

Noah Webster Academy Wellness Policy

Noah Webster Academy understands the importance of health and nutrition in a scholar's day. We are committed to increase the focus of our scholars in regards to nutrition and physical activity. Our school has created a School Wellness Committee which will meet regularly to discuss the progress and needs of the school's policy.

Wellness Guidelines

1. School activities support the nutritional and physical guidelines outlined in this policy.
2. Our child nutrition program is available to all scholars. This program complies with all federal, state, and local requirements.
3. Regular physical education/activities are provided for all scholars.

Nutritional Guidelines

1. All school meals meet federal, state, and local laws and regulations.
2. All meals contain fruits, vegetables, meat or meat alternatives, whole grains, and fat-free and low-fat milk. Meals meet fat, trans fat, and calorie requirements for scholars.
3. Items are purchased as a meal. There are no ala carte items at the school except fruit and milk.
4. Foods with minimal nutritional value are not sold at the school.
5. Vending machines are not available at Noah Webster Academy

Nutrition Education

1. Scholars (3rd- 6th grades) are taught the health core in October as prescribed by the State Office of Education.
 - a. The students will understand how a healthy diet and exercise can increase the likelihood of physical and mental wellness.
 - i. Objective 1: Evaluate food intake and levels of activity.
 - ii. Objective 2: Compare a variety of food preparation techniques.
 - iii. Objective 3: Explain nutritional labeling and identify nutritional content.
 - iv. Objective 4: Recognize the dangers of dysfunctional eating.

Classroom Celebrations and Rewards

1. Non-food items are encouraged for classroom rewards, parties, and celebrations. Healthy food options are made available at these events as well.
2. When food is part of a celebration, items must be commercially prepared and packaged. No homemade food is to be distributed to scholars at school. (Utah Code R392-100) Parents are reminded of this each year through the Parent-Scholar Handbook and teacher disclosure documents.

Physical Guidelines

1. Scholars (K- 6th grades) are taught the physical education core as prescribed by the State Office of Education and found at <http://www.schools.utah.gov/CURR/healthpe/Core/PhysicalEducation.aspx>
2. Scholars are given 30 – 60 minutes weekly for physical education time with a certified teacher.
3. Scholars also receive at least 20 minutes a day for physical activity at recess times. 1st – 3rd grade scholars receive an additional 15 minutes in the afternoon for recess time.
4. Recess time or PE time cannot be taken away due to negative behavior or missing work.

School Wellness Committee

Our School Wellness Committee, under the direction of the school director, meet as needed throughout the school year to discuss the implementation and progress of the school Wellness Policy. The committee will consist of parents, staff, scholars, administration, and board members.