

Nutrition and Physical Activity Wellness Policy

Purpose and Philosophy

To optimize student performance potential, the Bonneville Academy Board of Trustees promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. Bonneville Academy supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity.

Opportunities for Physical Education and Physical Activity

A quality physical education program is an essential component of a student's education, and allows all students to learn about and participate in physical activity. A sequential developmentally appropriate curriculum will be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives, consistent with the State Core Physical Education Curriculum. Physical activity should include regular instructional physical education as well as extracurricular activities in the middle school and recess in the elementary.

Opportunities for Nutrition Education

A quality nutrition education program is an essential component of a student's education, and allows all students to learn in an effort to positively influence their eating behaviors. Nutrition education topics will be integrated within the sequential, comprehensive health education program taught at every grade level. The nutrition education program will focus on students eating behaviors, be based on theories and methods proven effective by published research, and be consistent with the State Core Health Education Curriculum.

Nutrition Guidelines for Foods Available in Schools

Food served through the school lunch program will meet or exceed the federal regulations and guidance for reimbursable school meals. Competitive foods and beverages sold in school to students, beyond the school lunch program, shall meet established federal nutrition standards. Other food items on school grounds and at school-sponsored activities during the instructional day are encouraged to include healthy snack options.

Monitoring and Policy Review

The school director will ensure compliance with this policy in the school and will report on the school's compliance to the Board. The Board will, as necessary, revise this policy and develop work plans to facilitate its implementation.