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## FREEDOM PREPARATORY ACADEMY Wellness Policy

Policy No.

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## Wellness Policy Background and Justification

### 1. Quality of diet

Good health habits in childhood lay the foundation for a lifetime of good health and disease prevention. In order to maximize potential for learning, growth, and well-being, children need access to healthful foods and beverages, opportunities for physical activity, adequate rest, adequate fluids, and a supportive environment. Good health promotes student attendance and education. Unfortunately, there are some alarming indicators that child health is at risk. Some statistics and areas of interest and concern include:

- Only 2% of children (2 to 19 years) eat a healthy diet consistent with the main recommendations from the MyPlate (1).
- Fifty one percent of school-age children consume less than one serving of fruits and vegetables per day (2).
- Less than a third of school children consume the recommended milk group servings on any given day (3).
- Between 56 - 85% of school age children consume soda everyday (2).
- Teenagers drink twice as much carbonated soda as milk (3).
- Children's diets are high in added sugars. For all children, added sugars contribute an

average of 20% of total food energy (1).

- Eighty four percent of school-age children consume too much fat (2).
- For children 6 to 11 years of age, before the Healthy Hungry-Free Kids Act, average daily total grain intake was 6.5 servings, whereas daily whole grain intake was only 0.9 servings per day while the proportion consuming an average of two or more servings of whole grains daily was 12.7%(5).

## **2. Fitness Trends and Related Disease**

The overall poor quality of the diets of our children has many implications for their physical, social and emotional health. Some additional trends can be noted by the following:

- The percentage of children with obesity in the United States has more than tripled since the 1970s (6). Today, about one in five school-aged children (ages 6-19) has obesity (7).
- Children with obesity are bullied and teased more than their normal weight peers (8) and are more likely to suffer from social isolation, depression, and lower self-esteem (9).
- It is estimated that one third of the children born in the year 2000 will develop diabetes unless many more people start eating less and exercising more (Centers for Disease Control 2003).
- Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States (6). Major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.
- Fewer than 1 in 4 children get 20 minutes of vigorous physical activity per week(10).
- Fewer than 1 in 4 children get at least 30 minutes of physical activity per day(10).

## **3. Disordered Eating and Body Image**

Not all risks to a child's health are associated with obesity. There are many problems with under-nutrition, food insecurity, borderline (sub-clinical) nutrient deficiencies, misinformation, and eating disorders. A broader view of child health should be adopted which emphasizes healthy habits and healthy body image. Because of genetic variation, some children will never be the model of thinness, yet they can certainly maximize their genetic potentials to be fit and healthy. Some interesting statistics reviewed by the National Eating Disorders Association (11) include the following:

- In the United States, conservative estimates indicate that after puberty, 5-10% of girls and women (5-10 million girls and women) and 1 million boys and men are struggling with eating disorders including anorexia, bulimia, binge eating disorder, or borderline conditions.
- At least 50,000 individuals will die as a direct result of their eating disorder. (There are probably many more that are not reported.)
- Many individuals struggle with body dissatisfaction and sub-clinical eating disorder attitudes and behaviors. Eighty percent of American women are dissatisfied with their appearance.
- 42% of 1st-3rd grade girls want to be thinner.

- 81% of 10-year olds are afraid of being fat.
- The average American woman is 5'4" tall and weighs 140 pounds. The average American model is 5'11" tall and weighs 117 pounds. Most fashion models are thinner than 98% of American women.
- 51% of 9 and 10 year old girls feel better about themselves if they are on a diet
- 46% of 9-11-year olds are "sometimes" or "very often" on diets, and 82% of their families are "sometimes" or "very often" on diets
- 91% of women surveyed on a college campus had attempted to control their weight through dieting, 22% dieted "often" or "always".
- 95% of all dieters will regain their lost weight in 1-5 years.
- 35% of "normal dieters" progress to pathological dieting. Of those, 20-25% progress to partial or full-syndrome eating disorders.
- In addition to the severe emotional and psychological problems associated with eating disorders, individuals who struggle with them are at a great risk for a myriad of nutrient deficiencies and health problems. These data emphasize the need for moderation and the input of experts in any approach to education related to personal health.

#### 4. The Impact of Good Health Habits on Learning and Performance

The benefits of good health translate into better learning and classroom performance. (The bulleted information presented below is from *Action for Healthy Kids* (12, 13).

