



CANYON RIM ACADEMY STUDENT NUTRITION AND WELLNESS POLICY

INTRODUCTION

The Canyon Rim Academy Board of Trustees recognizes that there is a link between nutrition education, the food served in schools, physical activity, and environmental education, and that wellness is affected by all of these. The Board also recognizes the important connection between good health and a student's ability to learn effectively and achieve high academic standards.

The Board recognizes that it is our role, as part of the larger community, to model and actively practice, through policies and procedures, the promotion of personal health, physical fitness, good nutrition, and environmental responsibility.

To these ends, the Board hereby adopts the following Student Nutrition and Wellness Policy.

ARTICLE I: CHILD NUTRITION SPECIALIST

Under the direction of the Board, the Principal shall hire a Child Nutrition Specialist. The role of the Child Nutrition Specialist will be to implement, under the direction of the Principal, Canyon Rim Academy's Student Nutrition and Wellness Policy.

ARTICLE II: STUDENT NUTRITION

To help ensure the health and well being of each student attending Canyon Rim Academy, and to provide guidance to school personnel in the areas of nutrition, health, physical fitness, and food service, the Board encourages the Principal to meet the following goals regarding student nutrition:

- An economically sustainable meal program should make available a healthy and nutritious lunch to every student so that students are prepared to learn to their fullest potential.
- No student at Canyon Rim Academy should go hungry during school.
- All qualified children should become eligible for free and reduced-cost meals, through communication with parents and coordination with county social services;
- Maximum participation in the school meal program should be encouraged through the development of a coordinated, comprehensive outreach and promotion plan, and by putting systems in place that ensure the elimination of the stigma of accepting "free" lunch.
- Lunch periods should be scheduled so that students do not have to eat lunch unusually early or late, and where possible, not immediately prior to intense exercise.
- Meals should be presented and served in a pleasant environment with sufficient time for eating, while fostering good eating habits, enjoyment of meals, good manners, and respect for others.
- A shift from food-based planning to nutrient-based planning (as set forth in the USDA guidelines) should be considered where time and funding allows.

- The nutritional value of the food served should exceed whenever possible the USDA Dietary Guidelines through the provision of nutritious, fresh, tasty, locally grown food that reflects community and cultural diversity.
- The Nutrition Specialist should develop and implement a plan to support local sustainable agriculture by integrating organic foods, as defined by the USDA National Organic Program, into meals when possible.
- The Nutrition Specialist should coordinate menus with seasonal production of local farms so that school meals reflect seasonality and local agriculture.
- The Nutrition Specialist, the Principal, and the Board will develop a "Healthy Snacks" and "Healthy Parties" policy, and provide to parents and faculty a list of healthy, affordable food choices for snacks and parties.
- Menus for school meals should carry sufficient nutrition information to allow parents and students to make informed dietary choices. Menus should clearly indicate dietary appropriateness such as vegetarian, vegan, gluten-free, or kosher, and include processes such as organically grown, irradiated, contains bovine growth hormone (rBGH), or genetically modified.
- The risk of exposing students to potentially harmful residues of toxic agricultural chemicals such as pesticides, herbicides, fertilizers, waxes, and fungicides should be reduced and/or eliminated by increasing the purchase of foods that are grown sustainably, without the use of toxic chemicals.
- Foods exposed to potentially harmful food additives and processes, such as bovine growth hormone, irradiation, high fructose corn syrup, excessive salt, artificial flavors and colors, hydrogenated oils (transfats), preservatives, and genetic modification, should be reduced or eliminated;

ARTICLE III: PHYSICAL ACTIVITY AND FITNESS

Recognizing the positive benefits of physical activity and fitness for student health and academic achievement, the Board encourages the Principal to meet the following goals regarding physical activity and fitness:

- Implement programs to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student's physical, mental, emotional, and social well-being.
- Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.
- Appropriate alternative activities should be provided for students with physical disabilities.
- Exemptions from physical activities should be provided where appropriate for ill or injured students.

ARTICLE IV: SCHOOL-BASED LEARNING EXPERIENCES

The Board recognizes that students should be taught ways to establish and maintain life-long healthy eating habits. The Board recognizes that experiential learning activities that help students make connections between diet, health, and environment are critical to formation of student understanding of personal wellness within a larger context of environmental health, and to these ends, encourages the Principal to meet the following goals:

- Cooking or eating experiences should be used in educating about human events, history, traditions, and celebrations of various countries and cultures.
- Nutrition education and environmental responsibility should be taught where appropriate.
- Students should be encouraged to recycle, conserve materials, water, and energy, use biodegradable materials when possible, and dispose of waste in an environmentally sound way.

ARTICLE V: PROFESSIONAL DEVELOPMENT

To facilitate implementation of these policies, the Principal may authorize professional development activities for faculty and staff.

ARTICLE VI: WASTE REDUCTION

The Principal should encourage Food Services staff to implement purchasing, food preparation, and waste disposal practices that lead to a reduction in solid waste and in the expense associated with waste disposal. Students should play a role in a recycling program that maximizes the reduction of waste by recycling, reusing, and/or composting, and by purchasing recycled products.

ARTICLE VII: COMPLIANCE

Under the direction of the Board and the Principal, the Child Nutrition Specialist will review this policy and ensure that the policies are not less restrictive than those set by the Secretary of Agriculture or applicable state and federal laws and regulations.

