

Wellness Policy

I. Board Policy & Statement of Principles

The Park City School District (PCSD) Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

PCSD recognizes the relationship between adequate nutrition, physical activity and academic achievement.

PCSD recognizes that implementing sound policy & procedures that encourage all faculty and staff to model healthy behaviors may help promote community wellness and wellbeing amongst students and staff.

II. Guidelines

The following goals and guidelines are designed to assist schools in the implementation of this policy.

A. Nutrition Promotion

1. Child Nutrition Programs shall comply with Federal, State, and local requirements and be accessible to all children. All foods made available on campus through the Child Nutrition Program will meet or exceed USDA nutrition requirements. In addition, menu patterns will seek to promote fresh fruits, fresh vegetables, and whole grains and reduce and/or eliminate refined sugar, refined flour, excess saturated fat, and sodium as outlined in the Healthy Hungry-Free Kids Act (HHFKA).
 - a. Procurement of future food and service items will align with this philosophy and seek to eliminate food additives, colorings, and processing techniques considered potentially harmful to humans and/or the environment per peer-reviewed scientific research originating from a non-biased and credible source.
 - b. Nutrition services will continuously review school menus in conjunction with a registered dietitian and/or qualified nutrition advocacy group to determine opportunities to improve nutrition composition of foods offered and/or increase production of scratch cook items where feasible and within budgetary constraints.
 - c. PCSD defines "from scratch" as follows: fresh, expertly-sourced ingredients with an emphasis on single-ingredient, minimally-processed food.
 - d. All PCSD schools will make clean drinking water available and accessible without restriction and at no charge throughout the school day.
 1. Drinking cups will be provided in places where water fountains are unavailable.
 - e. Students in grades K-5 shall be provided with a 20 minute lunch period. Students seated together will be required to remain seated until all students have had the opportunity to sit and eat for a minimum of 15 minutes.
 - f. Note: allowances must be made for students with disabilities if they are provided for in the student's 504 or Individual Education Plan.
2. Nutrition information of the school lunch program is available to the community on the district website and updated monthly by the Director of Nutrition Services.
3. Nutrition links are available on the district website and updated annually by the Director of Nutrition Services.

B. Nutrition Guidelines for all foods available on campus during the school day

1. Per the federal competitive food regulation, all food, and beverages sold to students during the school day other than the School Breakfast and School Lunch must meet the nutrition standards of the Code of Federal Regulations Title 7 Section 210.11: Competitive food service and standards.
 - a. In addition to the requirements listed below, all school site vending options will be required to comply with USDA Smart Snack Standards when sold during the school day.
 - b. K – 5 school sites: No carbonated or caffeinated beverage vending available; milk, juice, and water will be made available a la carte.
 - c. 6 – 9 school sites: All vending will comply with nutritional standards set by the USDA Smart Snacks Standards. No sugar-sweetened carbonated or caffeinated beverage vending will be available to students.
 - d. Up to three times per year per school, school-sponsored fundraisers that sell food and/or beverages that do not meet the federal competitive food standards can be held as long as each fundraiser lasts no longer than five consecutive school days
 - e. Individual groups such as the PTA, Nutrition education, and Taste Tests should discuss initiatives with administrators prior to an event and may receive approval.
 - f. The principal of the school will designate an individual to maintain records of fundraisers at which foods and beverages that do not meet competitive food standards are sold in accordance with Utah Administrative Code Rule R277-719.
 - g. Approved exempted fundraiser foods or beverages may not be sold in competition with school meals in the food service area during the meal service.
2. Out of respect for all students and in support of PCSD's "whole child" approach (including those with obesity management, diabetes, food allergies, and dental cavities), foods brought onto campus during the school day for classroom parties, fundraisers, and extra-curricular activities must be aligned with the "USDA's Smart Snacks Sold in Schools" standards.
3. Campus food must respect PCSD Policy #10106 Accommodations for Students with Life-Threatening Allergies.
4. In addition to the requirements listed below, all school site vending options will be required to comply with USDA Smart Snack Standards when sold during the school day.
5. Schools ~~are encouraged to use~~ **non-may not use** food-based rewards for student behavior, achievement, and celebrations. School administrators should annually discuss and implement appropriate non-food reward guidelines.

C. Nutrition Education

1. Sequential and interdisciplinary nutrition education that is aligned with the Utah State Board of Education's comprehensive Health and Physical Education Standards will be provided to all students. PCSD will take into consideration input from community stakeholders in

determining how additional instructional time may be utilized to exceed Health and Physical Education Standards when available and reasonable.

a. Healthy Lifestyles State Curriculum

III. Parent, Guardian, Educator, and Community Involvement

A. The District will convene a representative district wellness committee ("DWC") or work within an existing school health committee that meets at least one time per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy ("Wellness Policy").

1. The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public.

2. PCSD will permit parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the local school wellness policy. To encourage broad public participation in the process, PCSD will do the following:

- a. Actively notify parents and the broader community about the content and implementation of, as well as any changes, to the Wellness Policy, whether through electronic communications (e.g., email, District website, etc.), non-electronic means (e.g., mailings, presentations, etc.), or both.
- b. Ensure that all outreach and communication is culturally appropriate and translated as needed.
- c. Actively communicate with community stakeholders on how they can participate in the development, implementation, review, and update of the Wellness Policy.

IV. Compliance Personnel

A. PCSD will designate one or more official(s) to facilitate the development of the local school wellness policy, oversee appropriate updates to the policy, and ensure each school's compliance with the policy. PCSD will take steps to ensure that the designated official(s) understand(s) the federal and state laws related to wellness policies.

B. Names, positions, and contact information of the designated officials:

1. Official 1 – Assoc. Superintendent of Student Wellness
2. Official 2 – Food Service Director
3. Official 3 – Business Administrator

V. Assessing the Wellness Policy

A. Parents, students, physical education teachers, school health professionals, the school board, school administrators, EATS-appointed representatives, and the general public will be allowed to participate in the development, implementation, and periodic review and update of the local wellness policy.

B. PCSD will assess how its policy compares with the latest national recommendations on school health and will update the policy accordingly.

C. PCSD will inform and update the public about the content and implementation of the local wellness policy (via the District's website, handouts, school-sponsored events, etc.).

References:

United States Code Annotated Title 42 Section 1758b. Local school wellness policy
 Code of Federal Regulations § 210.11 Competitive food service and standards., 7 C.F.R. § 210.11
 USDA Smart Snacks in School Standards <https://fns-prod.azureedge.net/sites/default/files/cn/allfoodsflyer.pdf>; <https://fns-prod.azureedge.net/sites/default/files/tn/USDASmartSnacks.pdf>
 Utah Administrative Code Rule R277-719-6. LEA Wellness Policies.
 Utah Administrative Code R277-719. Standards for Selling Foods Outside of the Reimbursable Meal in Schools.
 Utah Administrative Code Rule R277-719-5. Fundraising Using Food/Beverages.