For example, research suggests that:

- Sub-clinical malnutrition impairs intelligence and academic performance. This is corrected by improved nutrition.
- Low dietary protein is associated with low achievement scores.
- Iron deficiency anemia leads to shortened attention span, irritability, fatigue, poor test performance, and difficulty concentrating.
- Children who come from food insufficient families have poorer arithmetic scores.
- Moderate under-nutrition can have lasting effects and compromise cognitive development and school performance.
- Skipping breakfast has an adverse influence on speed and accuracy of response on problem-solving tasks even among healthy, well-nourished children.
- School breakfast programs improve attendance rates, decrease tardiness and improve academic achievement and cognitive functioning (14, 15).
- Academic achievement improves even when PE reduces the time for academics. In one study, reducing class time by 240 minutes per week to allow for increased physical activity led to consistently higher mathematics scores.

- Aerobic conditioning may improve memory.
- "Nearly 200 studies on the effect of exercise on cognitive functioning suggest that physical activity supports learning (16)".
- In addition to good nutrition and physical activity, adequate rest and fluid are important for overall health.
  - Adequate sleep helps maximize a child's cognitive functioning. Research reveals a high prevalence among school-aged children of suboptimal amounts of sleep and poor sleep quality. Suboptimal sleep affects how well students are able to learn and it appears to adversely affect school performance (17).
  - Inadequate fluid (poor hydration) is related to slowed psychomotor processing speed and poorer attention/memory performance (18). Even mild dehydration impairs a number of important aspects of cognitive function such as concentration, alertness, and short-term memory in healthy adults (19).

#### **5. Parents Have the Greatest Influence and Responsibility**

For any school-based wellness program to be successful, parents must become educated partners since they have the most influence on a child's environment (20-24) eating, and physical activity patterns (25-27). Early parental influence is associated with the development of a child's food-related behaviors later in life (28).

#### **6. A Multi-Component Prevention Model**

Beyond the home, the school is an appropriate site for health education and promotion (2). Early efforts in school health education focused on knowledge-based classroom programs. Though knowledge and attitudes improved, health behaviors did not (2). Healthy lifestyle habits are influenced by many factors. Knowledge is only one of them. A multi-component prevention model addressing many areas of the child's life, including environment and behavior is recommended (2).

#### **7. Our Commitment to Promoting Health and Learning**

Freedom Preparatory Academy (FPA) Charter School is committed to creating an environment which maximizes a child's ability to learn, grow, develop and perform both physically and academically. The scientific research is clear that proper nutrition, physical activity, hydration and adequate rest, are each integral to accomplishing both fitness and academic goals. A central focus is to help the children grow up with positive, healthful habits that will persist into adulthood, thus improving lifelong mental and physical health and well-being.

This policy outlines FPA's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in FPA have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;

- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of FPA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- FPA establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in FPA.

## 8. Federal Wellness Policy Requirements

As required by law, the FPA Wellness Policy includes the following:

- Goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness. Evidence-based strategies are reviewed and considered in determining goals.(7CFR 210.3 C1)
- Nutrition standards for all foods available on campus during the school day with the objectives of promoting student health and reducing childhood obesity. This includes items provided but not sold on the school campus as well as standards and nutrition guidelines for all foods and beverages sold during school hours consistent with Smart Snacks, the National School Lunch Program (NSLP) and Breakfast Program, and Smart Snacks. It should state that marketing is only permitted only for foods meeting smart snacks requirements (7CFR 210.3 C# I, ii, iii, iv.)
- Guidelines for reimbursable school meals which are no less restrictive than regulations and guidance issued by the Secretary of Agriculture.
- A plan for measuring implementation of the local wellness policy (7CFR 210.3 C6).
- Designation of one or more officials in charge of compliance oversight (7CFR 210.3 C4).
- The policy is annually made available to the public (7CFR 210.3 C6d2), and that the triennial Assessment is made available to the public (7CFR 210.3 C6d3). Appropriate updates/ modifications to the policy are made based on the triennial assessment (7CFR 210.3 E3).
- Guidelines for involving the community in the development, implementation and annual review.
- A list of stakeholders involved in development, implementation, review, and updates, including Students, School Administration, Parents, PE/Health teachers, School Food Authority, School Health Professional, Governing Board, and the Public. (7CFR 210.3 C5 & C61).

