



## **Local Wellness Policy**

To be adopted by the La Paloma Academy School Board

Heritage Elementary School is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements.
- Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available to the entire student body during the school day are consistent with the current Dietary Guidelines for Americans.
- All Foods made available to the entire student body adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.
- Administrators, parents, teachers, students, and our school nutrition personnel were involved in the creation of this wellness policy.
- The wellness policy will be implemented, monitored held to accountability and will have community engagement.

### **Nutrition Education and Promotion**

The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into health education or core curricula; and provides opportunities for students to practice skills and have fun.

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.
- Professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- Teachers will teach students about planning healthy meals, understanding and using food labels.
- The school cafeteria serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will involve sharing information with family and the broader community through our weekly school newsletter.
- Heritage Elementary School will provide nutrition information to families to encourage them to teach their children about health and nutrition.
- Students will be encouraged to start each day with a healthy breakfast.
- Teachers will promote healthy snack choices within their classrooms.

### **Physical Activity**

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Policies ensure that state physical education classes have a student/teacher ratio similar to other classes.
- Time allotted for physical activity will be consistent with research, national and state standards.
- Heritage Elementary School will provide a daily recess period, which is not used as a punishment or a reward.
- Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
- Physical education includes the instruction on individual activities as well as competitive and non-competitive team sports to encourage life-long activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- Heritage Elementary School provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families through our weekly newsletter that helps them incorporate physical activity into their children’s lives.

### **Child Nutrition Operations**

- The child nutrition program will aim to be financially self-supporting.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition programs.
- The food service director is properly qualified, certified and/or credentialed according to current professional standards.
- All food service personnel have adequate pre-service training in food service operations.
- Students are encouraged to start each day with a healthy breakfast.
- Students who received free or reduced-price meals and milk are not treated differently from other students.

### **Other School Based Activities**

- After-school programs will encourage physical activity and healthy habit information.
- Local wellness policy goals are considered in planning all school-based activities.
- Support for the health of all students is demonstrated through health screenings and helping children receive information to children’s health insurance programs.
- Drinking water and hand-washing facilities should be conveniently available for students at all times.
- All teachers remind students to wash their hands before eating lunch.

### **Nutrition Guidelines for All Foods on Campus**

- All foods made available on campus during the school day will comply with the current Arizona Nutrition Standards and Secretary of Agriculture:
  - Vending machines
  - Beverage contracts
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools.
- Nutrition information for products in snack bar, a la cart, vending and school stores is readily available.
- Families, teachers, students and school officials are engaged in choosing the competitive food selections for their local schools.
- Class or snacks feature healthy choices.

### **Parent, Community and Staff Involvement**

- A primary goal will be to engage family members, students, and representatives of the school food authority, the Governing Board, school administrators, and the public in development and regular review of this school policy.

### **School Wellness Committee**

- In each school, the principal will ensure compliance with established District-wide student wellness goals and will report on the school's compliance to the Superintendent.
- The District, and individual schools within the District, will, as necessary, revise the policy and develop action plans to facilitate their implementation.
- The committee will consist of the schools health clerk, physical education staff, food service director, parents and school administration.

### **Triennial Progress Assessments**

- The District will assess compliance and progress of their local wellness policy at least once every 3 years.
- A process report is/will be prepared after each meeting for the food service director.
- The District will assess how their wellness policy compares to model wellness policies.
- The District will update the wellness policy as appropriate.
- 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 policy.
- The District will make the Triennial Assessment available at the School front office.