

Paradigm Charter Schools

Local School Wellness Policy

2026–2027 School Year

Adapted from the Utah State Board of Education (USBE) Model Health & Wellness Policy (rev. 05/03/2024)

Customized to reflect Paradigm Charter Schools' 2026–2027 Policy Handbook

Statement of Policy

Paradigm Charter Schools is committed to the optimal development of each Scholar. This policy outlines Paradigm's approach to ensuring environments and opportunities for all Scholars to practice lifelong healthy habits that promote physical, mental, and social health.

Research shows that students who are physically, mentally, emotionally, and socially healthy during and after the school day have positive outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and test scores, lower absenteeism, and better academic performance. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high quality physical education, and extracurricular activities perform better academically.

Chronic health conditions affect about 25% of children and adolescents, with about 5% of children having multiple chronic health conditions. Some chronic health conditions such as asthma, diabetes, seizure disorders, and poor oral health can affect students during the school day and possibly impact their academic performance. Research demonstrates that 49% of students with asthma miss one or more days of school due to symptoms. Students with diabetes often face many challenges in school with monitoring and treating blood glucose levels, which can ultimately impact quality of life and school achievement. Research illustrates that students with seizure disorders may have difficulty with cognitive ability, academic performance, and scores on intelligence tests.

Research also shows that some chronic diseases can be prevented by eating well, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings. When systems support policy and create safe and healthy environments, Scholars shall excel in their academic learning.

Mental and physical health are equally important components of overall health and well-being. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental illnesses are conditions that affect a child's thinking, feeling, mood, or behavior. Depression, anxiety, bipolar disorder, attention deficit disorder, and schizophrenia are conditions that may be occasional or chronic and affect the child's ability to relate to others and function during the school day.

Mental illnesses are among the most common health conditions in the United States.

- 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.
- 1 in 5 Americans shall experience a mental illness in a given year.

A number of factors can contribute to risk for mental illness, such as:

- Early adverse life experiences (ACEs), such as trauma or a history of abuse (child abuse, witnessing violence, etc.).
- Experiences related to other ongoing chronic medical conditions such as cancer or diabetes.
- Chemical imbalances in the brain.
- Use of alcohol and other substances.
- Having few friends, feelings of loneliness and isolation.

Paradigm Charter Schools shall engage the community in supporting the work of the school in creating continuity between school and other settings for Scholars and staff to practice lifelong healthy habits. Paradigm shall establish and maintain an infrastructure for management, oversight, implementation, communication, and monitoring of this policy. The Paradigm community (including parents, Scholars, food service professionals, physical education teachers, school health professionals, community health partners, school nurses, the governing board, and administrators) shall be encouraged to participate in the development and assessment of the wellness policy. Paradigm may utilize a self-evaluation or planning tool to assess the effectiveness and quality of the policy. The policy will be made available to the public on our school website and in our annual registration packet.

Designated official: *Finance and Operations Director*

Nutrition

Paradigm Charter Schools is committed to providing meals to Scholars that offer an abundance of fresh fruits and vegetables, whole grains, and fat-free or low-fat dairy products, provide zero grams of trans-fat per serving, and limit saturated fat and sodium. Meal programs at Paradigm shall seek to help children develop lifelong healthy eating behaviors, support healthy choices, and improve overall student health and wellbeing through the following policies and practices.

Nutrition Education

- Nutrition education is taught as part of the Utah Core Standards for Health Education in middle school, and high school, consistent with R277-700.
- Nutrition curriculum is based on the Utah Core Standards for Health Education, which includes culturally and developmentally appropriate material.
- School nutrition services and health educators coordinate to link nutrition curriculum with activities in the cafeteria. The cafeteria is used to provide opportunities for Scholars to apply lessons from the classroom and adopt healthy behaviors.
- Nutrition education and training are provided to teachers and other staff to help model and encourage healthy behaviors.

School Food Culture

- Fresh fruits and vegetables, whole grains, and fat-free or low-fat dairy products are featured in school menus, are displayed in an attractive manner, and prepared appropriately.
- Food items available to Scholars through school meals, a la carte, vending machines, school stores, events, celebrations, fundraisers, concessions, etc. support healthy food choices and the goal of improving student health and well-being.
- All items sold to Scholars during the school day meet the USDA Smart Snacks in School nutrition standards. Questions regarding food-related fundraisers, school stores, etc. should be directed to the Food Service Department.

