



UP Excellence Academy Wellness Plan

This document, referred to as the "wellness plan" (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The District's local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC may solicit involvement and input from parents, students, the District's food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Posting a general announcement in the weekly staff newsletter, inviting staff to participate in the review of the wellness plan.
2. Sending individualized invitations to each type of stakeholder mentioned above.

Responsibility for Implementation

The campus assistant principal is responsible for implementing this wellness plan at their campus, including submitting necessary information to the SHAC for evaluation. The Superintendent is the District official responsible for the development of this wellness plan and any other appropriate administrative procedures and for ensuring that the campus complies with



the policy and plan. Please contact Lisa Edwards, Assistant Principal, if you have any questions about the policy and plan (lisa.edwards@upexcellenceacademy.org).

Goals for Nutrition Education

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels.

Implementing Goals for Nutrition Education

GOAL 1: Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

-Objective 1: Students are regularly exposed to educational materials (e.g., library books, hallway posters, etc.) that highlight healthy eating behaviors.

Action Steps:

- Conduct an audit around educational materials currently in place and provide schools with standardized resources to increase healthy eating materials.
- School and Community Stakeholders:** students and teachers, school lead team, operations staff
- Resources Needed: cafeteria signage, library books
- Measures of Success:** Each campus has a set of standardized resources available on campus.

Objective 2: Procure curriculum resources to support nutrition instruction that focuses on healthy eating behaviors.**

Action Steps:

- Research and identify resources that PE and classroom teachers may use for instruction.
- School and Community Stakeholders: network team members



Resources Needed: Science, PE, and health materials that focus on healthy eating behaviors.

Measures of Success: School leaders have elected the materials they will use on their campus.

GOAL 2: Nutrition education will be a UP Excellence Academy-wide priority and will be integrated into other areas of the curriculum, as appropriate.**

Objective 1: Nutrition education will be incorporated into social-emotional learning.

Action Steps:

- One time per month, teachers will focus on nutrition education or physical health during morning meetings. The lesson will focus on a school-wide theme.
- School and Community Stakeholders:** network team, school leaders, teachers
- Resources Needed:** scope and sequence of nutrition education topics per month.
- Measures of Success:** Every classroom has one lesson per month focused on nutrition education or physical health.

GOAL 3: Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.**

Objective 1: Resources are allocated for each school to incorporate nutrition education into PE, social-emotional learning, and other curriculum components.

Action Steps:

- Resources for each of the goals above are provided for the schools and distributed to teachers.
- School and Community Stakeholders: network team, lead teams, teachers
- Resources Needed:** signage, books, other learning materials



- Measures of Success:** Each school has the resources needed to adopt the goals in this section.

GOAL 4: The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.

Objective 1: In the cafeteria and classrooms where meals are served, the food service staff and teachers will display the daily menu, along with signage that explains to students how to build a complete meal with the menu items that are offered.**

Action Steps:

- Update and post the daily menu; remind students to choose all of the items needed to build a complete and nutritious meal.
- School and Community Stakeholders:** food service staff, teachers
- Resources Needed:** monitors to display digital menus, Offer v. Serve posters
- Measures of Success:** 55% of students choose a complete and reimbursable breakfast each day with all of the required menu components. 75% of students choose a complete and reimbursable lunch each day with all of the required menu components.

Objective 2: School personnel will adopt shared language to promote healthy eating that students hear during meal and snack times.**

Action Steps:

- Wellness Committee will determine shared language and provide training for school personnel, as well as communication to families.
- School and Community Stakeholders:** wellness committee, all school staff, students
- Resources Needed:** shared language and a visual aid that promotes it
- Measures of Success:** Students are incorporating shared language about healthy eating.



GOAL 5: Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

Objective 1: School personnel will share the weekly breakfast and lunch menu, which includes nutritional information of each menu item, in family newsletters.

Action Steps:

- Ensure each school has the correct menu link easily accessible.
- School and Community Stakeholders:** food service staff, school leaders
- Resources Needed :family newsletters, menu link
- Measures of Success: 100% of school newsletters include a link to the breakfast and lunch menu.

