

WELLNESS POLICY
TRIENNIAL ASSESSMENT SY 18/19
How Are We Doing?

The Provo School District Wellness Policy states the following, “The Provo City School District recognizes the link between healthy bodies and productive minds”. With that always in mind the Child Nutrition Program and members of the Wellness Policy team of individuals are happy to inform our PCSD Patrons of the current progress being made with this Triennial Assessment.

In the area of Nutrition Promotion we promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, specialty days and the implementation of National School Lunch and National School Breakfast week activities, etc. This year we purchased a set of posters to be hung in each lunchroom that coincide with the Utah State core health curriculum. We participate in Farm to School activities and have increased our purchases from local farms. Now implemented in all eighteen schools and in our District Office are Tower Gardens.



These Tower Gardens at our schools are a “Classroom on Wheels” and can be taken to individual classrooms for a true Seed to Fork learning experience. Our newest Tower located in the south entrance foyer of the District Office is a chance for our patrons to see exactly what the students see on the gardens. The Items grown on the Tower Garden in schools are utilized in our menus. We have offered more taste testing opportunities to our students. Our Wellness Policy provides teachers with samples of alternative reward options other than foods or beverages, and are reminded of these other options when sent information about their Teacher Supply Money. The annual letter sent to teachers now includes verbiage about the

Wellness Policy with the following statement, “Please make sure that any purchase follows the District Wellness Policy (i.e. no candy, soda, etc.).

In the area of Nutrition Guidelines we follow all nutrition regulations for the National School Lunch Program (NSLP). Our wellness policy addresses nutrition standards for the USDA reimbursable meals. We operate the School Breakfast Program, the Afterschool Snack Program, and the Fresh Fruit and Vegetable Program. We have implemented Smart Snacks nutrition standards for all items sold during school hours and work closely with schools to ensure vending machines are all Smart Snacks compliant. An annual training attended by all the District’s Administrators addresses the issue of Smart Snacks and training is given where needed in the use of the Smart Snacks Calculator.

In the area of Physical Activity the Child Nutrition Program has increased the number of days we contract with Joe Perry from The Yoga Shala, Orem, Utah to host and provide Yoga instruction for Yoga Hours during lunch at all eighteen schools. Photos shown are from Edgemont Elementary and Provo High Schools.



All elementary students are provided recess on a regular basis. The District has implemented a District Wellness Policy for all teachers, staff, and administrators with various challenges given on steps made, exercise times, and water consumption challenge.

As part of our Public Involvement we encourage Administrators, School Health Professionals, School Board Members, Students, and others to be a part of our Wellness Committee. If any one would like to be a part of our committee please contact our CNP Director, Laura Larsen by phone at (801-374-4867 or by email LauraL@provo.edu