

## **Wellness Policy**

### **STUDENT WELLNESS**

University High School recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for students. The Head of School 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**

University High School 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 University High School nutrition program, food available on the university 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 Head of School 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. University High School recognizes that some families may be unable to provide lunch for their students. Applications for free and reduced priced meals will be made available to all students and families throughout the year.

In accordance with law, University High School shall provide nutritionally adequate free and reduced price meals for students whose families meet federal eligibility criteria. All applications and records related to eligibility for free or reduced –price meal program 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.

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 and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party.

All University High School 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**

University High School 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. University High School 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 Head of School 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.

University High School 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 Head of School or designee regarding the status of its work.

## **POSTING REQUIREMENTS**

University High School will post its wellness policy on the school website and in the UHS Student Handbook.

## **NON-DISCRIMINATION STATEMENT**

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