias. Nutrition messages shall be emphasized to students by using these strategies:

- Display posters in hallways, the cafeteria, etc. to promote healthy eating.
- Conduct taste tests with students to promote healthy options, inform menu development, and garner enthusiasm around trying new foods⁵.
- Promote nutrition programs and provide nutrition tips and snacks at interactive family events such as back-to-school.
- Nutrition messages shall be infused into the communication channels between the LEA and households/community (newsletters, social media, website, etc.)⁷.
- Allow students to visit the water fountain throughout the school day and to carry water bottles in class.
- Promote a healthy topic each month on a bulletin board in the main office.
- Cafeterias shall be decorated with artwork, posters, and to promote good nutrition during breakfast and lunch.

Special Diets

Gateway Academy is committed to providing all students with the nutritious and safe meals they need to be healthy. In order to ensure that all children shall have an equal opportunity to participate in school meal programs, Gateway Academy shall:

- Implement a written procedure to process requests for meal modifications.

Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a [Comprehensive School Physical Activity Program \(CSPAP\)](#)⁹ framework. CSPAP framework reflects strong coordination with the following components:

- Quality physical education as the foundation.

- Physical activity before, during, and after school.
- Staff involvement and family and community engagement.

Schools shall ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection).

Physical activity during the school day (including but not limited to; recess, classroom physical activity breaks, or physical education) shall not be withheld as a consequence in excess as determined by the Executive Director. Teachers and other school personnel shall not use physical activity (e.g., running laps, push-ups) as punishment.

To the extent practicable, Gateway Academy shall ensure that its grounds and facilities are safe, and that equipment is available to students to be active. Gateway will conduct necessary inspections and repairs.

Physical Education

Gateway Academy shall provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with the Utah Core Standards for Physical Education in middle school consistent with [R277-700](#). The physical education curriculum shall promote the benefits of a physically active lifestyle and shall help students develop skills to engage in lifelong healthy habits, as well as incorporate health education concepts.

The curriculum shall support the essential components of physical education, such as:

- All students shall be provided an equal opportunity to participate in physical education classes taught by qualified teachers.
- All LEA secondary students shall take a minimum of one physical education course in middle school and 1.5 credits of physical education in high school ([R277-700](#)). Physical education class should be a minimum of 225 minutes per week¹⁰.
- The LEA physical education program shall promote student physical fitness through individualized fitness and activity assessments and shall use criterion-based reporting for each student.
- All physical education classes shall be taught by licensed teachers who are certified or endorsed to teach physical education.
- [IDEA](#) requires that each child with a disability participates with nondisabled children in these programs and activities to the maximum extent appropriate to the needs of that child. Physical education services, specially designed, if necessary, must be made available to every child with a disability receiving a free appropriate public education,

unless the public agency enrolls children without disabilities and does not provide physical education to children without disabilities in the same grades. Each public agency must take steps to provide nonacademic and extracurricular services and activities, including athletics, in the manner necessary to afford children with disabilities an equal opportunity for participation in those services and activities. Guidance on the legal aspects of the provision of extracurricular athletic opportunities to students is provided under the IDEA link.

Recess (Elementary)

Gateway Academy recognizes that recess is a necessary structural component of the elementary school day for all students.

Schools:

- Shall provide at least 20 minutes of active daily recess to all elementary and middle school students.
- May withhold recess, PE, or other physical activities as a consequence for poor behavior, incomplete class work, or remediation purposes.
- Shall not require students to engage in physical activity as punishment (such as running extra laps).
- Shall provide recess before lunch when schedules allow.
 - Considerations shall be made for students with medical needs, such as diabetes and hypoglycemia.
- Shall offer outdoor recess when weather is feasible for outdoor play.
- Considerations shall be made for heat, cold, or other extreme weather conditions.
 - In the event that the school must conduct indoor recess, teachers and staff shall follow indoor recess guidelines that promote physical activity for students.
- Shall make accommodations for students to participate indoors for poor air quality on mandatory action days.
- Shall create schedules for recess to complement, not substitute, physical education class.
- Shall provide recess monitors or teachers to encourage students to be active and serve as role models by being physically active alongside them whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

Gateway Academy recognizes that students are more attentive and ready to learn if provided with periodic breaks where they can be physically active or stretch. Students shall be offered periodic opportunities to be active or to stretch throughout the day on all or most days of a typical school week. Teachers shall provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks shall complement, not substitute, physical education, recess, and class transition periods.

