



PROMONTORY SCHOOL WELLNESS POLICY

RATIONALE

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well being. Healthy eating and physical activity are essential to reduce risk for many chronic diseases. Schools have a responsibility to help students learn, establish and maintain lifelong healthy eating and activity patterns. Well planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

GOAL

Promontory School aims to ensure that students possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime.

Promontory School recognizes that a healthy lifestyle includes balance, enjoying nutritious foods, staying active, and learning to make mindful choices when it comes to treats and celebrations. Promontory teachers and staff will use these opportunities to talk with students about making balanced choices, understanding that enjoying treats in moderation, alongside healthy foods and regular activity, supports lifelong wellness.

To meet this goal, the Promontory School adopts this school wellness policy with the following commitments to nutrition education, physical activity, nutrition guidelines, other school based activities and implementations. This policy is designed to effectively utilize school and community resources to equitably serve the needs and interest of all students and staff, taking into consideration differences in culture. Evidence based or best practice recommendations also influence the policy/goals. A committee of multiple positions within the community and school shall oversee compliance of the wellness policy. Committee membership is available to all.

NUTRITION EDUCATION GOALS

- The school cafeteria or eating area serves as a learning laboratory to support nutrition education with a goal of three nutritional learning activities per year.
- Utilizing the food service area as a learning laboratory to support classroom instruction through menu offerings and information supporting healthy eating.

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- The school will provide education for students to help them learn skills needed to practice lifelong healthy eating based on school meal nutrition standards and Smart Snacks standards.

Information on these standards can be found at

- <https://www.schools.utah.gov/curr/health?mid=908&tid=1>,
- <https://www.fns.usda.gov/tn/guide-smart-snacks-school> and
- <https://schools.utah.gov/cnp/schoolnutritionprograms/nslp>.

WHAT ARE THE SMART SNACKS STANDARDS FOR FOODS?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable (for example, $\frac{1}{4}$ cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less



Are there healthy exemptions to certain nutrient requirements?

The Smart Snacks Standards reflect practical and flexible solutions for healthy eating. A few foods or combinations of foods are exempt from certain nutrient standards. Refer to the table below for examples of these exemptions.

Food	Smart Snacks Standards Exemptions
Fresh and frozen fruits and vegetables, with no added ingredients except water Canned fruits packed in 100% juice or light syrup, with no added ingredients except water Canned vegetables (no salt added/low sodium), with no added fats	Exempt from all nutrient standards
Reduced-fat cheese (including part-skim mozzarella) Nuts, seeds, or nut/seed butters Apples with reduced-fat cheese* Celery with peanut butter (and unsweetened raisins)* Whole eggs with no added fat	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
Seafood with no added fat (e.g., canned tuna packed in water)	Exempt from the total fat standard, but must meet all other nutrient standards
Dried fruits with no added sugars Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats	Exempt from the sugar standards, but must meet all other nutrient standards
Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats	Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards

*Paired exemptions are always required to meet the calorie and sodium limits for Smart Snacks.

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PROMOTION OF HEALTHY EATING AND NUTRITION GUIDELINES

- Encourage the increased consumption of a variety of healthy foods, including fruits, vegetables, whole grain and low fat dairy products.
- Offer food and beverages outside the lunch and breakfast meal service which are a good source of nutrients, moderate in sodium, moderate or low in fat, and moderate in sugar that is not naturally occurring in the food, moderate in calories and are in compliance with smart snacks guidelines and regulations.
- Strive to improve student nutrition behaviors on the school campus; include an increase of healthier meal choices by students to include fruits, vegetables, whole grains, and low fat dairy products.
- Serve school meals which meet the USDA nutrition standards (<https://www.fns.usda.gov/school-meals>) for all meals. Provide sufficient choices, including new foods and food prepared in new ways to meet the taste preference of the students.
- Designated lunch periods for all students offer sufficient time to enjoy eating healthy foods. Lunch periods will be scheduled near the middle of the school day when possible.

Allow food-based rewards occasionally, as long as:

- A **healthy alternative** is also provided.
- The activity or learning ties back to your wellness education goals (e.g., “enjoying treats mindfully,” “balancing choices”).
- Treats may be used as components of positive reinforcement, celebration, recognition of effort, or when consistent with individual student support plans.

CLASSROOM CELEBRATIONS

- Celebrations involving food are permitted at the administration’s discretion.
- If a celebration involves food, it should include at least one **healthy food choice or a smart snack** option.
- Faculty, staff, and parents are encouraged to make activities and community connection the focus of celebrations rather than food.
- Students may help plan celebrations that reflect healthy habits and cultural inclusivity.
- Distribution of food-based birthday treats remains discouraged, but non-food or shared classroom experiences are recommended.
- In some classrooms a snack time may be implemented at the Administration's discretion in order to combat fatigue, particularly for those who have an earlier lunch period.
- Advertisement of foods not in compliance with smart snacks regulations is not allowed. This includes foods sold in competition with the school lunch program (Ex. fundraisers) during school hours.g, foods sold in competition with the school lunch program. (Ex. fundraisers)

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- Provide students opportunities to practice healthy habits—they can choose from an array of healthy food options, eat in relaxed and comfortable surroundings and enjoy daily physical activity.

PHYSICAL ACTIVITY

- Schools should ensure that every student from kindergarten through eighth grade receives regular, age appropriate, quality physical education and follows the state core curriculum guidelines found at <http://www.uen.org/core/pe/>.
- Provide within the school environment a safe enjoyable activity for all students including those who are not athletically gifted.
- Provide, through physical education, safe and satisfying physical activity for all students, including those with special needs.
- Provide for fitness education to help students understand and improve or maintain their physical well-being.
- Promote the benefits of doing regular amounts of physical activity now and through life.
- Schools should ensure that physical activity facilities on school grounds are kept safe and well-maintained.

GOALS FOR PHYSICAL EDUCATION

- Our students can demonstrate willingness to try new activities and skills with a positive attitude.
- Our students can demonstrate good sportsmanship toward themselves and crew members.

GOALS FOR OTHER SCHOOL BASED ACTIVITIES

- Promontory School will take reasonable steps to consider students' food sensitivities and allergies when planning and serving food at school events.
- After-school events may allow for increased flexibility in food selections, while recognizing that parents retain discretion over their students' food choices.
- Dining room supervisory staff (teachers, aids, etc.) shall receive appropriate training in how to maintain a safe, orderly, and pleasant eating environment.

STAFF AS ROLE MODELS

- Promontory teachers and staff are encouraged to find opportunities to talk with students about making balanced choices, and understanding that enjoying treats in moderation, alongside healthy foods and regular activity, supports lifelong wellness.

FOOD SAFETY/FOOD SECURITY

- All foods made available will comply with state and local food safety and sanitation regulations.

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- Implement Hazard Analysis and Critical Control Point (HACCP) plans and guidelines to prevent food illness in school.
- All food service equipment and facilities must meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety.
- All food and nutrition labels and or manufacture information are available upon request and will be obtained to the best of ability.

MEASURING IMPLEMENTATION:

- The Nutrition Director with the help of supporters will conduct a review of the progress toward school wellness policy goals each year and identify areas for improvement. The progress report shall be available to the public posted on the schools website.
- Prepare and submit a yearly report to the school's administrators regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary. This report shall be available to the public upon request.
- Promontory School will conduct a Triennial Assessment at least once every three years, in accordance with 7 CFR 210.31(e)(2) and Utah Code § 53F-2-423, to evaluate compliance with this policy, compare it with the USBE Model Wellness Policy, and measure progress toward wellness goals. The results will be made available to the public.

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