South Hills Middle School

Health and Wellness Plan

2016-17

1. Nutrition
   1. School Nutrition Program complies with federal, state and local requirements.
      1. Menus, lunch, ala carte, breakfast and meet portion size and nutritional value standards.
      2. School Nutrition Programs are accessible to all school children.
      3. All nutrition service personnel have pre-service and in-service training in nutrition and safe food service operations.
   2. School lunch periods are scheduled to allow students adequate and appropriate time to move through lines and eat and enjoy a full lunch.
   3. Vending machines have healthy food and beverage choices for students.
   4. All students receive nutrition education based upon the Utah State Healthy Lifestyles Core Curriculum.  Nutrition may be integrated into other content areas.
   5. School administrators have encouraged the use of healthy foods or non-food items as rewards for student accomplishment and for fund-raising.
2. Physical Fitness
   1. Students receive physical fitness instruction based upon the Utah State Healthy Lifestyles Core Curriculum.
   2. All fitness equipment, physical activity facilities and playground equipment is safe, properly maintained and frequently inspected.