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## **North Davis Preparatory Academy** **Administrative Policy** ***Wellness Policy***

These procedures are established in order to comply with and implement the Wellness Policy adopted by the School's Board of Directors.

- I. The NDPA Community Council will serve as the Nutrition and Fitness Advisory Committee to oversee wellness efforts, review wellness goals and as necessary recommend changes to the administrative wellness policy. The Community Council may consist of, but is not limited to parents, students, the Director, teachers, and members of the community, and for the purpose of acting as the Nutrition and Fitness Advisory Committee, will also include health professionals, food service staff, and health/PE teachers as required. The school Kitchen Manager will be responsible for compliance.

The Nutrition and Fitness Advisory Committee will meet annually in the month of April. Notification of the annual meeting and invitation to participate will be advertised to the school community through the school's newsletter, website, or other means. An annual assessment of compliance with the policy will be performed. An evaluation tool like the State provided "Wellness Tool" may be used to make the assessment. Minutes and/or an assessment of progress and efforts will be made available to the school community by using the school's newsletter, website, or other means. The most current version of the administrative wellness policy will be made maintained on the school's website.

- II. Nutritional Education Policy: The primary purpose nutritional education is to build knowledge and skills that will help children make healthy eating and physical activity choices now and lifelong. This will be supported by the following:
  - 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. NDPA's Food and Candy policy states that food will not be used as punishment, rewards or motivators. In addition, nutrition education will be provided and nutrition incentive program will be encouraged
  - c. Promote nutritional and physical awareness and healthy lifestyles through assemblies
  - d. Increase awareness of healthy lifestyles such as regular medical and dental checks ups.
  - e. Promote safety in and out of the home by using local law enforcement and more.
  - f. Encourage nutrition education not only in health but also in subjects such as math, science, language arts, social sciences and elective subjects.



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- g. Encourage and educate parents in ways to provide healthy and affordable sack lunches.
- III. **Physical Activity:** The Community Council recognizes the importance of physical activity for student health and academic achievement. The Community Council 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 NDPA 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 PE, assemblies, after school activities or in the classroom.
  - b. Provide daily recess for all elementary students for at least 20 minutes per day and a minimum of 30 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.
  - i. Air quality will be monitored during periods of inversion. On yellow or orange days, students who are at risk of breathing issues will be allowed to remain inside for recess, and on red days, all students will be allowed to stay inside.
- IV. **Healthy and Safe School Environment:** NDPA 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 provided 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 and exit 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.



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- d. Create an environment that fosters good eating habits, enjoyment of meals, good manners and respect for others.
  - e. NDPA will make every effort to accommodate children with allergies.
  - f. NDPA will make drinking fountains available so that students can get water at meals and throughout the day.
- V. Food Guidelines in the Classroom: Food used or consumed in the classroom must follow the NDPA Food and Candy Policy.
- VI. School Meals
- a. Meals served through the National School Lunch Program and any other Federal food programs in which NDPA may participate will
    - i. Be appealing and attractive to children
    - ii. Meet minimum nutrition requirements established by local, state and federal statutes and regulations
    - iii. Be provided by qualified nutrition professionals
    - iv. Encourage to students to remain in the lunch room until they have consumed the meal they took