Active Academics

Teachers shall incorporate movement and kinesthetic learning approaches into core subject instruction when possible (e.g., science, mathematics, language arts, social studies) and do their part to limit sedentary behavior during the school day.

Gateway Academy shall support classroom teachers in incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources.

Teachers shall serve as role models by being physically active alongside the students whenever feasible.

Active Transport

Gateway Academy shall support active transport to and from school, such as walking or biking. Under [Utah Code § 72-8-109](#), all elementary, middle, and junior high schools are required to create and distribute a Safe Routes Plan. The Safe Routes Plans shall encourage an increase in walking and biking to school.

Health Promotion

Air quality

All individuals are entitled to breathe healthy air and to be free of the adverse health effects of indoor and outdoor air pollution.

The health, comfort, and learning environment of students and staff are important aspects of the school. Air quality, both indoor and outdoor, is a critical component of providing a healthy and comfortable learning environment. Gateway Academy shall:

- Minimizing indoor air pollutants will reduce the likelihood of health problems, including asthma, respiratory infections, allergic reactions, and others.
- Control temperature, humidity, and ventilation associated problems, which shall foster students' comfort and learning.
- Monitor the outdoor air pollution and provide a safe alternative to outdoor recess on days with elevated levels of air pollution.

Sun Safety

Gateway Academy commits to teaching the sun safety standards as part of the Health Education Core Standards and utilizes vetted resources provided by the USBE.

Health Screenings

Gateway participates in hearing screenings for grades K-3rd and 7th. Vision screening in schools is mandatory in Utah ([Utah Code 53G-9-404](#)). Schools shall notify parents or guardians of all student health screenings and provide them with information on how to exclude their students if the screening violates their personal beliefs.

Period Products

Gateway will provide period products at no cost in all female and unisex restrooms (Utah Code [53G-4-413](#) and [53G-5-414](#)).

Establish and Enforce Clear Standards of Conduct

[Student Discipline Plan](#)

[Positive Behavior Plan](#)

[Safe Schools Policy](#)

- Gateway Academy has a comprehensive student conduct plan that addresses student use of alcohol and other controlled substances. ([R277-609](#)) ([R277-613](#); [Utah Code 53G-8-209](#))
 - Prohibited behaviors include the use, possession, or distribution of alcoholic beverages, tobacco, electronic cigarettes, drugs, and drug paraphernalia on school grounds including during school-sponsored extracurricular activities.
- Gateway Academy will distribute the rules of student conduct, including the alcohol, tobacco, and other drugs policy to staff, parents, and students at least once a year.
- Gateway Academy will post signs to inform staff, students, parents, and visitors that school property is an alcohol, tobacco, electronic cigarette, and other drug-free zones.

Substance Misuse Prevention

Iron County will provide a school-sponsored parent seminar that includes substance misuse and prevention. ([Utah Code 53G-9-703](#))

- Gateway Academy will ensure that a local board-approved Positive Behaviors Plan is implemented in each school and regularly reviews the plan to determine if adjustments/enhancements should be made. ([Utah Code 53G-10-407](#))
- Gateway Academy will provide instruction on avoiding alcohol, tobacco, electronic cigarettes, and other drug use at each grade level by committing to teaching the substance abuse prevention standards as part of the Health Education Core Standards and utilizing vetted resources provided by the USBE. ([Utah Code 53G-10-405](#))
- Gateway Academy will ensure that an approved evidence-based underage drinking and substance abuse prevention program is provided to each 4th/5th grade class ([R277-910](#); [Utah Code 53G-10-406](#)) Utah's current approved program is Botvin's LifeSkills Training (LST).
- When selecting additional substance abuse prevention programs, Gateway Academy will follow prevention principles representative of current research, including:
 - Gateway Academy will focus on programs that enhance protective factors and reverse or reduce risk factors.
 - Chosen programs will address all forms of drug misuse including the

underage use of legal drugs, the use of illegal drugs, and the inappropriate use of prescription medications, or over-the-counter drugs.

