Layton Christian Academy
Local School Wellness Policy
Effective Date: August 12, 2026
Next Triennial Assessment Due: August 15, 2029

Layton Christian Academy
Local School Wellness Policy
Purpose
Layton Christian Academy (LCA) recognizes that student wellness and proper nutrition are essential to student learning and academic success. Students who are healthy, physically active, and well-nourished are better prepared to learn and achieve their fullest potential. As a participating School Food Authority (SFA) in the School Breakfast Program and the National School Lunch Progam), Layton Christian Academy establishes this Local School Wellness Policy in accordance with:

- Healthy, Hunger-Free Kids Act of 2010
- USDA Local School Wellness Policy Final Rule (7 CFR §210.31)
- National School Lunch Program regulations
- Utah State Board of Education (USBE) Child Nutrition Program requirements
- Utah Administrative Rules governing Child Nutrition Programs

As a Christian school, Layton Christian Academy believes caring for our bodies is an important part of honoring God. The school seeks to promote lifelong healthy habits while supporting students' physical, emotional, social, intellectual, and spiritual well-being.

Wellness Committee
Layton Christian Academy shall maintain a Wellness Committee responsible for developing, implementing, monitoring, reviewing, and updating this policy.
The committee will meet at least annually.
Membership should include representatives from:

- School Administration
- School Food Service Director
- Teachers
- Parents
- Students (when age appropriate)
- School Nurse or Health Representative
- Physical Education Teacher (if applicable)
- School Board Representative (if applicable)
- Community Member

The committee shall encourage participation from the public.

Wellness Coordinator
The Child Nutrition Director serves as the Wellness Coordinator unless another individual is designated by the administration.
Responsibilities include:

- Overseeing implementation of the Wellness Policy

- Coordinating committee meetings
- Maintaining required documentation
- Monitoring compliance
- Conducting annual progress reviews
- Coordinating the Triennial Assessment
- Making the policy available to the public

Public Involvement
Layton Christian Academy shall:

- Permit parents, students, school staff, and community members to participate in the development, implementation, review, and update of this policy.
- Notify the public annually regarding the policy and progress toward meeting wellness goals.
- Make the Wellness Policy available on the school's website or by request.
- Share the results of the Triennial Assessment with the public.

Nutrition Promotion
Layton Christian Academy will encourage healthy food choices by:

- Promoting fruits and vegetables daily.
- Encouraging students to select reimbursable meals.
- Displaying nutrition education materials in the cafeteria.
- Using positive nutrition messaging.
- Encouraging healthy eating behaviors through classroom instruction and school activities.
- Providing appealing, attractive, and age-appropriate meal presentations.

Nutrition Education
Nutrition education shall be integrated into the educational program whenever practical.
Nutrition education will:

- Teach students the relationship between nutrition and lifelong health.
- Promote healthy eating behaviors.
- Support USDA MyPlate recommendations.
- Encourage consumption of fruits, vegetables, whole grains, and low-fat dairy.
- Be age appropriate.
- Reinforce healthy choices served through school meals.

School Meal Program
Layton Christian Academy participates in the National School Lunch Program.
School meals shall:

- Meet or exceed USDA meal pattern requirements.
- Be planned by qualified Child Nutrition personnel.
- Include a variety of fruits and vegetables.
- Include whole grain-rich foods.
- Meet sodium, saturated fat, calorie, and trans-fat requirements.

- Provide milk choices as required by USDA.
- Be prepared and served using food safety best practices.

Students shall have adequate time to eat their meals.
Lunch periods should allow students at least **20 minutes of seated eating time** after receiving their meal whenever possible.

Drinking Water
Free, safe drinking water shall be available to students during meal service.
Water may also be available throughout the school day whenever practical.

Smart Snacks Standards
All foods and beverages sold to students during the school day outside of reimbursable meals shall comply with USDA Smart Snacks in School standards unless specifically exempted by USDA regulations.
This includes:

- Vending
- School stores
- Snack bars
- À la carte sales

The Child Nutrition Director shall monitor compliance.

Competitive Foods
Competitive foods shall not undermine participation in the National School Lunch Program.
School-sponsored food sales during the school day shall comply with federal nutrition standards.

Classroom Celebrations
Teachers and staff are encouraged to:

- Promote healthy food choices.
- Include non-food celebrations whenever possible.
- Encourage fruits, vegetables, and other nutritious options.

Parents should be informed of classroom celebration guidelines.

Food as Rewards
Layton Christian Academy strongly discourages using food or beverages as rewards or incentives.
Food shall never be withheld as punishment.
Whenever possible, teachers should use:

- Extra recess
- Special privileges
- Recognition
- Classroom responsibilities
- Positive reinforcement

Fundraisers
Fundraisers conducted during the school day involving foods sold to students shall comply with USDA Smart Snacks requirements unless exempt under applicable regulations. Fundraisers conducted outside the school day are encouraged to offer healthy options.