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# Freedom Preparatory Academy Wellness Policy

## I Nutrition Education Goals

**A. Nutrition education topics shall be taught at every elementary grade level and will meet state curriculum requirements at the secondary levels. The nutrition education program shall focus on students' eating behaviors and attitudes, shall be interactive, and shall be based on theories and methods proven effective by peer-reviewed published research.**

1. The nutrition education lesson plans must be reviewed and approved by a registered dietitian nutritionist.
2. There shall be at least one assembly or school-wide activity per school year which promotes a healthy lifestyle. The topics shall cover good nutrition, physical activity, hydration and adequate rest. When possible, the school shall solicit help with assemblies from qualified entities within the community, (i.e. National Dairy Council, BYU Dietetics Program, and the City-County Health Department).
3. FPA will celebrate National Nutrition Month, National School Lunch Week, and National School Breakfast Week.
4. FPA shall encourage participation in school breakfast and school lunch so children will have access to meals that meet dietary standards.
5. Teachers shall take opportunities to promote healthy lifestyle choices when possible throughout the school day as situations arise. They will also teach by example, being good role models for the children.
6. Morning announcements will include brief health facts to raise awareness of the importance of maintaining good health.

**B. Students shall integrate their knowledge of nutrition principles by personally taking steps toward improving their lifestyles.**

1. Before the fall assembly, children in grades 1-5 will complete a short assessment concerning knowledge and behavior related to nutrition, physical activity, hydration and sleep. After the fall assembly, each child will set at least one achievable goal to improve his/her lifestyle and health. Progress will be assessed regularly and the child will review and modify the goal(s). Teachers will involve parents and will discuss progress in health habits, preferably at parent-teacher conferences.
2. Students and employees are strongly encouraged to have clean water bottles available for daily use in the classroom.

**C. Nutrition education shall be offered in the school dining room as well as in the classroom, with coordinated efforts between the Child Nutrition Program (CNP) and faculty. Parents will also be offered nutrition education resources.**

1. Posters and bulletin boards in the dining area will provide daily reminders of healthy lifestyle principles.
2. Smarter Lunchroom principles will be implemented, including posting positive or motivating messages about the daily meal.
3. Appropriate hand washing techniques will be taught in the classroom.
4. Nutrient-dense choices within each food group will be offered at school meals in an effort to model appropriate meal planning.
5. School personnel shall practice consistency of nutrition messages throughout the curriculum and environment.
6. CNP will include nutrition education materials at least monthly with the menu.
7. The school's website will provide links to nutrition and healthy lifestyle information. Elementary teachers will include wellness-related links on their UEN pages.

**D. Nutrition education shall be age-appropriate and designed to help students learn nutrition principles which emphasize the current USDA Dietary Guidelines for Americans (DGA) and MyPlate**

Using the DGA and MyPlate as a foundation, nutrition education shall include, but not be limited to the following:

1. physical and mental benefits of healthy eating, exercise, fluid and adequate rest.
2. assessing personal behaviors based on the DGA and MyPlate.
3. changing undesirable behaviors by goal-setting and achievement.
4. components of a healthy lifestyle.
5. the use and misuse of dietary supplements.
6. meal and snack planning.
7. understanding and using food labels.
8. essential nutrients and nutrient deficiencies.
9. critically evaluating nutrition information and commercial food advertising.
10. nutrient density.

**E. Nutrition education will NOT focus on body weight, calorie counting or other behaviors that may increase a child's risk for developing disordered eating.**

## **F. Nutrition education instructional activities:**

shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. Efforts shall be made to encourage family lifestyle improvements and to engage with the family as partners in the child's education and lifestyle improvement.

## **II. Physical Activity Goals**

### **A. All children will be offered quality physical education (PE).**

1. FPA requires that elementary students in grades 1-6 receive a minimum of 115 minutes of guided physical activity per week which, in addition to a 40 minute specialty PE class, includes 15 minutes per day of physical activity breaks (“Brain Breaks.”)
2. Secondary students are required to take a one-semester PE class every year which averages 175 minutes per week in addition to the 15 minutes per day (approximately 4 minutes/class period) of “Brain Breaks.” These breaks give secondary students an additional 75 minutes of physical activity per week.
3. The Utah State Office of Education Physical Education Core Curriculum will be implemented.
4. PE classes shall be sequential, building from year to year. Content will emphasize enjoyment of physical activity and will include movement, personal fitness, positive self-image and personal and social responsibility.
5. Students should be able to demonstrate competency through application of knowledge, skill, and practice.
6. Formal PE classes for all students in grades K-12 must be taught or supervised by teachers certified in physical education.
7. Each teacher will provide 15 minutes of organized physical activity in class. This will be in the form of a minimum of two “Brain Breaks” per day. Three 5-minute breaks are recommended. These will promote learning and improve attention.

