

Rockwell Charter High School Wellness Policy

1. Vision Statement

Rockwell Charter High School (RCHS) is committed to promoting healthy students by supporting wellness, good nutrition, and regular physical activity as part of the total educational environment. RCHS supports a healthy atmosphere where students learn and participate in positive dietary and lifestyle practices. It is understood that a school contributes to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance and helps each student to reach his or her full potential. To help accomplish these objectives, the RCHS Child Nutrition Program will comply with federal, state, and local requirements. Service will be accessible to all students.

a. Nutrition Education

RCHS will encourage that nutrition education will be part of an integrated curriculum in all health and PE courses seven through twelve. Nutrition standards will be based on the current Dietary Guidelines for Americans and MyPlate. Foods made available to students will offer variety and contain nutrients for optimal growth and development based on these guidelines.

b. Foods

All foods made available will adhere to food safety and security guidelines. This includes vending machines, beverage contracts, fundraisers, student stores, and school parties/celebrations/activities. All foods will be in compliance with federal and state government standards. Food offered to students by the school store during lunch will be coordinated with the School Food Service personnel from the contracting school or organization. All vending contracts must be approved by RCHS administration before use is allowed.

c. Environment

The school environment must be safe and comfortable allowing ample time and space for eating meals.

d. Physical Activity

Physical activity inside and outside of physical education classes will be encouraged.

e. Employee

Education staff shall not deny a student participation in lunchtime as a form of discipline or punishment. Healthy snacks will be encouraged and modeled by classroom teachers during school hours.

f. School-Based Activities

All school-based activities are to be consistent and support the local wellness policy guidelines.

g. Handbooks

The RCHS nutrition and wellness policy and guidelines will be incorporated in staff handbooks and made available to students.

h. Implementation and Compliance

Implementation of this policy will be reviewed with the Board of Trustees annually, each June. Consideration for recommendations of guideline changes will be made if deemed appropriate.

i. Evaluation

RCHS will inform and update the public (including parents, students, and others in the community) about the content and implementation of the wellness policy.

j. Committee

Parents who wish to participate in the review process of this policy are able to contact the board secretary for information regarding the annual review date. RCHS will measure periodically and make available to the public an assessment of the local wellness policy, including: The extent to which RCHS is in compliance with the local wellness policy; the extent to which RCHS policy addresses state and federal requirements and; the progress made in attaining the goals of the local wellness policy. This information will be made available on the school website and sent to each home at the beginning of each school year.

2. Vending Machines

RCHS recognizes that students need adequate and nourishing food in order to grow, learn and maintain good health. The Board of Trustees also recognizes that vending machines in school provide an opportunity for students and others to purchase snacks without the necessity of leaving the school campus. RCHS encourages the placement of food and beverage vending machines in the school.

- a. Vending machines are available in the main hallways. This area is separate from all meal service and dining areas of RCHS. The vending machine is provided as a service to RCHS students to discourage tardiness caused by trips to other sites, and to discourage RCHS students from loitering in nearby businesses.
- b. Proceeds from vending machines governed by this policy shall be used in the support of school programs, which benefit students. This use may include the purchase of books, supplies, equipment, assemblies, rewards, incentives, school-wide activities, activity supervision, campus clean up, the promotion of healthy food choices, and the encouragement of appropriate disposal of litter. Proceeds may also be used to support teacher training.

3. Food and Beverages Sold to Students

All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores, and snack or food carts.

A. Nutrition Standards for All Foods on Campus

All foods and beverages made available to students on campus will be consistent with the current standards for all foods sold in school as required by the Healthy, Hunger-Free Kids Act of 2010 as follows:

1. Foods sold in school must either:
 - a. be a “whole grain-rich” grain product;
 - b. have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food;
 - c. be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 - d. if water is the first ingredient, the second ingredient must be one of the food item in paragraphs V.A.1.(a), (b), or (c) above.
2. Foods sold in school must also meet the following nutrient requirements:
 - a. calorie limits - snack items < 200 calories; entrée items < 350 calories;
 - b. sodium limits – snack items ≤ 200 mg sodium per item; entrée items < 480 mg;
 - c. fat limits - total fat: ≤ 35% of calories; saturated fat: < 10% of calories; trans-fat: zero grams; and
 - d. sugar limits - < 35% of weight from total sugars in foods.
3. Other nutrition requirements:
 - a. Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant.
 - b. Classroom snacks will feature healthy choices.
 - c. Food and beverage information displayed in the school cafeteria will be consistent with established nutrition standards.
 - d. No school activities, events, or parties will interfere with student access to a nutritionally balanced lunch or breakfast.