Food Marketing
Only foods and beverages meeting USDA Smart Snacks standards may be marketed to students during the school day.
This includes:

- Posters
- Signs
- Scoreboards
- Equipment
- Educational materials
- School publications
- Vending machine exteriors

Physical Education
Layton Christian Academy supports quality physical education.
Physical education classes should:

- Meet Utah educational standards where applicable.
- Encourage lifelong physical activity.
- Include a variety of age-appropriate activities.
- Promote physical fitness.
- Be taught in a safe and supportive environment.

Physical activity should never be withheld as punishment except when necessary for student safety.

Physical Activity
Students should receive opportunities for physical activity throughout the school day.
The school encourages:

- Daily movement
- Active recess (elementary)
- Classroom movement breaks
- Intramural activities
- Athletics
- Walking opportunities
- Physical activity before and after school

Recess
Elementary students should receive daily recess whenever practical.
Recess should:

- Be supervised.

- Encourage active play.
- Not be routinely withheld for academic reasons.
- Not be withheld as punishment except when safety requires.

Staff Wellness

Layton Christian Academy encourages employee wellness through:

- Wellness education
- Healthy food options during meetings when practical
- Physical activity opportunities
- Mental health awareness
- Positive work-life balance
- Employee wellness resources

Healthy staff serve as positive role models for students.

Mental, Emotional, Social, and Spiritual Wellness

As a Christian school, Layton Christian Academy recognizes the importance of educating the whole child.

The school supports:

- Positive relationships
- Respect for others
- Character development
- Biblical principles
- Service opportunities
- Emotional well-being
- Social responsibility
- Safe learning environments

Food Safety

Layton Christian Academy follows all federal, state, and local food safety regulations.

The Child Nutrition Program shall:

- Maintain a current HACCP-based Food Safety Plan.
- Conduct required food safety inspections.
- Train food service employees.
- Maintain required food temperatures.
- Follow proper sanitation procedures.

Food Allergies and Special Dietary Needs

Layton Christian Academy shall accommodate disabilities requiring meal modifications when supported by appropriate medical documentation as required by USDA regulations.

The school will:

- Protect student confidentiality.
- Train staff regarding food allergies.
- Reduce the risk of allergen exposure.
- Respond appropriately to food allergy emergencies.

Breastfeeding Accommodations
Layton Christian Academy supports reasonable accommodations for breastfeeding employees consistent with federal and Utah law.

Wellness Goals
The Wellness Committee shall establish measurable goals in the following areas:
Nutrition Promotion
- Increase participation in school meal programs.
- Promote healthy food choices.

Nutrition Education
- Provide age-appropriate nutrition education.
- Reinforce healthy habits.

Physical Activity
- Encourage daily physical activity.
- Increase opportunities for movement throughout the school day.

Other School-Based Wellness Activities
- Promote positive mental health.
- Support staff wellness.
- Foster a healthy school culture.

Annual Progress Review
The Wellness Committee shall annually review:
- Progress toward wellness goals.
- Compliance with this policy.
- School meal participation.
- Nutrition promotion efforts.
- Physical activity initiatives.

Results shall be shared with the public.

Triennial Assessment
At least once every three years, Layton Christian Academy shall evaluate:
- Compliance with the Wellness Policy.
- Comparison of the policy to the Utah State Board of Education model policy.
- Progress toward meeting established wellness goals.

The assessment shall be documented and made available to the public.

Recordkeeping
Layton Christian Academy shall maintain records demonstrating compliance with this policy, including:
- Current Wellness Policy
- Documentation of annual public notifications
- Committee meeting agendas and minutes
- Membership lists

- Annual progress reports
- Triennial Assessments
- Documentation of policy updates
- Evidence of stakeholder participation

Records shall be retained in accordance with USDA and Utah record retention requirements.

Policy Review

This Wellness Policy shall be reviewed annually and updated as necessary.
The Wellness Committee shall recommend revisions to school administration for approval.

Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, Layton Christian Academy does not discriminate on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. The current USDA nondiscrimination statement shall be included on all required Child Nutrition Program materials as applicable.

Adoption

This Local School Wellness Policy was adopted by Layton Christian Academy on:
Date: 8/14/26
School Administrator: Gabriel J. Pettet
Signature: Gabriel J. Pettet
Food Services Director: 8/14/26 Laura Henderson
Signature: Laura Henderson

Appendix A- Annual Wellness Goals

Goal	Action	Responsible	Timeline	Measurement
Increase Fruit and Vegetable consumption	Offer a variety of fresh produce and conduct taste tests	Food Services Staff	Monthly	Menu records and student feedback
Fitness Tracking For elementary and jr high students	Test 1st month of school, incorporate repetition through PE class and test at end of the semester.	PE Teacher	Throughout the year. Final will be end of each semester	Fitness tracker spreadsheet.

Appendix B- Wellness Committee Membership

Child Nutrition Director: Lori Henderson

School Administrator: Chris Crowder

Principal: Gabe Pethtel, Kelsey Mills

Teacher Representative, Natalie Wardisiani

Parent Representative: Krystal Dean

Student Representative: Will be appointed in January