

Walden School
of Liberal Arts



Wellness Policy

4230 and 4266 N University Avenue, Provo, Utah 84604

PURPOSE & PHILOSOPHY

To optimize student performance potential, Walden School of Liberal Arts promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. Walden supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Walden contributes to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity.

WELLNESS POLICY COMMITTEE

Walden's Board of Trustees has established a Wellness Committee to review the school's physical fitness and nutrition goals on an annual basis and to present recommendations for revisions to the Board of Trustees. This committee is composed of one member of the school's administration, the current Parent Community Council chair or designee, current nutrition director/kitchen manager, current Physical Education teacher and at least one member of the Walden faculty. By invitation, student representation is recommended. The committee invites input from all school stakeholders. The Board of Trustees ensures that all policies are in compliance with State and Federal laws.

The wellness committee is to seek out evidence-based strategies and recommendations for consideration when reviewing and revising the procedures, goals and objectives of this policy.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY:

A quality physical education program is an essential component for all students to learn about and participate in physical activity. A sequential developmentally appropriate curriculum shall be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives, consistent with the State Core Physical Education Curriculum. Physical activity shall include regular instructional physical education as well as extracurricular activities in the secondary schools and recess in the elementary schools.

Elementary students will have opportunity for supervised unstructured play daily, a 30-minute recess will be provided.

NUTRITION EDUCATION:

A quality nutrition education program is an essential component in all students' education. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level. The nutrition education program shall focus on students' eating behaviors and be consistent with the State Core Health Education Curriculum.

In accordance with the Utah State core health curriculum, students shall be taught.

1. Nutrient groups, functions of the various nutrients, foods rich in these nutrients, and deficiency symptoms
2. The dangers of dysfunctional eating and fad diets
3. The influence of the media on food choices.
4. The relationship between food intake and activity (caloric intake and expenditure)
5. Nutritional labeling.

Nutrition education will be extended outside of the classroom into the gardens and cafeteria where instructors and child nutrition staff will reinforce the importance of fresh produce as part of a healthy diet by providing a salad bar with fresh offerings and utilizing the fruits and vegetables grown on-site.

NUTRITION STANDARDS FOR FOODS AVAILABLE IN SCHOOLS:

Food served through the school nutrition program shall meet or exceed the NSLP, SBP, ASSP and Smart Snack standards. Activities offering food items on school grounds and at school-sponsored activities during the instructional day are encouraged to adhere to Smart Snack standards.

Special diet requests will be honored when the need is medically documented. The Child Nutrition Program will provide a vegetarian meal option every day.

Parents who are providing classroom snacks or meals will be encouraged to prioritize nutritious food and will be provided with suggestions and resources to facilitate.

MONITORING AND EVALUATING WELLNESS POLICY:

The school's child nutrition manager in collaboration with the school executive director will be responsible for ensuring compliance with the stipulations of this policy. This Wellness Policy will be reviewed and revised every three years by the Wellness Committee. Walden's Wellness Committee will report on the school's compliance to the Board of Trustees. The Board of Trustees will, as necessary, revise this policy and develop work plans to facilitate its implementation.

Adopted: July 20, 2013 ~ Last revised: December 14, 2021 ~ Board Approved: January 17, 2022