

### **SCHOOL NUTRITION AND WELLNESS**

The Fairview Park City School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- A. The Child Nutrition Programs comply with federal, state, and local requirements and are accessible to all children.
- B. Sequential and interdisciplinary nutrition education is provided and promoted.
- C. A variety of healthy foods and beverages are made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day consistent with the current Dietary Guidelines for Americans.
- D. All food made available by the food service department on campus adhere to food safety and security guidelines.
- E. The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.
- F. If food is to be used as a reward for the completion of academic tasks or projects, it is encouraged that it be healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.
- G. Physical activity for students is encouraged outside of Physical Education class.
- H. Physical activity is encouraged for all employees as a means to improve physical and mental health.
- I. Physical activity should not be used as a punishment for the non-completion of academic tasks or projects.
- J. Sequential health education concerning communicable diseases and their prevention is provided and promoted.
- K. All school-based activities are consistent with local wellness policy goals.
- L. Students, staff, parents, and visitors are prohibited from using tobacco on school premises, in school vehicles, and at school functions.
- M. Tobacco, alcohol, illegal drug advertising (including, but not limited to all clothing: t-shirts, pants, hats) on signs in school buildings, at school functions, and in school publications is prohibited.

- N. Require that all students receive instruction on avoiding tobacco, illegal drugs, and alcohol use.
- O. Help students who violate smoking policies to quit smoking rather than just punishing them.
- P. Recommend smoking cessation programs for staff.

The following person(s) are designated to measure the effectiveness of and to oversee the implementation and evaluation of the policy requirements and goals: Superintendent or designee, Food Service Director, and Building Principals.

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.