



## **Utopian Academy for The Arts Wellness Policy**

Utopian Academy for The Arts recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. Utopian Academy for The Arts is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students, staff and stakeholders will learn about and participate in positive dietary and lifestyle practices, including Social Emotional Learning, that can improve student achievement.

In furtherance of these goals, and pursuant to Section 204 of Public Laws 108-265 Child Nutrition and WIC Reauthorization Act of 2004 and section 111-296 Healthy, Hunger-Free Kids Act of 2010, UAFA establishes the following District Wellness Policy:

### **Nutrition Guidelines and Standards**

To the extent practicable, all schools in the district shall participate in available federal school meal programs. All foods and beverages provided on campus during the school day shall be consistent with the requirements of federal and state law and regulations, which includes meeting the Smart Snacks in Schools Regulations. Foods that do not meet the Smart Snacks criteria will not be sold during the school day on the school campus, except for exempt fundraisers. Each school may hold 30 exempted fundraisers per school year not to exceed 3 days in length. Each exempted fundraiser must be approved by the principal of the school where the fundraiser is held. Exempted fundraisers will not occur within 30 minutes before or after the end of breakfast or lunch meal service. School day in the Smart Snacks for Schools standards refers to the period from the midnight before until 30 minutes after the end of the official school day.

Marketing and advertising of foods and beverages to students will be limited to food and beverage that meet Smart Snack in Schools nutrition standards.

Furthermore, all food served and sold on school property will be handled according to established state and local food safety guidelines.

### **Physical Education and Activity**

All students in grades K-12 shall be provided opportunities, support, and encouragement to be physically active on a regular basis. Utopian Academy for The Arts will provide physical education consistent with federal and state requirements and will promote physical activities consistent with the standard outlined in such rules and laws.

Thirty minutes of moderate to vigorous physical activities daily for all students K-12 shall be encouraged. All arts classes at UAFA are trained to incorporate ready-made structured physical activity into the classroom using such tools as but not limited to Physical Fitness, Dance, Music & ETC. Also, UAFA shall offer 15 minutes of recess daily. UAFA will offer extracurricular organized sports or activities that incorporate physical movement.



Students will be provided with physical activity choices that consider the gender and cultural differences among children. Resources are available for students, teachers and parents about promoting physical activity for a healthy lifestyle. Students will be regularly assessed for attainment of physical education skills and fitness.

### **Nutrition, Education and Promotion**

Nutrition education is beneficial to the entire school community. Utopian Academy for The Arts will support opportunities and activities offered to students, teachers, and parents to learn about nutrition and wellness. The school system will encourage at least one nutrition education activity for grades K-12 in science, health, math, or other subject areas and provide education materials for school use. We promote healthy eating and messaging to support nutrition education with the use of signage in the cafeterias, creative menus, posters, bulletin boards, and via our website each month.

### **Monitoring, Oversight, and Public Access**

The Superintendent or designee shall convene a wellness committee consisting of school system and community representatives from areas designated in federal law to participate in the development, implementation, and periodic review and update of school wellness policies, procedures, and guidelines subject to Board approval as needed.

The school system will complete an assessment of the wellness policy every 3 years, at minimum. The assessment will determine each schools' compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

The Wellness Committee will evaluate the effectiveness of the policy triennially and recommend changes when necessary. The Triennial Assessment, including progress towards meeting goals, will also be made available to the public.

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#### **Policy Reference Disclaimer:**

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.