

**ENSIGN LEARNING CENTER
HEALTH AND WELLNESS POLICY**

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Statement of Policy

Advisory Committee: An Ensign Learning Center Health and Wellness Committee may consist of, but not limited to parents, students, food service staff, members of the Board, the Director, teachers, health professionals and members of the community will oversee the wellness efforts, review wellness goals and as necessary recommend changes to the wellness policy with the guidance of the administrators. The committee will meet every three years to review policy. The Policy will be posted on Ensign Learning Centers website along with the meeting minutes each time the committee meets. The Director, Mary Keaton, will oversee the compliance of the health and wellness policy.

Ensign Learning Center Ensign Learning Center is committed to the optimal development of each student. This policy outlines the model approach to ensuring environments and opportunities for all students to practice lifelong healthy habits that promote physical, mental, and social health.

Research shows that students who are physically, mentally, emotionally, and socially healthy during and after the school day have positive outcomes. For example, student participation in the USDA School Breakfast Program is associated with higher grades and test scores, lower absenteeism, and better performance on cognitive tasks. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high quality physical education, and extra-curricular activities perform better academically.

Research also shows that some chronic diseases can be prevented by eating well, being physically active, and getting regular health screenings. When systems support policy and create safe and healthy environments, students shall excel in their academic learning.

Mental and physical health are equally important components of overall health and well-being. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Ensign Learning Center shall engage the community in supporting the work of the local school in creating continuity between schools and other settings for students and staff to practice lifelong healthy habits. Ensign Learning Center shall establish and maintain an infrastructure for management, oversight, implementation, communication, and monitoring of the policy. The Ensign Learning Center community (including parents, students, food service professionals, physical education teachers, school health professionals, community health partners, school nurses, the Ensign Learning Center Board, and administrators) shall be encouraged to participate in the development and assessment of the wellness policy. Ensign Learning Center may utilize a self-evaluation or planning tool to assess the effectiveness and the quality of the policy.

NUTRITION

Ensign Learning Center is committed to providing meals to students that offer an abundance of fresh fruits and vegetables, whole grains, fat free or low-fat dairy products, provide zero grams of trans-fat per serving, limit saturated fat and sodium, no added processed sugars or food additives, no chemically modified foods, and all natural meats/proteins. Meal programs at Ensign Learning Center shall seek to help children develop lifelong healthy eating behaviors, support healthy choices, and improve overall student and well-being through the following policies and practices.

Nutrition Education

- Nutrition Education is taught as part of the Utah State Core Standards for Health Education and includes culturally and developmentally appropriate material.
- Nutrition Education is incorporated into the classroom instruction beyond health in subject areas such as mathematics, social sciences, language arts, and science.
- School nutrition services and health educators coordinate to link nutrition curriculum with activities in the cafeteria. The cafeteria is used to provide opportunities for students to apply lessons from the classroom and adopt healthy behaviors.
- Nutrition education and training are provided to teachers and other staff to help model and encourage healthy behaviors.

School Food Culture

- Fresh fruits and vegetables, whole grains, and fat-free or low-fat dairy products are featured in school menus, displayed attractively, and prepared appropriately.
- Food items available to children through school meals, school events, celebrations, fundraisers, concessions, etc. support healthy food choices and the goal of improving student health and well-being.
- Ensign Learning Center shall provide an environment that ensures students have the best opportunity to practice healthy eating behaviors with minimal distractions. There shall be no advertising on Ensign Learning Center property that conflicts with health information provided through nutrition education and wellness efforts.
- Questions regarding food related fundraisers, school events, etc. should be directed to the Food Service Department. Ensign Learning Center does not have any food vending machines onsite and will not be selling any additional food to students. All food sold to students will meet USDA Smart Snacks for School nutrition standards.

Eating Time

- Ensign Learning Center recognizes mealtime as an integral time that allows students to enjoy eating, explore and try healthy options, and socialize. Students shall be provided at a minimum 10 minutes for a traditional breakfast and breakfast after the bell and 20 minutes for lunch, which excludes time to arrive at the cafeteria and wait in line.
- Breakfast in the classroom may be counted as instructional time.
- Students are served meals at an appropriate and reasonable time of day.
- Lunch shall follow recess whenever possible, which can help to increase intake of healthy items, decrease food waste, and improve behavior.

Celebrations and Rewards

- Ensign Learning Center will encourage non-food rewards and incentives. Ensign Learning Center will allow food that follows the smart snack guidelines to be provided at celebrations and parties.
- Teachers and parent groups shall be provided with a list of fun, non-food rewards and celebration ideas.
- Food and beverages shall not be withheld as punishment for any reason, such as for performance or behavior.

Promotion & Marketing

Promotion of food and beverages on campus shall be limited to only items that meet the USDA Smart Snacks in School nutrition standards. Students shall receive consistent nutrition messaging across settings, including classrooms and cafeterias. Nutrition messages shall be emphasized to students by using these strategies.

- Display posters in classrooms, hallways, the cafeteria, etc. to promote healthy eating.
- Conduct taste tests with students to promote healthy options, inform menu development, and garner enthusiasm around trying new foods.
- Promote nutrition programs and provide nutrition tips and snacks at interactive family events such as parent teacher conferences.
- Host a health and wellness fair to bring in community partners and provide nutrition resources.
- Include nutritional messages and wellness focused documents in the school newsletter to promote healthy eating and physical activities to families.
- Share short nutrition and physical activity tips during the morning announcements/procedures.
- Allow students to visit the water fountain throughout the day and carry water bottles in class.

- Lunchroom bulletin boards will have nutritional information and encourage students to make healthy choices during breakfast and lunch.