B. Nutrition Standard for Beverages RCHS May Sell

1. All schools may sell:
 - a. plain water (with or without carbonation);
 - b. unflavored low fat milk;
 - c. unflavored or flavored fat free milk and milk alternatives permitted by the National School Lunch Program/School Breakfast Program;
 - d. 100% fruit or vegetable juice; and e. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
2. Allowable portion sizes:
 - a. There is no portion size limit for plain water.
 - b. Middle schools and high schools may sell up to 12-ounce portions of the milk and juice beverages listed above.
 - c. High schools may sell: i. no more than 20–ounce portions of the following “no calorie” and “lower calorie” beverage options:
 - a) calorie-free, flavored water (with or without carbonation); and
 - b) other flavored and/or carbonated beverages that are labeled to contain ≤ 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces; and

- c) no more than 12 -ounce portions of beverages with ≤ 40 calories per 8 fluid ounces

4. Food Safety/Food Security

- a. All foods made available will comply with state and local food safety and sanitation regulations.
- b. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in school.
- c. For safety and security of the food facility, access to the foodservice operation is limited to child nutrition staff and authorized personnel.
- d. Food allergy procedures will be followed.
- e. Upon request and after disclosure, waiver forms are signed, nutrition information for products offered will be made available from the RCHS Main Office.
- f. RCHS will obtain at least two safety inspections each year which will be conducted by a state or local agency responsible for food safety inspections.

5. School Foodservice Operation

- a. The RCHS Child Nutrition Program will aim to be financially self-supporting. Budget neutrality of profit generation will not take precedence over the nutritional needs of the students. If subsidy of the program is needed, it will not be from the sale of foods that have minimal nutritional value.
- b. Before employment, all food service employees shall obtain a food handlers permit and will be encouraged to attend the additional sanitation and food safety courses.
- c. School nutrition/food service employees shall, whenever feasible, obtain certification or credentials from an approved program, including but not limited to School Nutrition Association (SNA) certification, within the first five years of employment.
- d. Student shall be provided with sufficient time to consume meals at school with at least 20 minutes for lunch from the time the student is seated.

6. Nutrition Education

- e. Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and/or social studies.
- f. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the local community.

7. Food and Beverage Marketing in Schools

- a. RCHS permits advertising and marketing of only those foods and beverages that are permitted to be sold on the school campus, consistent with the board's wellness policy and these procedures.
- b. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.
- c. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:
 - 1. brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
 - 2. displays, such as on vending machine exteriors;
 - 3. corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards; a. Immediate replacement of these items are not required; however, schools must replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.
 - 4. corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the district;
 - 5. advertisements in school publications or school mailings; and
 - 6. free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

d. As the child nutrition department, school athletic departments, and/or purchasing department review existing contracts and consider new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by these procedures.

8. Other School Based Activities

- A. After school program will encourage physical activity and practice healthy life-style habits.
- B. School Wellness Policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- C. **Physical Activity**
 - a. As much as possible, RCHS will support a walk to school program.
 - b. RCHS will encourage additional time to be allotted for physical activity (in addition to physical education) that is consistent with research, national and state standards. (150 minutes per week.)
 - c. RCHS will encourage families and community members to institute programs that support physical activity.
 - d. Physical activity on school grounds will provide a safe environment.
 - e. RCHS shall work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their away-from-school time.
- D. **Physical Education**
 - a. RCHS will make effective use of school and other resources to better serve the needs of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels.
 - b. RCHS physical education program shall be consistent with Utah State minimum standards as follows:
 - i. ED 306.41 Physical Education Program/UT ADMIN R227-700-4 (g)/R227-700-5(f)/R227-700-6(a)(c).
 - ii. Pursuant to Ed 306.26 and Ed 306.27, the local school board shall require that systematic instruction in grades 7 through 12, is designed to enable students to:
 - 1. Demonstrate competency in motor skills, and movement patterns needed to perform a variety of physical activities
 - 2. Demonstrate understanding of movement concepts, principles, and performance of physical activities
 - 3. Participate regularly in physical activity
 - 4. Work toward a health enhancing level of physical fitness for all students
 - 5. Exhibit responsible personal and social behavior that respects self and others in physical activity settings
 - 6. Value physical activity for health, enjoyment, challenge, self-expression, and social interaction
 - iii. RCHS will encourage a planned 7 through 12 curriculum in physical education that will provide for:
 - iv. A variety of motor skills that are designed to enhance the physical, mental, social, and emotional development of every student
 - v. Fitness education and assessment to help children understand and improve or maintain their physical well-being
 - vi. Development of cognitive concepts regarding motor skills and fitness
 - vii. Promotion of regular amounts of appropriate physical activity now and throughout life
 - viii. Utilization of technology in attaining instruction, curricular, and assessment goals.
 - ix. RCHS will encourage sound assessment practices in physical education that:
 - 1. Match goals and objectives
 - 2. Require evaluation of knowledge and skills
 - 3. Clearly indicate what the student is asked to do
 - 4. Are at an appropriate skill level according to state standards and the needs of the individual
 - 5. Have criteria that are clear to students and teachers
 - 6. Are engaging and relevant to students

7. Coincide with ongoing instruction
8. Provide feedback to students
9. Emphasize use of available knowledge and skills

9. Public Involvement

RCCHS is required to permit teachers of physical education and school health professionals as well as parents, students, and representatives of the school food program, the school board, school administrators, and the public to participate in the development of wellness policies. The Wellness Team will be composed of the School Community Council members plus others who will be invited or desire to participate. The Team will work on the development of the RCCHS wellness policy including the implementation of the RCCHS wellness policy with periodic review and updates. A RCCHS school official will be assigned to ensure that RCCHS complies with their school wellness policy.

10. For all other FNS nutrition assistance programs, State or local agencies, and their sub recipients, must post the following Nondiscrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (i.e. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

This institution is an equal opportunity provider.

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