Paradigm-specific practice: Paradigm Charter Schools offers optional breakfast and lunch services to Scholars and families may also choose to provide meals from home. To minimize distractions and support healthy eating habits, Scholars may only eat meals in the lunch room and on school grounds — food and beverages are not permitted in classrooms, bathrooms, hallways, the library, or other instructional areas unless specifically authorized by school Administration. Water is permitted in clear, non-colored containers throughout the building except in the library and computer lab; students needing an exception for health reasons may receive approval from a school Administrator upon presenting a doctor's note. There shall be no advertising on Paradigm property that conflicts with health information provided through nutrition education and wellness efforts.

Eating Time

Paradigm Charter Schools recognizes mealtime as an integral time that allows Scholars to enjoy eating, explore and try healthy options, as well as socialize. At a minimum, Scholars are

provided 10 minutes for traditional breakfast and 20 minutes for lunch, excluding time to arrive at the cafeteria and wait in line.

Paradigm-specific practice: Breakfast service is available each school day from 8:00 a.m. to 8:25 a.m. in the school lunch room — exceeding the model minimum. Prep School and High School Scholars are assigned separate seating areas during breakfast, and microwaves may be available for student use subject to school supervision and safety guidelines. Accommodations are made for Scholars with medical needs such as diabetes and hypoglycemia.

Celebrations and Rewards

Paradigm Charter Schools promotes healthy eating habits and encourages the use of non-food incentives and rewards whenever possible. Food and beverages shall not be used as an incentive or reward for academic performance, achievement, participation, or behavior, nor shall food or beverages be withheld as a form of punishment.

The School recognizes that food can also be a natural part of celebrations, special events, and enjoyable school activities. Accordingly, food may occasionally be incorporated into celebrations or fun activities when appropriate; however, any food provided for these purposes shall be limited to items included on the School's approved Healthy Snacks List. Staff and parent groups are encouraged to prioritize non-food celebrations and rewards and will be provided with ideas for healthy, non-food alternatives.

The School may also provide free meals or lunches as an incentive or reward in appropriate circumstances. Such meals shall continue to comply with applicable school meal and nutrition standards.

The intent of this policy is to minimize the use of food as a behavioral or academic incentive while allowing for reasonable, healthy, and appropriate food experiences that support community, celebration, enhance class curriculum and positive school experiences.

Promotion & Marketing

Promotion of food and beverages on campus shall be limited to only items that meet the USDA Smart Snacks in School nutrition standards. Scholars shall receive consistent nutrition messaging across settings, including classrooms, gymnasiums, and cafeterias. Nutrition messages may be emphasized to Scholars using these strategies:

- Display posters in the cafeteria to promote healthy eating.
- Conduct taste tests with Scholars to promote healthy options, inform menu development, and garner enthusiasm around trying new foods.
- Promote nutrition programs and provide nutrition tips and snacks at interactive family events such as parent-teacher conferences.

- Host a health and wellness fair to bring in community partners and provide nutrition resources.
- Infuse nutrition messages into communication channels between Paradigm and households/community (newsletters, social media, website, etc.).
- Share short nutrition and physical activity tips during morning announcements.
- Allow Scholars to visit the water fountain throughout the school day and to carry water bottles in class; letters may be sent home to parents to encourage participation.

Special Diets

Paradigm Charter Schools is committed to providing all Scholars with the nutritious and safe meals they need to be healthy. In order to ensure that all children have an equal opportunity to participate in school meal programs, Paradigm shall:

- Design menus to accommodate cultural food preferences and common dietary requests, including allergies.
- Implement a written procedure to process requests for meal modifications.
- Create a team of individuals such as a 504 coordinator, school nurse, menu planner, foodservice director, teachers, aides, etc. that is tasked to:
 - Ensure each child with special dietary needs receives appropriate accommodations
 - Discuss and implement best practices
 - Safeguard student confidentiality
 - Protect children in situations where food is served outside the cafeteria, such as classroom parties
 - Involve parents and guardians in the process to prevent miscommunication

See USDA Guidance for more information.

Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. Paradigm Charter Schools may use a Comprehensive School Physical Activity Program (CSPAP) framework, with quality physical education as the foundation, physical activity before, during, and after school, and staff, family, and community involvement. These varied physical activity opportunities must supplement, not replace, physical education.

