

## Morgan County School District Board Policy with Guidelines

**Subject:** Wellness Policy

**Effective Date:** October 14, 2008

The Morgan County School District is committed to the promotion of a healthy school environment by supporting wellness education, good nutrition, and regular physical activity as part of the total learning experience. Improved student health has a positive effect on academic performance as well as the student's self-image. A healthy lifestyle leads to a more productive life for the student and his/her family. The District recognizes its role in providing guidance to students through both instruction and practice.

The following practices will be used to implement this policy.

### A. Wellness Education

1. The Utah Core Curriculum in the area of health education is to be implemented as designated by the Utah State Board of Education.
2. Nutrition and the value of regular physical activity are to be taught at all elementary grade levels and in designated courses at the secondary level.
3. Wellness fairs are to be periodically scheduled for the staff as a motivator for staff members to monitor their own health and set the example for their students.

### B. Good Nutrition

1. The School Lunch Program will follow all USDA requirements for federal school meals.
2. Other than water, drinks are not to be consumed by either students or staff in the classroom during the period of time when a regular or normal class is in session. Exceptions are permitted for holidays, periodic motivational events or reward activities, and during lessons where food is part of the instructional program for the day.
3. Availability to and content of vending machines is restricted as follows:
  - a. There is to be no student access to vending machines in the elementary school.
  - b. Vending machines for students at the middle school are limited to those identified in "Recommendations for Competitive Food Standards in Utah" and must be operated in compliance with state and federal regulations.
  - c. Each vending machine for high school students is limited to no more than 35 percent of the machine's total content containing carbonated sodas, drinks with caffeine or a high concentration of sugar, candy, regular chips, or similar products. Vending machines must be operated in compliance with state and federal regulations.

4. The sale of food items in the high school snack bar is limited to those identified in the "Recommendations for Competitive Food Standards in Utah."
5. The sale of unhealthy foods on school property during the regular school day as a fundraising activity is prohibited.
6. Individual schools have the authority to place restrictions beyond those identified in this policy. Schools are encouraged to consider the following restrictions:
  - a. Limit all foods to no more than 300 calories per unit
  - b. Prohibit foods that are more than 35 percent total fat (usually nuts, seeds, and non-fat/low fat dairy products are exempt from this exclusion)
  - c. Prohibit foods with more than 10% of the total calories coming from saturated fat (usually nuts, seeds, and non-fat/low fat dairy products are exempt for this exclusion).
  - d. Prohibit foods with trans fats.
  - e. Prohibit drinks where caffeine is listed as an ingredient
  - f. Prohibit foods in which more than 35 percent of the product is sugar by weight (excluding 100 percent fruit or vegetable juice, fruits, vegetables, yogurt, cheese, or nonfat/low-fat milk)
  - g. Prohibit foods with a sodium content greater than 200 mg per portion (non including 100 percent fruit or vegetable juices, fruits, vegetables, nonfat/low-fat milk, yogurt, or cheese)
  - h. Limit beverage size to not more than 20 ounces excluding water.
7. School breakfast programs are at the discretion of individual building principals and the Board of Education. When provided, the program must meet all USDA requirements for federal school meals.

#### C. Physical Activity

1. Implementation of the Utah Core Curriculum in physical education at all grade levels
2. In grades K-5, include at least one recess period with active play each day as well as a regular, consistent program of physical education each week.
3. In grades 6-12, prioritize instruction to include activities that promote conditioning, strength building, and activities that can provide lifelong physical activity and fitness.
4. Encourage the development of intramural and recreation programs outside of the regular instructional program of the school day.
5. Encourage and promote competitive athletics at the high school level.

#### D. Implementation

With the exception of the school lunch program, the building principal or his/her designee have the direct responsibility for implementing this policy with oversight by the superintendent and/or business administrator of the district.