



NUTRITION AND PHYSICAL ACTIVITY WELLNESS POLICY

Purpose and Philosophy

Bonneville Academy is committed to fostering a school environment that supports student wellness, healthy eating, and regular physical activity as part of the total learning experience. Good nutrition and physical activity are essential to student achievement and lifelong health.

Nutrition Education

Nutrition education will be offered at every grade level as part of a sequential, comprehensive health curriculum aligned with the Utah State Core Health Education Standards. Instruction will focus on healthy eating behaviors and use evidence-based methods.

Physical Education and Activity

Bonneville Academy provides all students with physical education consistent with Utah State Core Physical Education Standards. Physical activity is encouraged through daily recess, PE classes, and extracurricular opportunities to promote lifelong fitness.

School Meals and Nutrition Guidelines

All meals served under the School Breakfast and Lunch Programs will meet or exceed USDA guidelines:

- Include fruits, vegetables, whole grains, and low-fat dairy
- Be low in sodium, saturated fats, and free of trans fats
- Support special dietary needs as required

All competitive foods sold during the school day will comply with USDA Smart Snacks in School standards. Only Smart Snack-compliant food and beverage marketing will be permitted on campus.

Policy Implementation and Review

The wellness policy will be publicly available on the school website. The school director will oversee compliance and report to the Board of Trustees. Stakeholders (staff, parents, students, community) may participate through public board meetings. A formal assessment of compliance, implementation, and progress will be conducted at least once every three years, in accordance with federal guidelines. Assessment results will be made publicly available.





Meal Charge Policy and Delinquent Accounts

Bonneville Academy ensures equitable access to meals for all students:

- Free/reduced-price meal applications will be made available annually and processed promptly.
- Students qualifying through SNAP or FEP will be automatically eligible.
- No student will be denied a meal or identified based on payment status.

Parents will be notified in a timely manner of low or negative balances. Students will not be publicly identified, denied access to meals, or punished in any way for unpaid meal balances. If necessary, payment arrangements may be offered. Delinquent accounts may be referred to collections only after reasonable efforts have been made to communicate with the family.

References

- 42 U.S.C. § 1779
- USDA National School Lunch Program
- USBE Rule R277-720