Physical Education

Paradigm Charter Schools shall provide Scholars with physical education using an age-appropriate, sequential physical education curriculum consistent with the Utah Core

Standards for Physical Education in middle school, and high school, consistent with R277-700. The physical education curriculum shall promote the benefits of a physically active lifestyle and shall help Scholars develop skills to engage in lifelong healthy habits, as well as incorporate health education concepts.

- All Scholars shall be provided an equal opportunity to participate in physical education classes taught by qualified teachers.
- All Paradigm secondary Scholars shall take a minimum of one physical education course in middle school and 1.5 credits of physical education in high school (R277-700); physical education class should be a minimum of 225 minutes per week.
- Paradigm's physical education program shall promote student physical fitness through individualized fitness and activity assessments and shall use criterion-based reporting for each Scholar.
- All physical education classes shall be taught by licensed teachers who are certified or endorsed to teach physical education.
- IDEA requires that each child with a disability participates with nondisabled children in these programs and activities to the maximum extent appropriate to the needs of that child. Physical education services, specially designed if necessary, must be made available to every child with a disability receiving a free appropriate public education. Paradigm must take steps to provide nonacademic and extracurricular services and activities, including athletics, in the manner necessary to afford Scholars with disabilities an equal opportunity for participation in those services and activities.

Paradigm-specific practice: Scholars are expected to wear Paradigm-issued P.E. clothing for P.E. classes; P.E. Mentors may modify this requirement if necessary.

Classroom Physical Activity Breaks

- Scholars may be offered periodic opportunities to be active or to stretch throughout the school day on all or most days of a typical school week.
- Teachers may provide short (3–5 minute) physical activity breaks to Scholars during and between classroom time at least three days per week.
- These physical activity breaks shall complement, not substitute, physical education, recess, and class transition periods.
- Paradigm may provide resources, tools, and technology with ideas for classroom physical activity breaks.
- Additional resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Active Academics

Teachers may incorporate movement and kinesthetic learning approaches into core subject instruction when possible (e.g., science, mathematics, language arts, social studies) and do their part to limit sedentary behavior during the school day. Paradigm shall support classroom teachers incorporating physical activity and kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources.

Before and After School Activities

Paradigm Charter Schools may offer opportunities for Scholars to participate in physical activity before and/or after the school day through a variety of methods, and may encourage Scholars to be physically active before and after school. For non-active activities and clubs, Paradigm may encourage movement breaks and healthy snacks.

Paradigm-specific practice: Paradigm periodically offers intramural sports tournaments for Scholars, designed to encourage broad participation, physical activity, and positive school engagement regardless of skill level or previous experience.

Active Transport

Paradigm-specific practice: Paradigm's South Jordan campus was selected in part to maximize accessibility for the surrounding community, with public transportation routes accessible in close proximity to the school. Paradigm facilitates voluntary carpooling by providing a carpool contact list upon request, and works with families unable to walk or use public transit to identify reasonable transportation options. Paradigm complies with all applicable state and federal laws governing transportation for Scholars with disabilities, including the IDEA, and provides transportation as a related service when required by a Scholar's IEP.

Health Promotion

Air Quality

All individuals are entitled to breathe healthy air and to be free of the adverse health effects of indoor and outdoor air pollution. The health, comfort, and learning environment of Scholars and staff are important aspects of the school. Air quality, both indoor and outdoor, is a critical component of providing a healthy and comfortable learning environment. Paradigm Charter Schools will:

- Minimize indoor air pollutants, which shall reduce the likelihood of health problems including asthma, respiratory infections, allergic reactions, and other health problems.

- Control temperature, humidity, and ventilation-associated problems, which shall foster Scholars' comfort and learning.
- Monitor outdoor air pollution and provide a safe alternative to outdoor recess on days with elevated levels of air pollution.
- Limit idling at drop-off and pick-up zones and post signage to remind parents and guests of idle-free zones.

Sun Safety

Paradigm Charter Schools recognizes Utah's high rate of skin cancer. In order to protect Scholars and staff, Paradigm shall use comprehensive sun-safe practices to best protect Scholars and staff from harmful sun exposure during school activities. Whenever possible, schools will:

- Promote sun safety habits like wearing hats, sunglasses, or applying sunscreen.
- Specify that uniforms or clothing worn for physical education, band, and sports limit exposure to the sun.
- Recognize that sun exposure can be an occupational hazard for employees who spend time outdoors and take steps to limit their exposure.