### **B. Students will not be denied recess or unstructured play.**

1. FPA will provide 2 recesses every day for at least 20 minutes each for elementary students. Secondary students will receive at least a 30 minute lunch break.
2. The school playground shall be organized to encourage physical activity. This includes ensuring a variety of playground equipment (play structures, balls, jump ropes, etc. at elementary campuses) to allow all students opportunities to engage in enjoyable activities during recess.

### **C. Active Academics**

1. Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.
2. FPA will support classroom teachers incorporating physical activity and employing

kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

3. Teachers will serve as role models by being physically active alongside the students whenever feasible.

**D. Students shall be encouraged to develop physically active lifestyles.**

1. Parents and guardians shall be encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
2. Students shall be given opportunities for physical activity through before and/or after-school programs.
3. The PE teacher will provide an incentive program to promote physical activity.  
Each child should be able to chart personal progress in the program.
4. FPA shall provide training to enable teachers and other school personnel to promote enjoyable, lifelong physical activity among students.
5. The PE teacher will send home healthy lifestyle information encouraging physical activity at least monthly through the Newsflashes.
6. FPA will celebrate National Physical Fitness Month.

**III. Goals for Other School-Based Activities Designed to Promote Student Wellness**

**A. Dining Environment**

1. FPA shall provide a clean, safe, enjoyable meal environment for students.
2. There shall be enough space and serving areas to ensure all students have access to school meals with minimum wait time.
3. Drinking fountains shall be available so that students can get water at meals, recess, and throughout the day. Water cups will be provided if the facility does not have a drinking fountain in the cafeteria.
4. All students are encouraged to participate in the school meals program. The identity of students who eat free and reduced price meals shall be protected.

## **B. Time to Eat**

1. Lunch time shall be scheduled as near the middle of the school day as possible.
2. Students will have an adequate amount of time to eat. The goal is 20 minutes from the time the child sits down to eat
3. Recess shall be scheduled before lunch for elementary students so that children will come to lunch less distracted and ready to eat.

## **C. Food or Physical Activity as a Reward or Punishment**

1. FPA prohibits the use of food as a reward or punishment.
2. Students will not be denied participation in physical activities as a form of discipline. Exercise is not used as a punishment. Extra recess time may be used as a reward.

## **D. Consistent Messages in School Activities and Environment.**

1. Commercial Marketing:
  - a. Any commercially sponsored or provided material must first be approved by FPA's Director and, if food-related, the CNP Director before it is allowed to be distributed or displayed at the school.
  - b. Any food marketed must meet the Smart Snack guidelines.
2. All school fundraising efforts:
  - a. shall be supportive of healthy eating and physical fitness (such as walk-a-thons).
  - b. Fundraisers will focus on non-food items. If food is occasionally sold, it must be nutritious food only (e.g. cases of fresh oranges or potatoes.)
  - c. 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.
  - d. An exception may be made for concessions sold during sporting events and the annual carnival. Concessions may only be sold at least 30 minutes after the school day ends. All concessions do not have to meet the USDA Smart Snack Standards. However, some Smart Snacks must be available for purchase. A fruit or vegetable and water bottles should also be offered. (To determine if a food is a "Smart Snack" go to <https://foodplanner.healthiergeneration.org/calculator/>).
3. Encourage Healthy Lifestyle:
  - a. The parent-teacher organization (PTO), school personnel, and parents will encourage healthy lifestyle choices in the classroom even during room parties and celebrations.
4. Celebrations:
  - a. A class may have up to 6 celebrations per academic year which allow use of otherwise discouraged food items.
  - b. Teachers and room parents are encouraged to plan foods that are supportive of healthy eating. At least one healthy food option should be available.
  - c. High-sugar drinks in any form other than 100% fruit juice are prohibited. (Viable options may include but are not limited to ice water, flavored water providing less than 5 g of carbohydrate per serving, milk, or fruit juice mixed with club soda.)
  - d.
  - e. Parents are not to bring foods that are not Smart Snack approved. If they wish to bring

something to celebrate their child's birthday, they must receive the teacher's approval to bring a non-food item.