Objective 2: Family newsletters will include information about the monthly wellness goal that students are learning in social-emotional learning.**

Action Steps:

- Identify types of information to share with families; create the information and determine the best way to communicate it (social media posts, family newsletters, etc.).
- School and Community Stakeholders:** FSMC staff, Director of Auxiliary Operations, MarComm Team
- Resources Needed:** family nutrition educational information
- Measures of Success:** Monthly communications are shared with families that provide nutrition education.



Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows: 150 minutes/week for students in K-8, with students in 6-8 needing to complete four semesters total of PE.

Implementing Goals for Physical Activity

GOAL 1: UP Excellence Academy will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.**

Objective 1: Schools will provide state-required minutes of physical education for students on a weekly basis throughout the school year.**

Action Steps:

- Ensure each master schedule includes the state-required minutes for physical education.
- School and Community Stakeholders:** Network team, Registrars/SIS, School leaders, and teachers
- Resources Needed:** PE equipment and curriculum/resources for each campus
- Measures of Success:** Students participate in weekly physical education activities.

GOAL 2: Physical education classes will regularly emphasize moderate to vigorous activity.

Objective 1: Physical education classes integrate warm-up exercises and developmentally appropriate games and activities that require student movement/participation.**

Action Steps:



- Ensure lesson plans and PE observations include student activities, movement, participation.
- School and Community Stakeholders:** Network team, School leaders, teachers, and students
- Resources Needed:** PE checklist or walkthrough form that highlights PE requirements
- Measures of Success:** Walkthroughs of PE classrooms indicate 100% of PE classrooms emphasizing movement and physical activity on a regular basis.

GOAL 3: UP Excellence Academy will encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: Teachers will incorporate developmentally appropriate activities involving physical movement into daily lessons. This includes opportunities to engage kinesthetically with content, where appropriate, and move to collaborate with peers.**

Action Steps:

- Ensure teachers use movement within their lesson plans, specifically getting students engaged and moving as a vehicle for learning.
- School and Community Stakeholders:** School leaders, staff, and students
- Resources Needed:** Embedded movement portions within lesson
- Measures of Success:** Walkthroughs of classrooms indicate 100% of students get opportunities to engage in movement as part of the learning process.

GOAL 4: UP Excellence Academy will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Objective 1: Ensure physical activity is highlighted in family newsletters and other family-oriented communications.



Action Steps:

- Create materials to share with families around the importance of physical activity.
- School and Community Stakeholders:** Network team, MarComm Team, School leaders
- Resources Needed:** Family newsletters and communications
- Measures of Success:** All family newsletters and communications include information around physical activity for students and families.

Goals for Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

Implementing Goals for Other School-Based Activities

GOAL 1: UP Excellence Academy will allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.**

Objective 1: Students have a minimum of 20 minutes to eat lunch.**

Action Steps:

- Ensure that master schedules provide at least 20 minutes for lunch for all students.
- School and Community Stakeholders:** Operations staff, food service staff, school leaders

Resources Needed: Master schedules

Measures of Success: Master schedules allow a minimum of 20 minutes for lunch.

GOAL 2: UP Excellence Academy will promote wellness for students and their families at suitable school and campus activities.



Objective 1: Wellness Committee will provide training for parents and staff on nutrition and physical health.

Action Steps:

- Schedule wellness training on an annual basis, with opportunities for parents and staff to be trained.
- School and Community Stakeholders:** Network team, MarComm Team, Wellness Committee, Parents, and Staff

Resources Needed: Wellness training resources

Measures of Success: Training sessions are provided at least once per year.

GOAL 3: UP Excellence Academy will promote employee wellness activities and involvement at suitable school and campus activities.

Objective 1: Employees are provided with information on wellness and activities that promote health on a quarterly basis.

Action Steps:

- Disseminate information on wellness to employees and create opportunities for staff to engage in wellness activities.
- School and Community Stakeholders:** Network team, Wellness Committee, Employees

Resources Needed: Wellness resources and activities

Measures of Success: Wellness information is shared quarterly and activities are made available for staff participation.

Nutrition Guidelines

Federal law requires that the District's wellness policy include nutrition guidelines selected by the District for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. The guidelines should address food and beverage marketing, food and beverage standards, and policies regarding exempt fundraising.

Implementing Nutrition Guidelines



GUIDELINE 1: All meals provided by the District's food service program will meet the nutrition requirements and regulations for the National School Lunch Program and School Breakfast Program.**

Objective 1: Breakfast and lunch menus are developed in accordance with USDA standards.

Action Steps:

- Regularly review and update breakfast and lunch menus to ensure they meet USDA standards.
- School and Community Stakeholders:** FSMC staff, Director of Auxiliary Operations

Resources Needed: USDA standards, menu planning tools

Measures of Success: 100% of breakfast and lunch menus comply with USDA standards.

GUIDELINE 2: All competitive foods and beverages sold or made available to students during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Objective 1: Ensure all food and beverages sold or provided to students during the school day meet USDA Smart Snacks standards.**

Action Steps:

- Review all competitive food and beverage options to confirm they meet Smart Snacks standards.
- School and Community Stakeholders:** FSMC staff, school leaders, food service staff

Resources Needed: Smart Snacks standards, product information

Measures of Success: 100% compliance with Smart Snacks standards for all competitive foods and beverages.

GUIDELINE 3: UP Excellence Academy will not allow marketing or promotion of foods and beverages that do not meet the USDA Smart Snacks in School nutrition standards.



Objective 1: Ensure only foods and beverages that meet Smart Snacks standards are marketed or promoted on campus.**

Action Steps:

- Audit marketing and promotional materials to ensure compliance with Smart Snacks standards.
- School and Community Stakeholders: Wellness Committee, MarComm Team, school leaders

Resources Needed: Marketing and promotional materials

Measures of Success: 100% of marketed or promoted foods and beverages meet Smart Snacks standards.

GUIDELINE 4: UP Excellence Academy will support fundraising efforts that align with the promotion of healthy eating behaviors and physical activity.

Objective 1: Encourage fundraising activities that promote healthy eating and physical activity.

Action Steps:

- Provide guidance and resources for fundraising activities that align with wellness goals.
- School and Community Stakeholders:** Wellness Committee, school leaders, teachers, students

Resources Needed: Fundraising guidelines and resources

Measures of Success: Fundraising activities support healthy eating and physical activity.

Evaluation

Federal law requires that the District establish a plan for measuring and evaluating the implementation of the wellness policy. The plan must designate one or more persons responsible for ensuring that schools comply with the policy. The District must also periodically measure and make available to the public an assessment on the implementation of the policy, including the extent to which schools are in compliance, the extent to which



the policy compares with model policies, and a description of progress made in attaining the goals of the policy.

Evaluation Plan

EVALUATION OBJECTIVE: Monitor and evaluate the implementation and effectiveness of the wellness policy and plan.**

Action Steps:

- Designate a wellness coordinator to oversee the implementation and evaluation of the wellness policy and plan.
- Conduct annual assessments of the wellness policy and plan to measure compliance and progress toward goals.
- Make assessment results available to the public through the District's website and other communication channels.

School and Community Stakeholders: Wellness Committee, school leaders, teachers, students, parents, community members

Resources Needed: Assessment tools, public communication channels

Measures of Success: Annual assessment reports are completed and made available to the public.

RESPONSIBILITY FOR EVALUATION:

The designated wellness coordinator, in collaboration with the SHAC, will be responsible for monitoring, evaluating, and reporting on the implementation and effectiveness of the wellness policy and plan.

Communication and Outreach

COMMUNICATION PLAN: The District will communicate the wellness policy and plan to all stakeholders, including parents, students, staff, and the community. The plan will be accessible on the District's website and included in relevant communications such as family newsletters and staff updates.



Action Steps:

- Post the wellness policy and plan on the District's website.
- Include wellness policy and plan information in family newsletters and staff updates.
- Provide opportunities for stakeholders to provide input and feedback on the wellness policy and plan.

School and Community Stakeholders: Wellness Committee, MarComm Team, school leaders, parents, students, staff, community members

Measures of Success: Increased awareness and engagement of stakeholders in the wellness policy and plan.

By implementing this comprehensive wellness plan, UP Excellence Academy is committed to promoting a healthy school environment that supports the physical and nutritional well-being of all students and staff.