Paradigm commits to teaching sun safety standards as part of the Health Education Core Standards and utilizes vetted resources provided by the USBE. Students in Utah may apply sunscreen with written consent from a parent or legal guardian (Utah Code 53G-9-208); a student able to self-apply sunscreen may do so without additional authorization.

Health Screenings

Paradigm Charter Schools may participate in a variety of health screenings to identify Scholars who may be at risk for developing health-related conditions. Some of the optional screenings may include oral health, height and weight, and hearing. Vision screening in schools is mandatory in Utah (Utah Code 53G-9-404). Paradigm shall notify parents or guardians of all student health screenings and provide them with information on how to exclude their Scholar if the screening violates their personal belief.

Period Products

Paradigm Charter Schools will provide period products at no cost in all female and unisex restrooms (Utah Code 53G-4-413 and 53G-5-414).

Substance Misuse Prevention and Intervention

The use of alcohol, tobacco, and other drugs has been found to negatively affect the developing brain of youth. Teens who use alcohol, tobacco, and drugs face a higher risk for experiencing addiction later in life. Teen substance use correlates with school performance problems such as higher absenteeism and poor or failing grades, and can harm the parts of the brain that control attention, learning, mood, and impulse control. Schools can influence prevention through the establishment and enforcement of clear, consistent standards of conduct, prevention education and promotion, and the implementation of evidence-based programs.

Establish and Enforce Clear Standards of Conduct

Paradigm-specific practice: Paradigm Charter Schools does not tolerate the use, evidence of use, possession, or distribution of drugs, or party to behaviors related to alcohol or tobacco — including e-cigarettes and vape pens — or drug paraphernalia in dress, appearance, or language. Scholars may be expelled from school immediately for any of the above reasons, including having knowledge of or being party to the usage of the substances listed here. Scholars and staff are expected to report any related information to an Administrator; law enforcement will be involved as needed. Consistent with this standard, Paradigm shall distribute its rules of student conduct to staff, parents, and Scholars at least once a year and shall post signs to inform staff, Scholars, parents, and visitors that school property is an alcohol, tobacco, electronic cigarette, and other drug-free zone.

Substance Misuse Prevention

- Paradigm will ensure that a local board-approved Positive Behaviors Plan is implemented in each school and will regularly review the plan to determine if adjustments/enhancements should be made.
- Paradigm will ensure that an approved evidence-based underage drinking and substance abuse prevention program is provided to each 7th- or 8th-grade, and 9th- or 10th-grade Scholar (R277-910; Utah Code 53G-10-406). Utah's current approved program is Botvin's LifeSkills Training (LST).

Substance Use Intervention

When a designated educator has received a report of a substance use violation, they must report the violation to the Scholar's parent or guardian and determine if the violation needs to be reported to law enforcement. Paradigm recognizes that violations of substance use policies may be an issue of addiction, and education and cessation resources will be provided to the Scholar and parent/guardian. If a Scholar is found distributing controlled substances, imitation controlled

substances, or drug paraphernalia, they must be suspended or expelled from school (Utah Code 53G-8-205).

Paradigm-specific practice: Consistent with Paradigm's Safe School Offenses policy, suspensions and/or expulsions are reserved for offenses including any instance or evidence of drug possession, use, or undisclosed knowledge of or party to drug usage, whether tobacco, alcohol, or illegal drugs (Utah Code 53A-11-904/53G-8-205); law enforcement will be included as needed.

Paradigm has an updated policy regarding the confiscation and disposal of electronic cigarette products and follows Utah regulations regarding the proper disposal of nicotine products (Utah Admin. Code R315-260 through 262).

Injury Prevention

Paradigm Charter Schools staff shall be required to receive training and instruction on child sexual abuse prevention and awareness, responding to a disclosure of child sexual abuse, and mandatory reporting requirements, according to the Utah Child Sexual Abuse Prevention law (Utah Code 53G-9-207).

Paradigm-specific practice: Paradigm will notify parents of threats to commit suicide, as well as bullying, cyber-bullying, harassment, hazing, or retaliation, in accordance with Utah Code 53G-9-604.

Head Injury / Concussion Policy:

Paradigm seeks to provide a safe return to activity for all Scholars following any injury, but particularly after a concussion. In order to effectively and consistently manage these injuries, procedures have been developed to aid in ensuring that concussed Scholars are identified, treated, and referred appropriately, and are fully recovered prior to returning to activity.

Definitions

- “Agent” has the same meaning as described in Subsection 26-53-102(1) (encompassing anyone involved in organizing, managing, or sponsoring athletic activities, including coaches, teachers, and volunteers).
- “Free play” means unstructured Scholar play, games, and field days during school hours.
- “Head injury” means any injury to the head not described in Subsection 26-53-102(6), including a mild bump.
- “Physical education class” means a structured school class that includes an adult supervisor.
- “Sporting event” has the same meaning as described in Subsection 26-53-102(5) (organized athletic activities, including PE classes and official school sport team practices and games).

- “Traumatic head injury” has the same meaning as described in Subsection 26-53-102(6), including injuries to the head arising from blunt trauma, an acceleration force, or a deceleration force, with an observed or self-reported condition attributable to the injury such as transient confusion, disorientation, or impaired consciousness; dysfunction of memory; loss of consciousness; or signs of other neurological or neuropsychological dysfunction, including seizures, irritability, lethargy, vomiting, headache, dizziness, or fatigue.

Scholars Suspected of Sustaining a Concussion or Traumatic Head Injury

- Any Scholar who is suspected of sustaining a concussion or a traumatic head injury must be removed from the activity, including any sporting event.
- Scholars removed from the activity or sporting event are prohibited from continued participation until the Scholar is evaluated by a trained, qualified health care professional.
- In order to return to full activity, a Scholar must have a written statement from a trained qualified health care provider clearing the Scholar to resume participation in a sporting event.

Staff Training

All Paradigm agents, including coaches and physical education teachers, will receive training about concussions and traumatic head injuries, as well as appropriate responses to suspected head injuries, consistent with the law.

Parent Notification

- Paradigm will notify parents of Scholars who participate in sporting events annually of Paradigm's traumatic head injury policy.
- If a Scholar is reported to have experienced a head injury during school hours or a school-sanctioned activity, Paradigm will notify the parent.

Paradigm coaches, trainers, and officials should receive annual training on recognizing and responding to concussions in addition to the training described above.

Paradigm shall participate in the Student Injury Reporting System (SIRS), which allows schools to track injuries on school grounds during school hours or school-sponsored activities.

Staff Wellness

Paradigm will encourage staff to serve as positive role models for healthy eating and physical fitness, may promote work-site wellness programs, and may provide opportunities for regular physical activity among employees.

Paradigm shall have a location and allow schedules for anyone needing to express milk. The Federal Break Time for Nursing Mothers law requires employers covered by the Fair Labor

Standards Act (FLSA) to provide basic accommodations for breastfeeding mothers at work, including:

- Privacy for milk expression — a private, lockable office or an onsite designated lactation room with an electrical outlet, shielded from view and free from intrusion, other than a bathroom.
- Flexible breaks and work options — employees typically need to express milk about every three hours (two to three times during a typical workday), for about 15 minutes plus travel time, for up to one year after the child's birth.
- Support — a positive, accepting attitude from administrators and coworkers helps breastfeeding employees feel confident in their ability to continue working while breastfeeding.

Paradigm shall develop a Comprehensive School Physical Activity framework that allows staff to participate in or lead physical activity opportunities throughout the school day. An employee wellness program shall be implemented in each building to meet the unique wellness needs of school staff.

Chronic, Infectious & Acute Disease Management

Paradigm shall have at least one automated external defibrillator (AED) per school, examined monthly to ensure all components are working properly. A minimum of two school employees shall be certified in first aid and cardiopulmonary resuscitation (CPR), with at least one person certified in first aid and CPR on-site whenever school is in session (R392-200-9).

Illness Exclusion & Readmission (Paradigm-specific):

If a Scholar feels ill while at school, the Scholar will come to the Main Office. The school or Scholar will first attempt to notify the parent or legal guardian; if the parent/guardian cannot be reached, the school will contact other emergency contacts on record. In health emergencies, the school may also notify emergency personnel and administer aid in a manner administration deems best for the Scholar. The Scholar will wait in the Scholar Health Room until a parent or legal guardian checks the Scholar out of school. The school maintains first-aid supplies to assist with minor injuries.

Paradigm follows the 24-hour rule for common illnesses: a Scholar with a fever must be fever-free for 24 hours without fever-reducing medication before returning; a Scholar who has vomited or had diarrhea must be symptom-free for 24 hours; and a Scholar started on antibiotics must wait 24 hours after the first dose before returning. Scholars with a temperature/fever of 100.4°F (38°C) or higher are excluded until fever-free for 24 hours without fever-reducing medication; Scholars who are vomiting or have severe abdominal pain are excluded at first symptom until symptom-free for 24 hours.