ARTICLE VIII: SCHOOL WELLNESS COMMITTEE

To assist the Principal in facilitating the implementation of Canyon Rim Academy's Nutrition and Wellness Policy, the Board hereby creates a standing Wellness Committee, or School Health Council. The Committee shall be chaired by the Student Nutrition Specialist, and shall include one member of the Board, the Principal, the PTA Health Commissioner (or other PTA representative), and one or more faculty members appointed by the Principal, and may include students, interested parents, or specialists selected by the Principal and the Student Nutrition Specialist.

The following guidelines are intended to assist the Wellness Committee in their efforts:

- The Wellness Committee shall submit and present to the Board an annual report each year regarding their efforts to implement the Student Nutrition and Wellness Policy. The report should:
 - Address the financial viability of the school lunch program and the budget for the following year, the level of service, and the level of participation in food services;
 - Provide a review of school food sales;
 - Contain recommendations for improving the delivery and cost effectiveness of food services;
 - Address marketing and promotion efforts;
 - Report on the progress in implementing the Student Nutrition and Wellness Policy;
 - Inventory food services equipment and provide a proposal and budget for maintenance of replacement equipment;

- Assess the nutritional quality of the food being served; and
- Recommend strategies for improvement of the school lunch program or the Student Nutrition and Wellness Policy.
- The Wellness Committee should make periodic reports, as the committee or the National School Lunch Program deems necessary.
- The Wellness Committee should ensure that the full complement of students, as specified in the policy, is represented on the Wellness committee.
- The Wellness Committee should solicit student preferences through taste tests, surveys, and interviews, and/or through student participation on Wellness Committee.
- The Wellness Committee should work cooperatively with the National School Lunch Program to advance goals of wellness by advocating for label disclosure through State and Federal legislation that will clearly label food products that have been irradiated, genetically modified or have been exposed to bovine growth hormones.

The Wellness Committee should meet at least six times a year at hours convenient for adequate public participation, and for sufficient time to conduct the committee business.

ARTICLE IX: PUBLIC INPUT AND RESOURCES

The Board welcomes public input with respect to its Student Nutrition and Wellness Policy. Parents are invited to provide feedback to the Board through parent participation time at Board meetings or by corresponding to the board at info@canyonrimacademy.org. The Canyon Rim Academy Student Nutrition and Wellness Policy, the Wellness Committee's Annual Report, and Monthly Menus shall be available on the Canyon Rim Academy website at <http://www.canyonrim.org>. Attached as an appendix to these policies are some resources that parents can consider in learning more about the importance of school nutrition and wellness.

APPENDIX – RESOURCES FOR PARENTS

A. The School Lunch Initiative

The School Lunch Initiative (SLI) envisions revolutionizing school lunch by making food a central part of the academic curriculum. SLI includes gardens, kitchen classrooms, and lunchrooms as contexts for learning. It restores connections between what children are taught and what they experience, between nutrition, health, and the ability to learn, between local communities and the farms that feed them.

<http://www.school lunchinitiative.org/>

B. Slow Food USA

Slow Food USA's Slow Food in Schools is a unique national program of garden-to-table projects for children that cultivates the senses and teaches an ecological approach to food.

<http://www.slowfoodusa.org/>

C. Community Food Security Coalition

The Community Food Security Coalition is a non-profit 501(c)(3), North American organization dedicated to building strong, sustainable, local and regional food systems that ensure access to affordable, nutritious, and culturally appropriate food for all people at all times. We seek to develop self-reliance among all communities in obtaining their food and to create a system of growing, manufacturing, processing, making available, and selling food that is regionally based and grounded in the principles of justice, democracy, and sustainability. CFSC has over 325 member organizations.

<http://www.foodsecurity.org/>

D. National Alliance for Nutrition and Activity (NANA)

The National Alliance for Nutrition and Activity advocates national policies and programs to promote healthy eating and physical activity to help reduce the illnesses, disabilities, premature deaths, and costs caused by diet- and inactivity-related diseases such as heart disease, cancer, high blood pressure, diabetes, and obesity.

<http://www.cspinet.org/nutritionpolicy/nana.html>

E. National Farm to School Program

The National Farm to School Program is a project of the Center for Food and Justice, a division of the Urban and Environmental Policy Institute at Occidental College. The project brings together nine partners from four states to work on promoting farm-to-school programs nationwide.

<http://www.farmtoschool.org/>

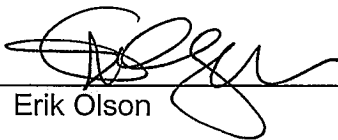
F. Other Authorities and References

Northwest Accreditation Recommendations
Section 204 of Public Law 108-265 - June 30, 2004
USDA Dietary Guidelines 2005
USDA Food Security Guidelines
Utah Health Education Core
Utah Physical Education Core
School Beverage Guidelines
USDA Foods of Minimal Nutritional Values
www.actionforhealthykids.org
www.health.utah.gov
www.schoolnutrition.org

G. Useful Statistical Information

- The current generation of children will become the heaviest adults in US history and may be the first generation to have a life-span that is shorter than their parents or grandparents.
- Diet and physical inactivity will ultimately overtake tobacco as the leading cause of death.
- Obesity associated annual hospital costs for children and youth have tripled over a two-decade period; rising from \$35 million [1979-1981] to \$127 million [1997-1999].
- The national health care expenditures for obese and overweight adults are estimated to be between \$98 billion and \$ 129 billion per year.
- In Utah, 25% of students K-8 are overweight or obese. 37,000 of Utah's secondary school students are overweight or obese. This is enough to fill 410 classrooms (2002 UDOH).

Signature of Board President:


Erik Olson

3/19/08
Date: