

**RENAISSANCE ACADEMY**  
**FOOD 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 our students (within their calorie requirements). We will accomplish this by:

- Meeting the nutrition requirements established by local, state, and Federal statutes and regulations through our school lunch program that adheres to the [USDA nutrition standards](#).
- School lunch menus will be posted on the school website.
- Wellness policy guidelines shall be considered when planning school-based activities such as field trips, dances, assemblies, etc.

***Competitive Foods and Beverages***

Renaissance Academy is committed to providing healthy eating options on campus during the school day. The foods and beverages sold outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. 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:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

The website for the Alliance for a Healthier Generation is also a good resource tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day\*. 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.

No food or drink of minimal nutritional value may be offered for sale 30 minutes prior, during or 30 minutes after school.

### ***Celebrations and Rewards***

Healthy foods will be considered when planning celebrations and rewards. Renaissance Academy will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#). Rewards and incentives. Renaissance Academy will provide teachers and other relevant school staff a [list of alternative ways to reward children](#).

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*. Renaissance Academy will make available to parents and teachers a list of healthy fundraising ideas [*examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)*].

§ Renaissance Academy strongly encourages non-food fundraisers, those promoting physical activity (such as walk-a-thons, fun runs, etc.).

§ Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

### **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;

### ***Food and Beverage Marketing in Schools***

Renaissance Academy is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Renaissance Academy strives to teach students how to make informed choices about nutrition, health and physical activity. It is the intent of the Renaissance Academy to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the Renaissance Academy's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards.

## 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** on all days during the school year preferably outdoor when weather is feasible. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating.

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 effect 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.