Individualized Healthcare Plans

Any Scholar with a chronic health condition must have an individual healthcare plan (IHP) and/or Emergency Action Plan (EAP) kept in the Main Office. Before a school employee can attend to a scholar's specific needs, they need a completed IHP or EAP. The Utah Department of Health has created simplified IHPs and EAPs for use with Scholars who have the most common chronic health conditions (allergies, asthma, diabetes, seizures).

Beginning with the 2022–23 school year, Paradigm shall provide seizure awareness training to all teachers and administrators of Scholars with epilepsy; beginning with the 2023–24 school year, Paradigm shall provide seizure awareness training every three years for all school staff who interact with or supervise Scholars (Utah Code 53G-9-213).

Medication Management

Scholars shall be allowed access to medication during school hours by following Utah Code 53G-9-502, which requires prior parent/guardian and healthcare provider authorization.

Paradigm-specific practice: In order to administer medication, the school needs permission from the Scholar's parent or guardian. Parents whose Scholar needs medication periodically or consistently must complete the medication form available at the secretary's desk and provide medication marked with the Scholar's name and dosage instructions to be kept at the school. Otherwise, medication will only be given on an emergency basis, such as for a bee sting reaction.

Scholars are permitted by law to carry and self-administer medication for the following medical reasons, with a completed medication form and Emergency Action Plan submitted to the office for each:

- Severe allergic reactions, such as an Epi-pen
- Asthma, such as personal inhalers
- Diabetes, such as insulin-regulating medications
- Seizure medications (per arrangement with the school)

All other medication shall be stored in a locked location, with the exception of epinephrine auto-injectors and asthma rescue medication. Trained school employee volunteers can administer emergency seizure rescue medication (when appropriate) after proper authorization has been submitted, per Utah Code 53G-9-505.

Paradigm shall have at least one stock epinephrine auto-injector available as required by Utah Code 26-41-103, and each school may carry stock albuterol for use with a Scholar who has a known diagnosis of asthma by a healthcare provider, has a current asthma action plan on file, and is showing symptoms of an asthma emergency.

Paradigm-specific practice: Paradigm will have and maintain Epinephrine/"Epi-pens" to administer in emergencies when applicable due to a severe allergic reaction with the risk of anaphylactic shock. Designated school staff will be trained to administer epinephrine as need

may arise. Parents must give the school permission on their Scholar's medical form to administer the stock Epi-pen if their child does not have their own Epi-pen with them.

School personnel who administer medication to Scholars in good faith and in substantial compliance with the Medication Authorization Form signed by the health care provider are not liable, civilly or criminally, for any adverse reaction suffered by the Scholar as a result of taking the medication or the school's discontinuing the administration of the medication under these guidelines.

Opiate Overdose Response (Paradigm-specific addition)

Administration of opiate overdose medication — Narcan (naloxone) — may be lifesaving in the event of a drug overdose while at school. A school is an organization in a position to assist an individual who is at increased risk of experiencing an opiate-related overdose event (Utah Code 26-55-107). Narcan (naloxone) is an opiate antagonist medication for the diagnosis or treatment of an opiate-related drug overdose and may be administered to any person exhibiting the signs and symptoms of an opiate-related overdose event in the school or on school grounds, including respiratory depression or slow respirations and unresponsiveness to stimuli.

A person (other than a health care facility or health care provider) who acts in good faith to administer an opiate antagonist to an individual believed to be experiencing an opiate-related drug overdose event is not liable for any civil damages for acts or omissions made as a result of administering the opiate antagonist. School nurses will provide required training in proper administration of Narcan (naloxone), proper storage, and emergency follow-up procedures, and each school is required to have a minimum of two to three school personnel trained in the administration of Narcan (naloxone).

Medical Recommendations by School Personnel

Paradigm recognizes that decisions regarding a Scholar's medical care, mental health treatment, behavioral health evaluation, and use of medication are the responsibility of parents in consultation with qualified health care professionals. School employees may share factual observations regarding a Scholar's academic performance, behavior, health, or social interactions, and may refer Scholars to appropriate school personnel or respond to emergencies as permitted by law. School counselors and qualified mental health professionals may recommend, but not require, that a parent seek a behavioral health evaluation or treatment, and may provide parents with information about available providers upon request.

