

## **Wellness Policy**

### **STUDENT WELLNESS**

University High School (UHS) recognizes the link between student health and learning. The UHS goal is to provide a comprehensive program promoting healthy bodies through healthy eating and physical activity for students.

The Superintendent/Principal or designee shall build a coordinated school health system that supports and reinforces health literacy, a safe and healthy school environment, and parent/guardian and community involvement.

### **FOOD SERVICE/CHILD NUTRITION PROGRAM**

UHS recognizes that students need adequate, nourishing food in order to grow, learn, and maintain good health. The Board desires to provide students with adequate space and time to eat meals. To reinforce the UHS nutrition program, food available on the UHS campus will:

1. Be selected so that students may choose foods that promote nutritional well-being, prevention of disease and will meet or exceed nutritional standards specified in law and administrative regulation.
2. Be prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthy eating habits.
3. Be served in age-appropriate quantities.
4. Be sold at reasonable prices.

The Superintendent/Principal or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus.

In accordance with law, UHS shall provide nutritionally adequate free and reduced price meals for all students regardless of federal eligibility criteria. All applications and records related to eligibility for free or reduced price meal programs shall be confidential except as provided by law. (Education Code 49558)

Foods and beverages provided through federally funded reimbursable school meal programs shall meet or exceed federal guidelines and regulations issued pursuant to 42 USC 1758(f)1 and 1779(a) and (b), as they apply to schools. Drinking water is available via the outside drinking fountains and within the vending room, free of charge, to all students at all times.

The Board of Directors desires to provide students with adequate time and space to eat meals. To the extent possible, the school schedule shall be designed to encourage participation in school meal programs.

School staff will encourage parents/guardians or other volunteers to support the school's nutrition education program by considering nutritional quality when selecting any snacks that they may donate for occasional class parties or school funding events. School staff will encourage the limiting of foods or beverages that do not meet nutritional standards to no more than one food or beverage per party or funding raising event.

All UHS students, including students with disabilities as defined by their Individual Educational Plan, will have the opportunity, support and encouragement to be physically active on a regular basis through Physical Education classes and clubs that incorporate physical activity. Students will receive a minimum of 400 minutes of physical activity every 10 days.

## **NUTRITION EDUCATION AND PHYSICAL ACTIVITY GOALS**

UHS will adopt goals for nutrition education, physical activity, and other school-based activities that will promote student wellness in a manner that the school deems appropriate.

Nutrition education will be integrated into the Physical Education program and core academic classes and will be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through extracurricular programs. UHS discourages the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, school supplies, advertisements in school publications, or other means.

To encourage consistent health messages between the school and home, the Superintendent/Principal or designee may disseminate health information to parents/guardians through school newsletters, the school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

UHS shall involve parents/guardians, students, and members of the public in the process of developing the policy. The committee shall provide periodic reports to the Superintendent/Principal or designee regarding the status of its work.

## **POSTING REQUIREMENTS**

UHS will post its wellness policy on the school website and in the UHS Parent/Student Handbook.

## **NON-DISCRIMINATION STATEMENT**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. fax:  
(833) 256-1665 or (202) 690-7442; or
3. email:  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

