

**RENAISSANCE ACADEMY
NUTRITION SERVICE DEPARTMENT
Wellness Policy**

Renaissance Academy is committed to the optimal development of every student. Renaissance Academy believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines Renaissance Academy's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures that are identified within each section below.

I. Nutrition

School Meals

Renaissance Academy is committed meeting the nutrition needs of our students. We will accomplish this by:

- Meeting the nutrition requirements established by local, state, and Federal statutes and regulations through our school lunch and breakfast program that adheres to the [USDA nutrition standards](#).
- School lunch menus will be posted on the school website.
- School meal program will aim to promote healthy choices while also accommodating special dietary needs for students.

Competitive Foods and Beverages

To support healthy food choices and improve student health and well-being, all foods and beverages sold to students on school campus during the school day, outside of the reimbursable school meal programs, will meet the USDA Smart Snacks in School nutrition standards. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks are available at: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>

The website for the Alliance for a Healthier Generation is also a good resource tools to assist with implementation of Smart Snacks available at <https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks>

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, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations and Rewards

Renaissance Academy encourages incorporating healthy foods and beverages that meet USDA Smart Snacks standards, as well as utilizing non-food items, for parties and celebrations during the school day.

Nutrition Education and Nutrition Promotion

Nutrition education and promotion positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

The primary goal of nutrition education and nutrition promotion is to teach, model, encourage and support healthy eating by all students. Sequential and interdisciplinary nutrition education shall be provided and promoted by:

- § Teaching the Utah health core at the elementary and secondary level;
- § Encouraging nutrition education and nutrition promotion in all related content areas;

II. Physical Activity

The primary purpose in setting physical activity goals is to provide opportunities for every student to develop the knowledge and skills to maintain physical fitness and understand the benefits of a healthy lifestyle. School should:

- § Provide health education to all students on the importance of daily physical activity and implement program that reinforce principles taught;
- § Ensure the physical education core will be taught at the elementary and secondary level;
- § Provide appropriate equipment for all students to participate in physical education;
- § Allocate time for elementary physical education classes consistent with State standards;
- § Support opportunities for physical activity through after school programs including competitive and recreational intramurals and interscholastic athletics;
- § Promote and encourage employees to model healthy lifestyle practices for their students.

Recess (Elementary)

All elementary schools will offer at least 20 minutes of recess every day throughout the school year, preferably outdoors when weather permits.

Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Renaissance Academy may alter recess schedules to promote a healthy lifestyle and support good nutritional habits.

Active Academics

Renaissance Academy will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day

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

Before and After School Activities

Renaissance Academy offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. After-school programs shall encourage physical activity and the formation of healthy habits.

III. Other Activities that Promote Student Wellness

Fundraising efforts, celebrations, parties and rewards should be in compliance with applicable laws.

Renaissance Academy will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities.

Community Health Promotion and Family Engagement

Renaissance Academy will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

IV. School Wellness Committee

Renaissance Academy will appoint a school wellness committee to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy.

The Superintendent or designee shall appoint a district wellness committee that may include parents, students, child nutrition specialist, physical education teachers, school nurse and representatives of the school food authority, school board, school administrators, and the public. The purpose of the wellness policy committee is as follows:

- § Regularly monitor the overall effectiveness of the district wellness policy.
- § Highlight areas in need of future change.
- § Recommend modifications that will positively affect student health.
- § Evaluate annual progress towards achieving the goals of the wellness policy.
- § Every three years, conduct an assessment that determines (1) compliance to the policy, (2) compare existing policy to model policies, and (3) progress towards goals.

School Compliance

- § The school executive director is charged with the operation responsibility that the school follows the district wellness policy.