- Prevention programs for elementary school children should target improving academic and social-emotional learning to address risk factors for drug abuse, such as early aggression, academic failure, and school dropout. Education should focus on the following skills:
 - self-control;
 - emotional awareness;
 - communication;
 - social problem-solving; and
 - academic support, especially in reading.

- Prevention programs for middle or junior high and high school students should increase academic and social competence with the following skills:
 - study habits and academic support;
 - communication;
 - peer relationships;
 - self-efficacy and assertiveness;
 - drug resistance skills;
 - reinforcement of anti-drug attitudes; and
 - strengthening of personal commitments against drug abuse.

- Prevention programs for middle or junior high and high school students should increase academic and social competence with the following skills:
- Prevention programs should be long-term with repeated interventions (i.e., booster programs) to reinforce the original prevention goals
- Prevention programs should include teacher training on good classroom management practices, such as rewarding appropriate student behavior. Such techniques help foster student's positive behavior, academic motivation, and school bonding.
- Prevention programs are most effective when they employ interactive techniques.¹⁵

Gateway Academy will work in collaboration with Southwest Behavioral Health Center and community prevention providers in order to most effectively prevent substance misuse.

Substance Use Intervention

- When the designated educator has received a report of a substance use violation, they must report the violation to the student's parent or guardian and determine if the violation needs to be reported to law enforcement. ([R277-910](#), [Utah Code 53G-8-211](#))
- Gateway Academy has an updated policy regarding the confiscation and disposal of electronic cigarette products and follows Utah regulations regarding the proper disposal of nicotine products. ([Utah Code 53G-8-203\(3\)](#), [Utah Admin Code R315-260 through 262](#))
- Gateway Academy recognizes that violations of substance use policies may be an issue of addiction and therefore, education and cessation resources will be provided to the student and parent/guardian.¹⁶
- A student may be suspended or expelled from public school for the possession, control or use of an alcoholic beverage, ([Utah Code 53G-8-205](#)) however, progressive discipline, e.g., along with education and cessation resources, are key recommendations when it comes to enforcement of substance use violations.^{16, 17}
 - For examples of programs to use as part of a substance use violation progressive discipline plan, Gateway Academy can reach out to the [USBE prevention team](#).
- If a student is found distributing controlled substances, imitation controlled substances, or drug paraphernalia, they must be suspended or expelled from school. ([Utah Code 53G-8-205](#))
 - Parents must be notified of the decision. ([R277-910-10](#), [Utah Code 53G-8-211](#))

Injury Prevention

- Gateway Academy staff shall be required to receive training and instruction on child sexual abuse prevention and awareness, responding to a disclosure of child sexual abuse, and mandatory reporting requirements according to the Utah Child Sexual Abuse Prevention law ([Utah Code 53G-9-207](#)).
- Gateway Academy shall adopt comprehensive school policies and procedures for suicide prevention, intervention, and postvention. Since youth are at higher risk for suicide after an attempt and/or inpatient care, this should include procedures for the re-entry process after this has occurred. By having clear policies and procedures in place, schools can act to reduce the risk of suicide and to prevent suicide contagion.
- Gateway Academy shall adopt comprehensive school policies, procedures, and activities related to violence prevention, including sexual harassment, sexual assault, and dating violence. Language that is inclusive of lesbian, gay, bisexual, transgender, questioning, intersex, asexual, etc. (LGBTQIA+) students shall be included in these policies.
- Gateway Academy shall adopt policies and practices that promote connectedness as a protective factor against multiple forms of injury and violence.
- Gateway Academy staff shall be required to receive evidence-based training in suicide prevention (e.g., QPR, Mental Health First Aid, etc.) every year.
- Iron County shall offer yearly parent seminars on traumatic brain injury or concussions, substance abuse, bullying, mental health, depression, suicide awareness, suicide prevention, internet safety, and the School Safety and Crisis Line according to the Utah Parent Education law [Utah Code 53G-9-702](#)
- Gateway Academy coaches, trainers, and officials should receive annual training on recognizing and responding to concussions. A child who gets a head injury must be removed from play and may only return after written clearance from a qualified healthcare provider according to [Utah Code 26B-4-404](#) and [R277-614](#).
- Gateway Academy shall adopt school policies and procedures for head injuries, including head bumps:
 - Annually, Gateway must receive a parent/ guardian signed acknowledgment that they received, read, understand, and agree with the LEA head injury policy ([Utah Code 26B-4-403](#)). Parents must be notified following any reported or witnessed head injury or bump during the school day; and
 - monitor students for 30 minutes using the [USBE model forms](#) following a head injury.

