

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 breakfast and lunch programs will meet or exceed the federal regulations and guidance for reimbursable school meals. Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating special dietary needs.

Adopted: 9/11/2018

Competitive Foods and Beverages

All foods and beverages available to students on the school campus, during the school day, support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. Healthy foods and habits will be promoted in both the cafeteria and the classroom. Bonneville Academy will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in School Nutrition standards.

Other food items on school grounds and at school-sponsored activities during the instructional day are encouraged to include healthy snack options.

Wellness Policy Implementation, Monitoring, Accountability, and Policy Review

The policy will be posted publicly on the website of the school in order to be made accessible to parents and stakeholders at all times.

The school director will ensure compliance with this policy in the school and will report on the school’s compliance to the Board.

Stakeholders; including students, parents, staff, administration, and the public will be given the opportunity to engage in policy review and implementation through public notification of committee and Board meetings.

Beginning in the 2018-2019 school year, and at least once every three years thereafter, the Board will evaluate compliance with the wellness policy in accordance with National Nutrition Program Guidelines. The Board will specifically assess the schools compliance with the policy, progress made toward attaining wellness goals outlined in the policy, and how the schools current policy compares to Local Wellness Policy models. The Board will vote to take action where appropriate. This assessment will be made available to the public through public notification of Board Meeting agenda items.

Child Nutrition Program Financial Rights and Responsibilities

Purpose and Philosophy

The purpose of this policy is to ensure that Bonneville Academy Operates a food service program that provides students with access to the varied and nutrition foods they need to stay healthy and learn. Also to explain how Bonneville Academy will notify parents regarding payment methods and money owed for student meals.

Adopted: 9/11/2018

Policy

Bonneville Academy follows federal and state laws and guidelines for the Child Nutrition Program. The Child Nutrition Program will not discriminate against, nor physically segregate, any student because of his or her inability to pay the full price of a meal or milk. Schools must ensure that students eligible to receive free or reduced price meals, or whose meal accounts have a low balance or are delinquent, are not easily identifiable or subject to ridicule, or embarrassment.

Definitions

- “Collection Efforts” is defined as the means that Bonneville Academy uses to collect delinquent lunch balances including, but not limited to, contacts to parents by phone, mail, or other efforts by the school or by a collection agency.
- “Delinquent Account” means a student meal account that does not have adequate funds to cover meal charges.
- “Free Meal” means a meal served to students whose parents have qualified, based on federal standards requiring income review and documentation, for free meals, which receive the highest federal rate of reimbursement.
- “Parent” means a student’s parent, legal guardian, or person acting as the parent for school purposes.
- “Paid Meal” means a meal served to students whose parents have not qualified for free/reduced-price meals.
- “Reduced Meal” means a meal served to students whose parents have qualified, based on federal standards requiring income review and documentation, for reduced-price but not free meals.

References

United States Code: 942 U.S.C. 1779, 10(1), 10(b))

Utah State Board of Education Rule: R277-720

Procedures

Free/Reduced Price Application Forms

- Bonneville Academy shall provide applications and/or links to online applications for free/reduced-price meals to parents.
- Students qualifying for the Special Nutrition Assistance Program (SNAP) or the Family Employment Program (FEP) also qualify for meals at no charge, once the school receives notice of qualification, and parents do not have to complete or submit a free/reduced-price form.

Adopted: 9/11/2018

- Bonneville Academy will send households an email/letter informing parents of a student's eligibility status.
 - Parents should contact the Kitchen Manager if the family has not received such a letter

Eligibility Verification and Payment Price

Bonneville Academy must verify at some point in each student's meal service, that the meal is reimbursable or non-reimbursable.

- Students/families qualifying for free meals have no payment due from date of approved application.
- Students/families qualifying for reduced-price meals are charged no more than the rate set by the National School Lunch Program (NSLP).

Students/families not qualifying for free/reduced-price meals pay the price determined by the Board.

Bonneville Academy provides parents with several payment options including:

- Online payments using debit or credit cards for one or all of their students, allocating funds to individual student accounts.
- Mail or hand delivery of checks, money orders, or cash to the school.
 - Parents should clearly indicate the account(s) to which the funds should be credited.

Bonneville Academy will credit meal payments from parents to students' accounts as soon as reasonably possible.

- Bonneville Academy will apply payments to the purchase of the current day's meal first and the payment of pas due accounts second.

Delinquent Accounts

- Bonneville Academy Food Service Department wants to make sure all students who what a breakfast or lunch receives that meal; we don't want to take food away from any student in the serving line. But we have come across an issue with the delinquent accounts within the school.
- Parents are responsible to fund student meal accounts.
- Bonneville Academy may send student meal accounts that are in the negative to a collection agency.
- Bonneville Academy will make at least two attempts in writing to parents before the negative balance is sent to a collection agency.

Adopted: 9/11/2018

- Students who are graduating must arrange to pay any delinquent lunch balances in full before participating in graduation ceremonies.
- Excessive negative balances in students' accounts necessitate the following new protocols:

<u>Trigger for Action</u>	<u>Action</u>
Low Balance Up to \$20 negative balance	Periodic notice will be sent via email to the parent.
Negative Balance More than \$20 negative balance	Phone call from Bonneville Academy informing parents of a negative balance.
Negative Balance More than \$30 negative balance	Lunch Clerk/Cafeteria Manager will send a first notification letter via email of a negative balance with a link to free/reduced cost application to the student(s) parent with payment information.
Negative Balance More than \$40 negative balance	Office staff will send a second notification email letter of a negative balance with a link to free/reduced cost application to the student(s) parent with payment information. Student(s) will receive a small tray lunch option.
Negative Balance \$50 or more negative balance	Final letter will be mailed home to parents indicating balances greater than \$50. Payment arrangements will need to be made within fifteen business days or the account may be sent to a collection agency.