

## **Wellness Policy**

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### Reference(s):

- 42 U.S.C. §1751                      Healthy Hunger-Free Kids Act of 2010                      7 C.F.R. §220
- 42 U.S.C. §1751 et. Seq.,        National School Lunch Program                                      7 C.F.R. §210
- 42 U.S.C. §1773                      National School Breakfast Program                                    7 C.F.R. §220
- 42 U.S.C. §1786                      Child Nutrition & WIC Reauthorization Act                            7 C.F.R. §246
- Utah State Core Standards for Secondary School Physical Education

### I. PURPOSE

- A. The purpose of this policy is to provide a school environment that enhances learning and developing lifelong wellness practices.

### II. PHILOSOPHY

- A. East Hollywood High School is committed to the optimal development of every student. The board recognizes that positive, safe, and health promoting learning environments are necessary in order for students to have the opportunity to achieve personal, academic, developmental, and social success.

### III. POLICY

- A. East Hollywood High School promotes healthy living by supporting wellness, good nutrition and regular physical activity as part of the total learning environment.
- B. EHHS supports an education where students learn and participate in positive dietary and lifestyle practices and also learn about the negative impact and cost of poor nutrition and inactivity to both individuals and society as a whole.
- C. EHHS adheres to all applicable federal wellness laws to ensure environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

### IV. LEA GOALS

- A. Students will be taught healthy food choices and healthy lifestyle choices during health, and/or physical education classes on a regular basis.
- B. Building administrators will ensure the Wellness Policy is followed at EHHS.

### V. PROCEDURES

- A. Student Wellness
  1. East Hollywood will create and maintain a positive school environment that promotes physical and mental health of its students.
  2. Promoting the health and wellness of the whole student must include elements that focus on physical education and activity, nutrition environment and services, health education, family engagement, community involvement, and social and emotional climate.

- B. Nutrition Promotion
  - 1. Students and staff will receive consistent nutrient messages throughout schools, classrooms, common areas, and cafeterias.
    - a) East Hollywood will promote healthy food and beverage choices
      - (1) Ensuring the foods and beverages promoted to students meet the Utah States Department of Agriculture (USDA) Smart Snacks in School nutrition standards.
      - (2) Incorporating the “[Smarter Lunchroom Techniques](#)”
- C. Nutrition Education
  - 1. Nutritional information, health instruction, and physical education goals are aligned to integrate curriculum goals and objectives, where possible.
  - 2. East Hollywood includes health education curriculum that follows [Utah State Core Standards for Health Education](#).
  - 3. East Hollywood Students are required to take the equivalent of half of a year (0.5 credit) of health education to meet graduation requirements.
  - 4. Nutritional information, health instruction, and physical education goals are aligned to integrate curriculum goals and objectives, where possible.
- D. Physical Education and Physical Activity
  - 1. Adequate physical education will be provided and physical activity connected to students’ lives outside of physical education will be promoted.
  - 2. East Hollywood High School will provide students with physical education, using physical education curriculum consistent with the [Utah State Core Standards for Physical Education](#).
  - 3. Physical education programs are designed to stress physical fitness and encourage healthy and active lifestyles.
  - 4. Physical education classes and physical activity opportunities are encouraged and are available to all students.
  - 5. All East Hollywood High School students are required to take the equivalent of one and half years (1.5 credits) of physical education to meet graduation requirements.
- E. Food and Beverages Sold to Students
  - 1. East Hollywood High School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams of trans fat per serving; and to meeting the nutrition needs of school children within their calorie requirements.
  - 2. Food providers are required to take every measure to ensure that student access to foods and beverages meet federal, state, and local laws and guidelines.
  - 3. All students have access to affordable, varied, and nutritious foods.
  - 4. All food sold during the school day will follow the USDA’s Smart Snacks nutrition standards.
    - a) These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a’ la carte options in cafeterias, vending machines, school stores and snack or food carts.
  - 5. Food for special events and celebrations is left to the discretion of classroom teachers.
    - a) Teachers and parents are encouraged to offer a variety of healthy choices.
  - 6. Access to food service operations is limited to child nutrition staff and authorized personnel.
- F. Staff Qualifications and Professional Development
  - 1. All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.
- G. Eating Environment

1. The school environment will be safe, comfortable, pleasing and allow ample time and space for eating meals.
2. Students will be provided adequate time to eat breakfast and lunch at school. 15 minute for Breakfast and 50 minutes for lunch.
3. Lunch periods will be scheduled near the middle of the school day. Lunch periods will not be scheduled at the end of a shortened school day.

H. Child Nutrition Operation

1. Child nutrition programs will be accessible to all students and must comply with federal, state, and local requirements.
2. EHHS administration and/or designees will promote the program and develop a pricing plan to ensure maximum participation in the federal school meals programs, e.g. school lunch, school breakfast.

I. Food Safety/Food Security

1. All foods made available on East Hollywood High School campus by the child nutrition department will adhere to food safety and security guidelines including compliance with federal, state, and local food safety and sanitation regulation.
2. Food provided outside of child nutrition services becomes the responsibility of school administration.
3. Access to the food services operation is to be limited to child nutrition staff and authorized personnel only.

J. Implementation and Evaluation

1. The principal oversees compliance with the established LEA-wide wellness policy and reports to the East Hollywood High School Governing Board.
2. The LEA Wellness Committee consists of administrators, physical education teacher(s), parents, a school board member, child nutrition managers, students and any public would like to attend.
3. The LEA Wellness Committee meets a minimum of one time per year. On a triennial basis the policy will be reviewed for the following: extent of compliance with current policy, progress made toward attaining goals and how current policy compares to model policy.
4. School Community Councils annually review the Wellness Policy and ensure it is being followed at their school.

K. Annual Notification of Policy

1. East Hollywood High School will inform families and the public each year of basic information about these procedures and the accompanying board policy.
2. The Wellness Policy will be available for public viewing and comment during a school board meeting at least annually.
3. The Wellness Policy will be published on the school website as well as the name and contact information of the East Hollywood employee(s) leading and coordinating the wellness committee, as well as information on how the public can get involved with the committee.

L. Triennial Progress Assessments

1. On a triennial basis the policy will be reviewed by the Wellness Committee for the following:
  - a) extent of compliance with current policy,
  - b) progress made toward attaining goals,
  - c) how current policy compares to model policy.
2. Any changes to the policy will be reviewed and approved by the East Hollywood Governing Board in an open public meeting.

M. Recordkeeping

1. East Hollywood will retain records to document compliance with the requirements of the wellness policy.
2. Documentation maintained will include but will not be limited to:
  - a) the written wellness policy and these administrative procedures;
  - b) documentation demonstrating that these procedures and the accompanying policy have been made available to the public;
  - c) documentation of efforts to review and update the wellness policy and these procedures; including an indication of who is involved in the update and methods East Hollywood uses to make stakeholders aware of their ability to participate on the district wellness committee;
  - d) documentation to demonstrate compliance with the annual public notification requirements;
  - e) the most recent assessment on the implementation of the wellness policy and these procedures; and
  - f) documentation demonstrating that the most recent assessment has been made available to the public.