

Ascent Academies of Utah
Nutrition and Fitness Advisory Committee Guidelines
Adopted _____

Purpose

Under direction of the Ascent Academies of Utah (the “School”) Board of Directors (the “Board”) and based on the requirements established in the School’s Wellness Policy, the Nutrition and Fitness Advisory Committee (the “Committee”) has established the following guidelines in compliance with the requirements of the Healthy, Hunger-Free Kids Act of 2010.

Guidelines

Nutritional Education Guidelines

The primary purpose of nutritional education is to build knowledge and skills that will help children make healthy eating and physical activity choices now and throughout their lives. The School will seek to accomplish this by the following steps:

- a. Healthy eating habits will be taught and supported for students and staff by encouraging teachers, whenever possible, to use healthy nutrition facts in learning skills such as reading, writing and math.
- b. Food will not be used as punishment or rewards; however, nutrition education will be provided and a nutrition incentive program will be encouraged.
- c. Nutritional and physical awareness and healthy lifestyles will be promoted through assemblies that may include gymnastics, dance or other physical activities.
- d. Promote awareness of healthy lifestyles by encouraging, for example, regular medical and dental check ups.
- e. Promote safety in and out of the home by partnering with local law enforcement and other public safety personnel.
- f. Encourage nutrition education not only in health but also in subjects such as math, science, language arts, social sciences and elective subjects.
- g. Encourage and educate parents in ways to provide healthy and affordable sack lunches.

Physical Activity Guidelines

Physical activity is important for student health and academic achievement. The Committee encourages the director to implement programs to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student’s physical, mental, emotional and social well-being. The following goals are some of the ways that the School hopes to achieve this:

- a. Provide a wide variety of physical activities and introduce students to many different sports and ways of getting physically active. This may be done through physical education, assemblies, after school activities and in the classroom.
- b. Provide daily recess for all elementary students for at least 20 minutes per day and 90-120 minutes of fitness education per week, schedule permitting.
- c. Use a variety of subjects and innovative lesson plans to increase physical movement in the classroom.

- d. When activities such as mandatory testing or inclement weather make it necessary for students to stay indoors for long periods of time, students will be given periodic breaks during which they are encouraged to participate in some activity or movement.
- e. Physical education activities should teach students cooperation and teamwork, good sportsmanship, positive self-image, and personal achievement.
- f. Appropriate alternative activities should be provided for students with physical disabilities.
- g. Exemptions from physical activities should be provided where appropriate for ill or injured students.
- h. Parent volunteers will be encouraged to form after-school sports teams or clubs for students.

Healthy and Safe School Environment

The School recognizes that a healthy and safe school environment is necessary in promoting and sustaining the nutritional, physical and emotional health of its students and staff. This will be accomplished in the following ways:

- a. Provide a clean, safe, and enjoyable lunchroom for students.
- b. Provide student access to restroom use for washing hands and a hand sanitizer available at the entrance of lunchroom and educate students on importance of washing hands.
- c. Provide enough space and serving areas to ensure all students have an appropriate place to eat in the lunchroom.
- d. Create an environment that fosters good eating habits, enjoyment of meals, good manners and respect for others.
- e. The School will endeavor to accommodate children with allergies.
- f. The School will make drinking fountains available so that students can get water at meals and throughout the day.

Food Guidelines

The purpose of these guidelines is to support the School's wellness policy, specifically in the classroom. The Board wants to promote a healthy classroom environment for every student, with as few distractions as possible to the learning process. This will be supported in the following ways:

- a. Food or beverage for purpose of student consumption will only be allowed in the classroom as part of a lesson plan and at the approval of the Campus Director. Parents must provide written permission for their student to participate in these activities.
- b. No soda will be provided to students at any time during School.
- c. Treats or food may not be brought in the School for distribution in class including for student birthdays.
- d. Observation of selected holidays will be celebrated in ways that will enhance the meaning and the understanding of the holiday for the student. Class "parties" will be planned by teachers in conjunction with the parent organization and must be planned with respect to students who may have personal or religious beliefs that restrict them from participating. Because of health and safety reasons consumable treats and food items are not allowed.

- e. Food provided at after-school functions will be under the direction of the Campus Director.

School Lunch Program

Guidelines for meals served as part of the School's school lunch program will not be less restrictive than the regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. § 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. § 1758(f)(1), 1766(a)).

Committee Members

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