Special Diets

Ensign Learning Center is committed to providing all students with nutritious and safe meals they need to be healthy. To ensure that all children shall have an equal opportunity to participate in school meal programs, Ensign Learning Center shall:

- Order meals to accommodate dietary requests including food allergies.
- Implement a procedure to process requests for meal modifications.
- Create a team of individuals included but not limited to, menu planner, foodservice director, teachers etc. that is tasked to:
 - Ensure that each child with a special dietary need receives appropriate accommodations,
 - Discuss and implement best practices,
 - Safeguard student confidentiality,
 - Protect children with food allergies where food is served outside the lunchroom,
 - Involve parents in the process to prevent miscommunication.

Physical Activity

Children and young adults should participate in at least 60 minutes of physical activity every day. Ensign Learning Center provides quality physical education along with additional physical activities before and after school, at recess, and in class when appropriate.

Physical activity during the school day shall not be withheld or used as a punishment. Ensign teachers and staff will follow the Citizenship and Behavior Management Policy to correct any student behavior.

To the best of our ability, Ensign Learning Center shall ensure that its grounds and facilities are safe, and that equipment is available for students to be active. Ensign will do the necessary inspections to ensure the equipment is maintained and in good repair.

Physical Education

Ensign Learning Center shall provide students with physical education using an age-appropriate, sequential physical education curriculum that meets Utah State Core Standards. It shall promote benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits and incorporate health education concepts.

- All students shall be provided with an equal opportunity in physical education classes.

- All Ensign Learning Center students shall participate in physical education classes and shall receive 150 minutes per week throughout the school year.
- The Ensign Learning Center physical education program shall promote student physical fitness through individualized fitness and activity assessments and shall use criterion-based reporting for each student.
- Students with a disability shall participate with nondisabled students in these programs and activities as much as appropriate to their needs. If necessary, a specially designed physical education program shall be designed for students with disabilities.

Recess

Ensign Learning Center recognizes that recess is a necessary structural component of the school day for all students.

- Ensign shall provide 20 minutes of active daily recess to all students.
- Ensign shall not withhold recess, PE, or other physical activities as a punishment for poor behavior, incomplete classwork, or other purposes.
- Ensign shall not require students to engage in physical activity as a punishment.
- Ensign shall offer outdoor recess whenever weather permits it. Considerations will be made for heat, cold, or other extreme weather conditions.
- In the event recess is indoors, teachers will follow indoor recess guidelines.
- Ensign shall create schedules for recess to compliment, not substitute, physical education class.
- Ensign shall provide supervision to students on the playground and encourage students to be active.

Additional Physical Activity

Ensign Learning Center recognizes that students are more attentive and ready to learn if provided with periodic breaks where they can be physically active or stretch. Students shall be offered physical activity breaks throughout the school day that can be done in class and during lessons when applicable.

- Teachers shall incorporate movement and kinesthetic learning approaches into core subject instruction when possible.
- Ensign Learning Center will provide annual professional development opportunities and resources to teachers to incorporate physical activity into lessons.
- Ensign Learning Center shall offer opportunities for students to participate in physical activity before and after school when feasible.
- Ensign Learning Center shall support active transport to and from school, such as walking or biking and provide a Safe Routes Plan.

Health Promotion

Air Quality

All individuals are entitled to breathe healthy air and be free of adverse health effects of indoor and outdoor pollution. Air quality, both indoor and outdoor, is a crucial component of providing a healthy and comfortable learning environment. Ensign Learning Center shall:

- Minimize indoor air pollutants.
- Controlling temperature, humidity, and ventilation, which shall foster students' comfort and learning.

Sun Safety

Ensign Learning Center recognizes Utah's high rate of skin cancer. Ensign shall incorporate sun-safe practices to best protect students and staff from harmful sun exposure during school activities. Whenever possible, Ensign shall:

- Promote sun-safety habits like wearing hats and sunglasses
- Schedule recess for times when ultraviolet ray exposure can be minimized.
- Teach sun safety standards to students and provide professional training to staff.

Health Screenings

Ensign Learning Center may participate in various health screenings to identify students at risk for developing health-related conditions. Some screenings may include oral health, height, weight and hearing. Vision screenings will be done annually. Ensign shall notify parents of all student health screenings and provide them with information on how to exclude their student if it violates their personal belief.

Staff Wellness

Ensign Learning Center shall develop, promote, and oversee a plan to promote staff health and wellness.

- Ensign Learning Center shall encourage staff to serve as positive role models for healthy eating and physical fitness.

- The plan shall be based on input from staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among staff.
- Nursing mothers shall have a designated, private place to express milk and be allowed a schedule for them to do so when necessary.

Mental Health

Mental health means a person's emotional, psychological, and social well-being which can affect how a person thinks, feels, and acts including how a person handles stress, relates to others, and makes healthy choices. Mental health is an integral component of health and well-being. Ensign Learning Center understands the role mental health plays in the school context because it is central to our students' social, emotional, and academic success. When students' mental health is supported, they are better able to learn, make decisions, build relationships, cope with life's challenges, and thrive.

Prevention efforts at Ensign Learning Center involve a variety of proactive strategies with the goal of increasing student well-being and reducing future mental health challenges in our school community. The goal of our prevention efforts is to decrease risk factors and increase key protective factors in students, such as resilience, feelings of safety and connectedness to school, appropriate social connections with both adults and peers.

Ensign Learning Center shall provide targeted and individualized interventions to students who need more support through identification and assessment efforts.

Monitoring and Evaluations

Annual monitoring and evaluations of the Health and Wellness Policy is crucial to ensure its ongoing effectiveness and relevance. A triennial assessment of Ensign Learning Center's Health and Wellness Policy will be done by the wellness committee and will be posted on Ensign Learning Centers official website.