Local Wellness Policy

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May 16, 2019

Dates Updated:
November 16, 2021
April 13, 2022
June 22, 2023
October 2, 2026

Wellness Policy Goals

Goal for Nutrition Promotion:

A. The district will encourage participation in school meal programs.
B. School meal program menus will be posted on the district website and in the front office.
C. 100% of foods and beverages promoted to students in NSLP meet the United States Department of Agriculture's Smart Snacks in Schools Standards.

Goal for Nutrition Education:

A. Nutritional Education is designed to provide students with the knowledge and skills necessary to promote and protect their health.
B. Nutritional Education is taught as part of the Practical Life emphasis.
C. Lessons will promote fruits, vegetables, whole grain products, low fat and fat free dairy, and food preparation methods.
D. Educational lessons will emphasize caloric balance between food intake and energy expenditure to include information regarding portion sizes.
E. Health Education teachers will provide opportunities for students to practice or rehearse the skills taught through the Practical Life curriculum.

Goal for Physical Activity:

A. Physical activity (including recess) should not be withheld for any reason.
B. Indoor/outdoor physical activity facilities and spaces will be open to students.
C. The Physical Education program will promote student physical fitness through collaborative fitness and activity assessments.
D. All teachers in the district will be required to participate in professional development.
E. The physical literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression, and social interaction.
F. All elementary school grades will receive physical education for at least 40 minutes per week.
G. K-5 Students will have two recesses per day.

Goal for Other School-Based Activities that Promote Student Wellness:

A. Students will comprehend concepts related to health promotion and disease prevention to promote wellness.
B. Students will demonstrate the ability to use decision making skills to enhance health.
C. Water will be available at all school sponsored activities.
D. The district wellness committee will have a staff wellness challenge annually to promote health and wellness.
E. The families will be informed and invited to participate in school sponsored activities promoting health and wellness.

Nutrition Standards

School Meals

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

A. All schools in the district will participate in the National School Lunch Program.
B. All meals will, at a minimum, meet the New Meal Pattern requirements.
C. Free, potable water will be available to all students during meal periods.
D. Meals will be accessible to all students.
E. Meals will be appealing and attractive to students.
F. Meals will be served in clean and pleasant settings.
G. Meals will meet or exceed the current nutrition requirements set by local, state, and federal statutes.
H. Students will be allowed at least 20 minutes to eat lunch.
I. The current catering company will create meal plans and will review the meal plans with a registered dietician or other certified nutrition professional.
J. School meals are served by the current catering company.
K. Students will be served lunch at a reasonable and appropriate time of day.
L. Students will be encouraged to bring and carry approved water bottles with only water in them throughout the day.
M. All foods served or distributed during the school day must adhere to the Arizona Healthy Schools Act. For this law, a school day is defined as midnight until 30 minutes afer the instructional day ends.

Competitive Foods and Beverages

A. N/A

Celebrations and Rewards

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines. From the Parent/Student Handbook:

- Academy Del Sol teachers have an opportunity to host two parties per year. Parents should contact their child's teachers for dates of selected parties. The room parents consult with classroom teachers and then organize refreshments and simple games or activities. The parties begin no earlier than 2:30pm, and last the remainder of the school day. These parties are an opportunity for children to socialize and share their family customs and traditions.

Treats should be healthy in nature, and must adhere to the guidelines set out in the Arizona Healthy Schools Act. Some examples of permitted party treats are:

- Cheezlts crackers
- Cheese (e.g. sliced, string, cubed)
- Fruit tray
- Vegetable tray
- Popcorn
- Graham crackers, whole grain
- Teddy Grahams, whole grain
- Yogurt (light or low fat, no artificial dyes)
- 100% juice (no Kool-Aid or punch)

Birthdays

- Your child is welcome to celebrate his or her birthday in school by bringing in a special snack to share with classmates at the end of the school day, provided the snack adheres to the Arizona Healthy Schools Act.
- For health and safety reasons, please do not send treats or "goodie bags". If you would like to send a birthday food treat to school, please see that it conforms to the district School Wellness Policy guidelines regarding healthy food choices and the Arizona Healthy Schools Act. IMPORTANT: non-nutritious food will NOT be permitted and should a family choose to send an unhealthy snack, Academy Del Sol staff will be advised to throw it out or send it home.
- Due to latex and other allergies experienced by staff and students, no balloons may be brought into the school building. All gifts, etc. must remain in the school office until dismissal at 3:35 p.m. in order to avoid classroom distractions.

Gum and Candy

- Gum and candy are NOT allowed on campus AT ANY TIME! Gum and candy products will be confiscated and disposed of. Additionally, those breaking this rule will be subject to a Wednesday detention.

These guidelines apply to (check all that apply):

☒School-sponsored events
☒Celebrations and parties
☒Classroom snacks provided by parents
☒Classroom rewards and Incentives

Fundraising

N/A

Food and Beverage Marketing in Schools

N/A

School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

A. *Describe frequency of meetings:* The Wellness Committee met quarterly to monitor the implementation of the Wellness Plan.
B. *Description of who the LEA permits to participate in the wellness policy process. (e.g. parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators):* Teachers, parents, school administrators, and other stakeholders are invited to participate in the Wellness Committee.
    a. Current committee includes:
        i. Quinn McCarthy (Executive Director)
        ii. Gwen McCarthy (NSLP Director)
        iii. Doris Riegert (Executive Assistant)
        iv. Griselda Vasquez (Health Aide)
        v. Melissa Carter (Principal)
        vi. Erica Wasmund (Instructional Coach)
        vii. Sheri Mendoza (Special Education Director)
        viii. Ruben Pratti (Physical Education Teacher/Athletic Director)
        ix. Leticia Durazo (Parent)
        x. Michelle Quinones (Parent)
C. *Description of how the public is notified that their participation is permitted:* Notices are posted on the district website.

Leadership

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

A. *The designated official for oversight of implementation at each school is:* Quinn McCarthy, Executive Director
B. *The designated official for convening the wellness committee is:* Quinn McCarthy, Executive Director

C. *The person designated for informing the public about the wellness policy is:* Gwen McCarthy, NSLP Director

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of the Wellness Policy

The district has a plan for implementation to manage and coordinate the execution of this wellness policy. The plan includes roles, responsibilities, actions and timelines specific to the district and includes information about who will be responsible to make changes.

Triennial Progress Assessments

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the District will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the District will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

The District will assess compliance and progress of their local wellness policy at least once every 3 years.

I. The District Compliance Officer will assess the extent to which schools under the jurisdiction of the district are in compliance with the Wellness Policy.
    A. The person responsible for this assessment is: Quinn McCarthy, Executive Director

The District will assess how their wellness policy compares to model wellness policies.

I. At quarterly meetings, a comparison to model wellness policies will be made and changes to the Academy Del Sol Wellness Policy will be discussed.
    A. The person responsible for this assessment is: Quinn McCarthy - District Compliance Officer

Revisions and Updating the Policy

The District will update or modify the wellness policy as appropriate. At quarterly meetings, a comparison to model wellness policies will be made and changes to the Academy Del Sol Wellness Policy will be discussed and updates will be made as necessary.

Policy will be updated when:

A. District priorities change
B. Community needs change
C. Wellness goals are met
D. New health science information emerges
E. New state or federal guidance are issued

Notification of Wellness Policy, Policy Updates and Triennial Assessment

The District will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

Describe how the LEA will make the district wellness policy available to the public:

A. Notices will be posted on the district website.

The annual progress reports and updates can be found at:

A. The district office
B. The district website

The District will make the Triennial Assessment available at:

A. The district office
B. The district website