School employees may not recommend that a Scholar take or continue taking psychotropic medication, require medication as a condition of attending school, or recommend a specific psychiatric or psychological treatment. Employees also may not conduct mental health evaluations or screenings except as permitted by law, or make a child abuse or neglect report solely because a parent declines medication, treatment, or an evaluation for their child. Paradigm will provide training regarding these requirements, and intentional violations of this policy may result in disciplinary action in accordance with Utah law and school policy.

Mental Health

Mental health means a person's emotional, psychological, and social well-being, which can affect how a person thinks, feels, and acts, including how a person handles stress, relates to others, and makes healthy choices (R277-625).

Mental health is more than the absence of illness; it is an integral component of health and well-being. Paradigm Charter Schools understands the role mental health plays in the school context because it is central to Scholars' social, emotional, and academic success. When Scholars' mental health is supported, they are better able to learn, make decisions, build relationships, cope with life's challenges, and thrive.

Mental health exists on a continuum and is determined by a complex interplay of individual, social, and structural stresses and vulnerabilities. Promoting mental wellness and reducing mental illness for all Scholars is a priority that can be achieved by implementing school-based mental health policies and practices, categorized by prevention, identification, intervention, and recovery.

Prevention

Prevention efforts involve proactive strategies to increase Scholar well-being and reduce future mental health challenges by decreasing risk factors and increasing protective factors like resilience, feelings of safety, school connectedness, social-emotional competence, and developmental knowledge. Paradigm administers a School Climate Survey every other year per Board Rule R277-623 to understand stakeholder safety and connectedness perceptions.

Universal, Tier 1 prevention efforts include:

- Absenteeism, truancy, and dropout prevention — per Paradigm's Attendance Policy: parents notify the school to excuse absences within one week; Paradigm recognizes excused absences consistent with Utah Code 53A-11-101(9); parents may schedule up to 10 pre-approved absence days per year; the school contacts parents once excused absences surpass 10; and truancy citations are issued to habitually truant Scholars only after earnest and persistent efforts to resolve attendance issues (Utah Code 53A-11-101.7), with possible referral to juvenile court.
- Bullying prevention — per Paradigm's Bullying & Disrespect policy, developed consistent with R277-613 (LEA Policies and Training Regarding Bullying, Cyber-bullying, Hazing, Retaliation, and Abusive Conduct): all incidents or good-faith suspicions of bullying are reported to school personnel, a parent-accessible reporting resource is provided per Utah Code 53G-6-806 at www.paradigmschools.org/notices/, staff follow up with reporting families within 48 business hours, staff receive training on identifying and addressing bullying (including suicide prevention), and parents are notified of related threats per Utah Code 53G-9-604.
- Child sex abuse and human trafficking prevention — Staff training occurs annually

- Gang prevention — per Paradigm's Gang Prevention and Intervention policy, adopted consistent with Utah Code 53E-3-509 and Utah Admin. Code R277-436: staff report suspected gang activity to administration and law enforcement; Scholars who participate in gang activity may be excluded from extracurricular activities after consultation with law enforcement; gang-related property damage results in parent notification and administrative/law-enforcement action; and serious gang-related incidents trigger parent and guardian notification.
- Substance use prevention — see the Substance Misuse Prevention and Intervention section of this policy, above.
- Suicide prevention — Paradigm notifies parents of threats to commit suicide in accordance with Utah Code 53G-9-604; [a fuller documented suicide prevention, intervention, and postvention program — including annual QPR/Mental Health First Aid-style staff training — should be confirmed with the Wellness Policy Committee; see the Injury Prevention section, above, which is a state-law requirement.]

Education

Paradigm commits to teaching the mental and emotional health standards as part of the Health Education Core Standards in, middle school, and high school, and utilizes vetted resources provided by the USBE.

Identification

Mental Health Screening

Paradigm may provide mental health screenings for Scholars within the school setting for the purpose of identifying if a Scholar is experiencing, or is at risk of experiencing, issues related to the Scholar's mental health. Mental health screenings are NOT a diagnostic tool or process, or a system or process used by a Scholar's teacher to observe behavior for the purpose of targeted learning interventions.

