

## Esperanza Elementary School Wellness Policy

### POLICY:

The Board of Education of Esperanza Elementary School will support the wellness of our students, staff, and community with ongoing attention to Nutrition Education, Physical Education and Activity, Nutrition Guidelines, Community Involvement, and Assessment.

### PROCEDURES:

#### **Nutrition Education and Promotion**

- All students will be taught basic nutrition principles per Utah State Core Curriculum Standards.
- Nutrition education will emphasize topics including: healthy food preparation; balance between food intake and energy expenditure; links with school meals; and health literacy.
- The cafeteria will feature educational signage that promotes a healthy lifestyle.
- If eligible the school will apply for the Fresh Fruit and Vegetable Program and run the program in the schools selected for the grant. Under this program, we will receive funding to distribute a fresh fruit or vegetable snack two times per week. Teachers are given information about the fruit or vegetable that they may use to teach a short nutrition lesson.

#### **Physical Education and Activity**

- Teachers will utilize a curriculum that is consistent with the National and State Standards for Physical Education.
- Pre and post tests will be administered for the Presidential Youth Fitness Program for grades 3-6.
- Appropriate physical education will be provided to students with disabilities and special health care needs.
- Elementary schools are encouraged to provide at least 20 minutes of recess for students during each school day.
- The school may provide at least 30 minutes of physical education per class per week.
- The school is encouraged to have faculty and staff members promote physical activity during recess.
- The school is discouraged from withholding recess time as a punishment.
- The school is encouraged to provide alternate physical activity opportunities on bad weather days.

#### **Nutrition Guidelines**

- School Meals – all meals will be planned to meet the current Federal and State guidelines. The menu planner will work to make meals appealing and cost-effective.
- Smart Snacks – Schools will be responsible to abide by the Federal Regulations on All Food Sold in Schools (Smart Snacks). Each school is in charge of granting exemptions, up to the number allowed by the State, and to keep records of those exemptions. The District's Child Nutrition Department will be available to contact with questions on this regulation. Schools may also contact the Utah State office of Education Child Nutrition Program for guidance.
- The school is encouraged to achieve at least silver level on the Smarter Lunchroom strategy checklist.
- Food and beverage marketing during school hours is only allowed for those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Schools are encouraged to only offer non food incentives. If schools are providing a food incentive it is recommended to be limited to one portion size per week.

- Esperanza Elementary School will make every effort to ONLY allow commercially manufactured food and drinks for student consumption.

### Community Involvement

- The School is encouraged to develop community partnerships with local colleges or universities, county health departments, city recreation programs, and other community organizations.

### Assessment Measures

- The school will appoint a Wellness Committee to oversee the policy's implementation and assessment.
- The Wellness Committee will meet at least quarterly and will present to the faculty to provide wellness policy updates, assessment results, and professional development in best practices related to wellness topics.
- A description of public involvement, public updates, participation, and policy leadership will be issued annually to the public.

Wellness Committee			
Name	Title / Relationship to the School or School	Email address	Role on Committee
Jessica Garay	Lead Teacher (K&1 <sup>st</sup> )	<a href="mailto:Jessica.garay@esperanzaelementary.org">Jessica.garay@esperanzaelementary.org</a>	Assists in the evaluation of the wellness policy implementation
Isabel Shumway	Lead Teacher (2 <sup>nd</sup> & 3 <sup>rd</sup> )	isabel.shumway@esperanzaelementary.org	Assists in the evaluation of the wellness policy implementation
Paula Clemente	Lead Teacher (4 <sup>th</sup> , 5 <sup>th</sup> , & 6 <sup>th</sup> )	paula.clemente@esperanzaelementary.org	Assists in the evaluation of the wellness policy implementation
Tairel Love	Federal Programs Coordinator	tairel.love@esperanzaelementary.org	Assists in the evaluation of the wellness policy implementation
Denise Nederhand	Special Education Coordinator	denise.nederhand@esperanzaelementary.org	Assists in the evaluation of the wellness policy implementation
Julia Barrientos	Vice principal	julia.barrientos@esperanzaelementary.org	Assists in the evaluation of the wellness policy implementation
Eulogio Alejandre	Principal	<a href="mailto:EAlejandre@esperanzaelementary.org">EAlejandre@esperanzaelementary.org</a>	Lead the committee in school nutrition matters

### Yearly School Wellness Procedural Checklist

	Yes	No
Nutrition education emphasizes topics including healthy food preparation, balance between food intake and energy expenditure, links with school meals, and health literacy.		
The cafeteria features educational signage that promotes a healthy lifestyle.		
Fresh Fruit and Vegetable program is offered.		
Physical education class sizes maintain the same teacher to student ratio as core subjects.		
Teachers utilize a curriculum that is consistent with national and state standards for physical education.		
Pre and post tests are administered for the Presidential Youth Fitness Program for grades 4-6.		
Appropriate physical education is provided to students with disabilities and special health care needs.		
The school provides at least 20 minutes of recess for students during each school day.		
The school provides recess before lunch.		
The school provides at least 30 minutes of physical education per class per week.		
The school faculty and staff members promote physical activity during recess.		
The school does not withhold recess time as a punishment.		
The school provides alternate physical activity opportunities to students on bad weather days.		
The school's breakfast and lunch follows all State and Federally mandated guidelines.		
The school abides by the Federal Smart Snack guidelines.		
The school achieves at least silver level on the Smarter Lunchroom strategy checklist.		
Food and beverage marketing during school hours is only allowed for those foods and beverages that meet the Smart Snacks in School nutrition standards.		
The school only offers non-food incentives.		
The school only allows commercially manufactured food and drinks for student consumption.		
The wellness representative attends faculty meetings quarterly and provides wellness policy updates, assessment results, and professional development in best practices related to wellness topics.		
The school participates with community partnerships (i.e. SLC, recreation programs, after school programs, etc.)		