

BEEHIVE SCIENCE and TECHNOLOGY ACADEMY

WELLNESS POLICY

Vision Statement: Beehive Science and Technology Academy (BSTA) is committed to promoting healthy students by supporting wellness, good nutrition, and regular physical activity as part of the total educational environment. BSTA 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 their full potential. To help accomplish these objectives, Beehive Science and Technology Academy Child Nutrition Program will comply with federal, state, and local requirements. Service will be accessible to all students.

Nutrition Education: BSTA will encourage that nutrition education will be part of an integrated curriculum in all health and PE courses K through twelve. Nutrition standards will be based on the current Dietary Guidelines from MyPlate.gov and will offer variety and contain nutrients for optimal growth and development based on these guidelines.

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

Purchased Foods:

a. All foods made available for purchase during school hours will adhere to food safety and security guidelines and be smart snack approved. This includes vending machines, beverage contracts, fundraisers and school parties/celebrations/activities in which students have the opportunity to purchase food items during school hours. Any food sold during school hours that does not meet smart snack guidelines will be required to have authorized exemptions and all forms will be kept on file. All vending contracts must be approved by BSTA and signed by the BSTA Principal.

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. Temperatures of food will be taken upon arrival. Gloves will be used for any open container foods.
- c.** For safety and security of the food facility, access to the foodservice operation is limited to child nutrition staff and authorized personnel.
- c.** Food allergy procedures will be followed.
- d.** Upon request and after disclosure, waiver forms are signed, nutrition information for products offered will be made available from the BSTA Main Office.
- f.** BSTA will obtain all necessary documents from the Health department yearly. Within two weeks of hire, all food service employees shall obtain a food handlers permit and will be encouraged to attend the additional sanitation and food safety courses.

5. Environment: School environment must be safe and comfortable, allowing ample time and space for eating meals.

6. Employees: Education staff shall not deny a student participation in lunch time as a form of discipline or punishment.

- a.** Students 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. Healthy snacks will be encouraged and modeled by classroom teachers during school hours.

7.School-Based Activities: All school based activities are to be consistent and support the local wellness policy guidelines.

8. Handbooks: The BSTA nutrition and wellness policy and guidelines will be incorporated in staff handbooks and made available to students and parents online via the school website.

9. Implementation: Implementation of this policy will be reviewed with the Board of Trustees annually, each September. Consideration for recommendations of guideline changes will be made if deemed appropriate. Public input is welcome and encouraged.

10. Evaluation: BSTA will inform and update the public (including parents, students, and others in the community) about the content and implementation of the wellness policy via the school website. Parents who wish to participate in the review process of this policy can contact the board secretary for information regarding the annual review date. BSTA will measure periodically and make available to the public an assessment of the local wellness policy, including: The extent to which BSTA is in compliance with the local wellness policy; the extent to which BSTA's 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.

11. Physical Activity:

- a. As much as possible, BSTA will support a walk to school program.
- b. BSTA 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. BSTA 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. BSTA 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.

12. Physical Education:

- a. BSTA will make effective use of school and college 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. BSTA physical education program shall be consistent with Utah State minimum standards as follows:
 - 1. ED 306.41 Physical Education Program/UT ADMIN R227-700-4 (g)/R227-700-5(f)/R227-700-6(a)(c).
 - 2. Pursuant to Ed 306.26 and Ed 306.27, the local school board shall require that systematic instruction in grades 10 through 12, is designed to enable students to:
 - aa. Demonstrate competency in motor skills, and movement patterns needed to perform a variety of physical activities
 - bb. Demonstrate understanding of movement concepts, principles, and performance of physical activities
 - cc. Participate regularly in physical activity

dd. Work toward a health enhancing level of physical fitness for all students **ee.** Exhibit responsible personal and social behavior that respects self and others in physical activity settings

ff. Value physical activity for health, enjoyment, challenge, self-expression, and social interaction

gg. BSTA will encourage a planned K through 12 curriculums in physical education that will provide for:

- A variety of motor skills that are designed to enhance the physical, mental, social, and emotional development of every student
- Fitness education and assessment to help children understand and improve or maintain their physical well-being
- Development of cognitive concepts regarding motor skills and fitness
- Promotion of regular amounts of appropriate physical activity now and throughout life
- Utilization of technology in attaining instruction, curricular, and assessment goals.

hh. BSTA will encourage sound assessment practices in physical education that:

- Match goals and objectives
- Require evaluation of knowledge and skills
- Clearly indicate what the student is asked to do
- Are at an appropriate skill level according to state standards and the needs of the individual
- Have criteria that are clear to students and teachers
- Are engaging and relevant to students
- Coincide with ongoing instruction
- Provide feedback to students
- Emphasize use of available knowledge and skills

13. Public Involvement: BSTA 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. A Wellness Committee will be constructed to help facilitate the wellness policies.. The Team will work on the development of the BSTA wellness policy including the implementation of the BSTA wellness policy with periodic review and updates. A BSTA school official will be assigned to ensure that BSTA complies with their school wellness policy.

14. In case of National, State or Local Crisis BSTA will follow all mandates set by said government, for the safety of our students. We will keep our Parents and Guardians informed of all decisions made via text, email or on our website.

15. 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.

Policy Approved: By Board of Directors August 13, 2022