5. Components of the Wellness Program will focus on school personnel, encouraging them to adopt a healthy lifestyle in order to improve their own health and well-being.
6. Model a Healthy Lifestyle:
  - a. To be consistent in modeling a healthy lifestyle, all school personnel will only eat or drink foods of minimal nutritional value [greater than 35% of calories as fat (excluding nuts) or 35% of calories as added sugar] in their offices or the teachers' lounge (preferably with the door closed).
  - b. Faculty and staff will not drink soda pop or other sugar-sweetened beverages in front of the students.
7. Hand Washing and Sanitizer:
  - a. Hand sanitizer will be made available throughout the school. Administrators, teachers and staff will encourage hand washing and the use of hand sanitizer by students.
8. Curriculum will include character education.
  - a. FPA will teach life skills which promote a positive self-image. A positive self-image is important in maintaining a healthy lifestyle and avoiding disordered eating behaviors.
9. Applying for Free/Reduced Price Meals:
  - a. New student and fall application packets will include instructions for applying for free/reduced priced meals to ensure that every family gets the information.
  - b. Paper applications will be available for families without computer access.
10. A maturation program will be made available to fifth grade students and others as recommended by parents, teachers, administrators or counselors.
11. Vision screening will be made available yearly for all K-3 students.
12. Dental health will be included in curriculum.

**E. Staff members who provide nutrition education will have appropriate training.**

1. The CNP Director:  
shall be a Registered Dietitian Nutritionist and/or shall have a Master's or Doctoral degree in nutrition or dietetics from an accredited university. If a Registered Dietitian Nutritionist, the CNP Director will maintain Registration status and complete at least 75 continuing education credits per five years. Credits must be approved by the Commission on Dietetic Registration.
2. Training:  
The CNP Director and CNP Clerk will attend training from the state at least twice a year. They will receive and implement policies regarding the National School Meals Program.
3. The CNP Director and kitchen managers will maintain current Manager's Certificates issued by the local Health Department. CNP employees will be certified food handlers
4. The Physical Education teacher will receive annual training.
5. Faculty, staff and CNP personnel will have in-service training as needed on character education, positive self-image, healthy lifestyles, CPR, nutrition and physical fitness.

#### **N. Nutrition Standards for All Foods Available on School Campus during the School Day**

School meals will meet or exceed the criteria for reimbursable school meals, as set forth by the Secretary of Agriculture. In addition, the following standards will be followed by FPA:

- A. Breakfast cereals** will be whole-grain-rich, provide at least 45% of the daily value for iron, and contain no more than nine grams of added sugar per serving.
- B. The Special Milk Program:** Half-day Kindergarten students will have the opportunity to participate in the Special Milk Program.
- C. Fruits and Vegetables:**
  1. All juices served at breakfast and lunch will be 100% fruit/vegetable juice.
  2. Breakfast and lunch choices will always include fresh fruit. Lunch shall always include a vegetable.
  3. Emphasis shall be placed on fresh and frozen produce.
  4. When feasible, locally produced foods or those grown in a school garden will be utilized. FPA will participate in Farm to School activities.
  5. Application of nutrition education principles shall be modeled by offering a variety of nutrient-dense fruits and vegetables. Fruits and vegetables served should reflect the principle of variety in type and color.
  6. Second helpings of fruits and vegetables will always be available free of charge for students purchasing lunch.
- D. Vending:** All vended and a la carte foods must follow Federal Smart Snack Standards.
- E. Sharing Outside Food:** No parent may bring food to the cafeteria for any children other than her/his own unless prior written approval has been obtained from the other child's parent. This is important because of special diets, allergies, etc.
- F. Allergies and Intolerances:** CNP shall offer an alternative entree daily to accommodate children with allergies and medical conditions. Parents should notify Freedom Academy CNP concerning special dietary needs and limitations. A "Medical Statement to Request Special Meals" form must be completed and signed by a medical professional who has listed foods to be omitted and foods to substitute (Appendix A)
- G. Serving Food:** Because of federal regulations, special needs and parent requests, only CNP personnel shall offer food from the serving line, unless prior approval and training from the CNP Kitchen Manager is obtained.
- H. Foods Brought to School:** Parents and school personnel are encouraged to carefully consider the nutrient value of all foods and beverages brought into the school (i.e. fruit or nonfood items instead of foods of low nutrient density).