According to Board Rule R277-625, mental health screenings may only screen for depression, anxiety, and suicidal ideation; no other mental health conditions may be screened. While behavioral screenings are not equivalent to mental health screenings, a screener that includes questions regarding depression, anxiety, or suicidal ideation falls under the mental health screening program and must adhere to the same policies. A list of up-to-date approved mental health screening tools can be found in the Approved Mental Health Screening Tool List. Paradigm follows the guidelines outlined within 53F-2-522 and R277-625 regarding Mental Health Screening.

Intervention

Paradigm only provides these services to Scholars upon written parental consent in accordance with 53E-9-203. Parental consent is not required when Paradigm staff believe a Scholar is at risk of attempting suicide, physical self-harm, or harming others; in those circumstances, staff

may ask the Scholar questions about suicidal thoughts, physically self-harming behavior, or thoughts of harming others for the purposes of referring the Scholar to appropriate prevention services and immediately informing the Scholar's parents.

Paradigm-specific safeguard: Consistent with the above, decisions regarding a Scholar's mental health treatment or behavioral health evaluation remain the responsibility of parents in consultation with qualified health care professionals. School counselors and qualified mental health professionals may recommend, but not require, that a parent seek a behavioral health evaluation or treatment. School employees may not conduct mental health evaluations or screenings except as permitted by law, and may not make a child abuse or neglect report solely because a parent declines an evaluation, medication, or treatment for their child. See also "Medical Recommendations by School Personnel," above.

Recovery

Students may need to leave school temporarily to access more intensive mental health support. Paradigm supports Scholars returning to school by partnering with community providers, parents, and the Scholar to develop a transition plan.

Law and Policy

The following state and federal statutes, administrative rules, and regulations inform this policy and are reproduced here unchanged from the USBE model policy, as required by law:

- 7 CFR 210.31 — Local Wellness Policy
- Utah Code 53G-7-1202 and 53G-4-402 — Safe Routes Plan
- The Federal Pro Children Act of 1994 — smoking prohibitions in educational facilities
- IDEA — Creating Equitable Opportunities for Children and Youth with Disabilities to Access Physical Education and Extracurricular Athletics
- Utah Code 26-38-2 — Utah Indoor Clean Air Act
- Utah Code 53G-4-413 and 53G-5-414 — Period products (public and charter schools)
- Utah Code 53G-9-213 — Seizure awareness training
- Utah Code 53G-10-406 — School-based underage drinking and substance abuse prevention program
- Utah Code 53G-10-407 — Positive Behaviors Plan
- Utah Code 53G-10-408 — CPR training requirement for students
- Utah Code 53G-9-204 — School nursing services
- Utah Code 53G-9-205.1 — Start Smart Utah Breakfast Program
- Utah Code 53G-9-208 — Sunscreen use and possession at school

- Utah Code 53G-9-502 — Administration of Medication
- Utah Code 26-53 — Protection of athletes with head injuries
- Utah Code 53G-9-702 — Suicide Prevention
- Utah Code 53G-9-703 — Parent education — mental health — bullying — safety
- Utah Code 53G-9-704 — Youth suicide training for employees
- Utah Code 53G-9-207 — Child sex abuse prevention
- Utah Code 26-55 — Opiate Overdose Response Act
- Utah Code 53G-9-404 — Public education vision screening
- Utah Code 26-41-103 — Stock epinephrine and stock albuterol
- R156-31b — Nurse Practice Act Rules
- R277-620 — Suicide Prevention Programs
- R277-700 — The Elementary and Secondary School General Core
- R392-200-9 — School Health and Safety (CPR/first aid certification)
- R277-613 — LEA Policies and Training Regarding Bullying, Cyber-bullying, Hazing, Retaliation, and Abusive Conduct
- R277-910 — Substance abuse prevention/intervention
- R277-625 — Mental Health Screening
- R277-623 — School Climate Survey
- 53E-9-203 — Parental consent
- 53F-2-522 — Mental Health Screening guidelines
- Utah Code 53G-8-205 — Suspension/expulsion for substance possession or distribution
- Utah Code 53G-6-806 — Bullying complaint reporting resource
- Utah Code 53G-9-604 — Parent notification of threats of suicide, bullying, and related conduct
- Utah Code 53E-3-509 and Utah Admin. Code R277-436 — Gang prevention and intervention
- Utah Code 26-55-107 — Opiate Overdose Response Act (school authority to assist)
- Utah Admin. Code R315-260 through 262 — Nicotine product disposal

Monitoring and Evaluations

Annual monitoring and evaluation of this Health and Wellness Policy is crucial to ensure its ongoing effectiveness and relevance.