- Gateway Academy shall participate in the Student Injury Reporting System (SIRS). The SIRS allows schools to track injuries on school grounds during school hours or school-sponsored activities.

Contact the [Utah Department of Health's Violence and Injury Prevention Program](#) for further guidance/resources.

Staff Wellness

Gateway Academy wellness committee shall develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan shall be based on input solicited from staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among staff.

Gateway Academy shall encourage staff to serve as positive role models for healthy eating and physical fitness. Gateway Academy shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees. Gateway Academy shall have a location and allow schedules for anyone needing to express milk. The Federal Break Time for Nursing Mothers law requires employers covered by the Fair Labor Standards Act (FLSA) to provide basic accommodations for breastfeeding mothers at work. The full Employee Breastfeeding Accommodations Policy policy can be found [here](#).

Chronic, Infectious & Acute Disease Management

Gateway Academy shall have a minimum of one designated professional who can assist with the management of chronic, infectious, and acute diseases the students may have.

Gateway Academy shall have at least one automated external defibrillator (AED). This device should be examined monthly to make sure all components are working properly.

A minimum of two school employees shall be certified in first aid and cardiopulmonary resuscitation (CPR). At least one person certified in first aid and CPR shall be on-site when school is in session ([R392-200-9](#)).

Before the designated professional can delegate a medical task to a school employee, they shall complete an individualized healthcare plan (IHP) or emergency action plan (EAP). The

delegated task shall be identified in the IHP ([R156-31b-701a](#)). The Utah Department of Health has created simplified IHPs and EAPs for use in Gateway Academy for students with the most common chronic health conditions (allergies, asthma, diabetes, seizures). These forms can be found at https://heal.utah.gov/SN_documents/.

Beginning with the 2022-23 school year, all LEAs shall provide seizure awareness training to all teachers and administrators of students with epilepsy. Beginning with the 2023-24 school year, all LEAs shall provide seizure awareness training every 3 years for all school staff who interact with or supervise students ([Utah Code 53G-9-213](#)).

Medication Management- refer to our [Medical and Emergency Information Policy](#) and our Administration of [Medication Policy](#).

Mental Health- refer to our [Student Mental Health Policy](#).

Monitoring and Evaluations

Annual monitoring and evaluation of the Health and Wellness Policy is crucial to ensure its ongoing effectiveness and relevance.

Assessment Resources:

This LEA Wellness Policy Evaluation Tool was created using the Utah State Board of Education (USBE) Model Wellness Policy as a guide and is meant to assist LEAs in identifying any gaps within their own policies and practices.

https://utahgov.co1.qualtrics.com/jfe/form/SV_9WXW2GY9cpPexXo.

USDA FNS requires a triennial assessment of the LEA Wellness Policy for participants in the National School Lunch Program.

<https://www.fns.usda.gov/school-meals/local-school-wellness-policy>.

WellSAT: A quantitative assessment tool to help you score and improve your local school wellness policy.

School Health Index (SHI): An online self-assessment and planning tool that schools can use to improve their health and safety policies and programs.

Whole School, Whole Community, Whole Child (WSCC): The CDC's framework for addressing health in schools. The WSCC model is student-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement and the importance of evidence-based school policies and practices.

Worksite Wellness Scorecard: The CDC Worksite Health ScoreCard is a tool designed to help employers assess whether they have implemented evidence-based health promotion interventions or strategies in their worksites to improve the health and well-being of their employees.

This institution is an equal opportunity provider.

Board Reviewed:

Approved 12/6/2024