#### **V. Goals for Measuring, Evaluating and Maintaining the Wellness Policy**

- A. Changes in behavior, knowledge and attitudes relative to nutrition, physical activity and lifestyle will be tracked by the pretest, a post-test later in the school year, and goal records completed by the students.
- B. CNP personnel will assess their adherence to the policy by appropriate analysis of the menus and by having each menu and analysis reviewed by a Registered Dietitian. CNP staff will also poll students to determine acceptability of menu items.
- C. Observational records of school personnel adherence to policy will be maintained by members of the administration, staff, and Wellness Committee.
- D. The physical education teacher will administer a Fitness Gram at the beginning and the end of the school year to document changes in cardio-respiratory fitness as well as other components of physical fitness including strength and flexibility.
- E. The FPA Wellness Committee will be receptive to suggestions for implementation and evaluation of the program at any time.
- F. The Wellness Committee may be composed of interested parents, students, the FPA Director, the Physical Education instructor, the CNP Director, the CNP Managers, the CNP Clerk, a Governing Board member, rep(s) from the Lighthouse Team(s), and professionals from the public, including but not limited to a nutrition professor from Brigham Young University, or a representative of the City County Health Department of Utah County.

Members of the 2017 Wellness Committee:

April Dean, CNP Director  
 Lynne Herring, FPA Director  
 Annette Tanner, Kitchen Manager FPA 3  
 Patricia Pedroza, Kitchen Manager FPA2  
 Char Soper, Kitchen Manager FPA1  
 Lisa LaFleur, CNP Clerk  
 Jenna Cabe, Teacher FPA 3  
 Spencer Wilde, Teacher, FPA 2  
 Matt Fullmer, PE Teacher, FPA 2  
 Cheryl Frey, Teacher, FPA 1  
 Karla Kay Snow, Librarian, FPA 1

Tepoerava Kaaumoana, Parent  
 Rebecca Scott, Parent  
 Bobbi Taniguchi, Parent  
 Amy Young, Parent  
 Cathy Owen, Parent  
 Angie Lockhard, Parent  
 Aubrey Manhart, Parent  
 Jennylyn Hardman, Parent  
 Jodi Hutchings, Parent

- H. The Wellness Policy will be evaluated and revised at least triennially by the Wellness Committee.
- I. The Governing Board will review any revisions to the policy.
- J. The parent body will be given a time to review and respond to revisions.

## VI. Literature Cited

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## VII. Appendix A

### Medical Statement to Request Special Meals, Accommodations, and Milk Substitutions

1. School/Agency		2. Site		3. Site Manager & Telephone Number	
4. Name of Student:			5. Age or Grade		
6. Name of Parent or Guardian			7. Telephone Number		
<p>8. Check One Box: <input type="checkbox"/> Student has a <u>disability</u> which requires a special meal or accommodation. (Refer to definitions on reverse side of this form.) A licensed Medical Physician (M.D.), Physician Assistant (P.A.), Osteopathic Physician (D.O.), Advance Practice Registered Nurse (A.P.R.N.), Naturopathic Physician (N.D. or N.M.D.) must sign this form.</p> <p><input type="checkbox"/> Student <u>does not have a disability</u>, but is requesting a special meal or accommodation due to food intolerance(s) or other medical reasons. Food preferences are not an appropriate use of this form. Schools and agencies participating in federal nutrition programs may accommodate reasonable requests. A licensed medical physician, physician's assistant, registered nurse, nurse practitioner, or registered dietitian must sign this form.</p> <p><input type="checkbox"/> The student <u>does not have a disability</u>. A fluid milk substitution is being requested for the student. Schools and agencies participating in federal nutrition programs may choose to accommodate this request by providing a USDA approved fluid milk substitute. A licensed medical physician, physician's assistant, registered nurse, nurse practitioner, registered dietitian, parent, or guardian must sign this form.</p>					
9. State the disability or medical condition requiring a special meal, accommodation, or fluid milk substitute.					
10. If student has a disability, provide a brief description of the major life activity affected by the disability.					
11. Diet prescription and/or accommodation: (Please describe in detail to ensure proper implementation.)					
12. Indicate texture: <input type="checkbox"/> Regular <input type="checkbox"/> Chopped <input type="checkbox"/> Ground <input type="checkbox"/> Pureed					
13. Specific foods to be omitted and substituted. You may attach a sheet with additional information.					
A. Foods to be Omitted			B. Foods to be Substituted:		
14. Adaptive Equipment Needed:					
15. Signature of Preparer		15. Printed Name		17. Telephone Number	18. Date
19. Signature of Medical Authority and Credentials		20. Printed Name		21. Telephone Number	22. Date
23. To be completed by the LEA/School: <input type="checkbox"/> Additional information needed <input type="checkbox"/> Approves request <input type="checkbox"/> Denies request					
LEA Comments:					

