

# CANYON RIM ACADEMY

## Wellness Policy on Nutrition and Physical Activity

Canyon Rim Academy (CRA) is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. CRA acknowledges that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. CRA also recognizes that the learning environment can influence the development of lifelong healthy lifestyle habits. Therefore, CRA has adopted goals for nutrition promotion and education, physical activity and other school-based activities designed to promote student wellness.

### **Nutrition**

- All students will have access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students. This includes fruits and vegetables and healthy whole grains. Milk and water are offered as part of the lunch program with low-fat (1%) and fat-free milk being served.
- To the maximum extent practicable, CRA will participate in available federal school meal programs, including the National School Lunch Program (NSLP).
- The school will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- The school will make every effort to eliminate any social stigma attached to students who are eligible for free and reduced-price school meals. There will be no identifying lines or other system to separate paying and non-paying students to prevent any overt identification of eligibility status.
- The school will provide a clean, safe and pleasant environment and adequate time for students to eat. Students will have access to hand washing or hand sanitizing before they eat meals or snacks.

### **Nutrition Education**

Canyon Rim Academy has established practices to promote nutrition education. Such education may be done in the classroom in accordance with the USOE Health and Nutrition core standards and the Core Knowledge sequence. Additionally, each class will have the opportunity to learn about good nutrition habits from a qualified child nutrition professional. As these principles are taught each class will have the opportunity to choose a Class Menu using those nutrition principles. Each Class Menu will then be featured on a monthly school wide menu. The menus will be posted online so families can make informed choices about the meals their children eat.

In addition to educating in the classroom, there will be opportunities for sampling new foods. A Sample Day may be scheduled monthly where students are encouraged to try a specific food that will be offered during morning recess. That food will then be served in the lunchroom throughout the month.

CRA aims to teach, encourage, support and model healthy eating habits and lifestyles.

## **Physical Activity and Physical Education**

All students in grades K-6 will have support, encouragement and instruction to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity will be provided through PE, recess, Sportsmanship PE (SPE) and other activities.

- Classroom health education will complement physical education by reinforcing the knowledge, skills, and confidence necessary for an active lifestyle.
- Opportunities for physical activity may be incorporated into other subject lessons such as Math, Science, Language Arts and Social Studies. Each class also participates in CRA's Music and Movement program which includes physical activity.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- Students will receive 30-40 minutes a week of instructional PE coordinated by the PE specialist.
- SPE should be part of classroom activities.
- Students should have 45-60 minutes a day of supervised recess, preferably outdoors, during which they will be encouraged to participate in moderate to vigorous physical activity.
- Additional activities will be encouraged that promote a healthy lifestyle, such as Fit Feet, Jump Team, Fun Runs, and supervised games at recess.

## **Standards for Food and Beverages Available During the School Day**

No food or beverages, other than lunch meals, will be sold to students between the hours of midnight and 3:45 PM to ensure that foods of minimal nutritional value (also known as competitive foods) are not promoted. Food and beverages that may be provided during the day, (such as in classroom parties, snacks brought by parents or foods given as incentives), should be carefully considered for their nutritional value and health and safety (i.e. pre-packaged or store bought items).

## **Policy Review and Assessment**

A school-based wellness committee will periodically review and assess the implementation of goals. This committee will consist of school administrators, school food service professionals, and physical education staff. A review of the practices and implementation will occur on a yearly basis. This will be coordinated by the lunch secretary. A report to the board will be made every two years. An Administrative Review will be conducted every three years. The Wellness Policy will be posted on the school website and we invite comments from parents, students and the community.

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