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This information may be shared with the school nurse or other administrative staff to accommodate the student in all school activities.

## Medical Statement to Request Special Meals, Accommodations, and Milk Substitutions Instructions

This form must be kept on file at the school site. The following instructions are provided to assist in completing this form. If you have specific questions, please contact the Utah State Office of Education Child Nutrition Program at (801) 538-7755.

8. Check one: Check (V) a box to indicate whether a participant has a disability, non-disability, or need for a fluid milk substitute. The appropriate authority must sign based on the request.

9. State disability or medical condition requiring a special meal, accommodation, or fluid milk substitute: Describe the medical condition that requires a special meal, accommodation, or fluid milk substitute (e.g., juvenile diabetes, allergy to peanuts, PKU, etc.)

10. If student has a disability, provide a brief description of the major life activity affected by the disability: Describe how the physical or medical condition affects the disability. For example, "Allergy to peanuts causes a life threatening reaction."

11. Diet prescription and/or accommodation: Describe a specific diet or accommodation that has been prescribed by a physician, or describe the diet modification requested for a non-disabling condition. For example, "All foods must be either in liquid or pureed form. Participant cannot consume any solid foods."

12. Indicate texture: Check (V) a box to indicate the type of food texture required. If no texture modification is needed, check regular.

13. Specific foods to be omitted and substituted: List specific foods to be omitted and substituted. Attach a sheet with additional information if needed.

Foods to be Omitted: List specific foods to be omitted. For example, "peanut butter"

Foods to be substituted: List specific foods to be substituted. For example, "peanut free soy butter or sunflower butter."

14. Adaptive equipment needed: Describe specific equipment required to assist the participant with dining. Examples could include: sippy cup, large handled spoon, wheel-chair accessible furniture, etc.

### Definitions

**A Person with a Disability**—any person who has a physical or mental impairment which substantially limits one or more major life activities or major bodily functions, has a record of such impairment, or is regarded as having such an impairment.

**Physical or Mental Impairment**—(a) any physiological disorder or condition, cosmetic disfigurement, or anatomical loss affecting one or more of the following body systems: neurological; musculoskeletal; special sense organs; respiratory, including speech organs; cardiovascular; reproductive; digestive; genitor-urinary; hemic and lymphatic; skin; and endocrine; or (b) any mental or psychological disorder, such as mental retardation, organic brain syndrome, emotional or mental illness, and specific learning disabilities.

**Major Life Activities**—functions such as caring for one's self, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working. **Major Bodily Functions**—such as functions of the immune system, normal cell growth, digestive, bowel, bladder, neurological, brain, respiratory, circulatory, cardiovascular, endocrine, and reproductive functions.

**Record of Impairment**—having a history of, or have been classified (or misclassified) as having a mental or physical impairment that substantially limits one or more major life activities.

### USDA Guidelines for Accommodating Special Dietary Needs

**Disability**—Schools and agencies participating in federal nutrition programs **must** comply with requests for special dietary meals and any adaptive equipment with a documented disability and completed request form.

**Non-disability**—Schools and agencies participating in federal nutrition programs **may** comply with requests for non-disabling medical conditions. Accommodations will be made on a case-by-case basis. However, if accommodations are made for a specific medical condition, complete requests for the same medical condition must be accommodated.

**Fluid Milk Substitutions**—Fluid milk substitutions apply to non-disability requests. Schools and agencies participating in federal nutrition program **may** accommodate complete requests with a USDA approved non milk equivalent. If accommodations are made for one student requesting a fluid milk substitute, accommodations must be made for all students requesting a fluid milk substitute. (USDA-FNS, Guidance Related to the ADA Amendments Act, NSLP Bulletin 38-2013, Retrieved 5/12/2014.)

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