

**LEA Name: Ed Ahead, Inc.**

**Local Wellness Policy**

Date Created: June 27, 2017

Last Updated: June 27, 2017

**I. Wellness Policy Goals**

*Goal for Nutrition Promotion:*

- *District encourages participation in meal programs as appropriate (School Breakfast & National School Lunch)*
- *School meal menu are posted on the school website*
- *Participation in meal programs is promoted to families*

*Goal for Nutrition Education:*

- *Nutrition education is taught in Kindergarten – 5<sup>th</sup> grade*
- *Teachers and other staff receive training in nutrition education*
- *Nutrition education is included in health education lessons or physical education and the following topics are covered:*
  - *Food guidance from MyPlate*
  - *Eating a variety of foods every day*
  - *Eating more fruits and vegetables and whole grain products*
  - *Accepting body size difference*
  - *Importance of water consumption*
  - *Importance of eating breakfast*
  - *Social influences on healthy eating, including media, family, press, and peers*
  - *Resisting peer pressure related to unhealthy dietary behavior*
- *Nutrition education includes experiential, hands-on learning experiences:*
  - *Cooking demonstrations*
  - *Taste testing*
  - *Promotion of new school menu items*
  - *School garden*

*Goal for Physical Activity:*

*Physical Activity:*

- *Physical activity is available for at least 30 minutes per day for all students*
- *Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) is not used or withheld as punishment for any reason*
- *The district provides teachers and other school staff with a list of ideas for alternative ways to discipline students*
- *To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active*
- *Schools ensure that inventories of physical activity supplies and equipment are known and, when necessary, work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible*
- *Students have opportunities to participate in physical activity before school*

- *Students have opportunities to participate in physical activity after school*

*Physical Education:*

- *Elementary students (grades K-5) in each grade receive physical education for at least 45 minutes per week*
- *Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education*
- *Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions*
- *Physical activity may not be substituted for any other class (i.e. dance, marching band, ROTC etc.)*

*Recess:*

- *Elementary schools provide at least 20 minutes of recess on all days during the school year, may be waived on early dismissal or late arrival days.*
- *If recess is offered before lunch, proper hand washing measures are in place.*
- *Recess is offered outdoors when weather is feasible.*
- *Recess is a compliment to not a substitute for physical education class.*
- *Recess monitors encourage students to be active.*

*Classroom Physical Activity Breaks and Active Academics:*

- *Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day on all or most days during a typical school week*
- *Teachers incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible to reduce sedentary behavior during the day*
- *Teachers serve as role models by being physically active alongside students whenever possible*

*Physical Activity Topics in Health Education:*

- *These 12 topics on physical activity are in the health education curriculum:*
  - *The physical, physiological, or social benefits of physical activity*
  - *How physical activity can contribute to a healthy weight*
  - *How physical activity can contribute to the academic learning process*
  - *Differences between physical activity, exercise and fitness*
  - *Phases of an exercise session including warm up, workout, and cool down*
  - *Decreasing sedentary activities such as TV watching*
  - *Opportunities for physical activity in the community*
  - *Preventing injury during physical activity*
  - *Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active*
  - *How much physical activity is enough, including determining frequency, intensity, time and type of physical activity*
  - *Social influences on physical activity including media, family, peers, and culture*
  - *How to resist peer pressure that discourages physical activity*

*Active Transport:*

- *Secure storage facilities for bicycles and helmets are present on school grounds*
- *Instruction on walking/bicycling safety is provided to students*
- *The number of children walking and/or biking to and from school is documented*

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

- *The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and the general community throughout the school year (i.e. the school provides information about nutrition and physical activity to parents throughout the year)*
- *Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts*
- *Electronic and non-electronic mechanisms are used to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts*

## **II. 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.

- All schools in the district will participate in the National School Lunch Program.*
- All meals will, at a minimum, meet the New Meal Pattern requirements.*
- Free, potable water will be available to all students during meal periods.*
- Additional standards include:*
  - Students are served lunch at a reasonable and appropriate time of the day*
  - Students have 20-30 minutes of seated time for lunch*
  - School participates in the school breakfast Program*
  - Students are served breakfast at a reasonable and appropriate time of the day*
  - Students have 25 minutes of seated time for breakfast*

### ***Competitive Foods and Beverages***

- Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. These guidelines apply to all foods sold in the following locations:*  
*Not applicable*
- List any additional criteria the district has established for competitive foods here:*  
*Not applicable*

### **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.

- g. Describe your standards for all foods and beverages provided, but not sold, to students during the school day:  
School-sponsored events and classroom snacks must meet the USDA's Smart Snacks in Schools guidelines  
For celebrations and parties, parents and staff will be provided a list of healthy foods and beverages.  
For classroom rewards and incentives, staff will be provided with a list of suggested non-food alternatives.*
  
- h. These guidelines apply to (check all that apply):*
  - School-sponsored events
  - Celebrations and parties
  - Classroom snacks provided by parents
  - Classroom rewards and Incentives

### **Fundraising**

- i. Describe your policy on food and beverage related fundraisers sold to students on school campus during the school day, including the frequency and duration of exempt fundraisers as appropriate:  
We do not have food and beverage related fundraisers available on school campus during the school day.*

### **Food and Beverage Marketing in Schools**

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines.

- j. Describe your policies for food and beverage marketing: We do not have food and beverage marketing on school campus.*
- k. Describe any additional policies for foods and beverages marketed to students: We do not have food and beverage marketed to students on school campus.*

## **III. 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: four times a year*

- 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):  
Parents, students, teachers, school board, school administrators (which includes the school food authority)*
- c. *Description of how the public is notified that their participation is permitted: notices sent home with students, notices posted on our website, notices posted on school campus*

**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.

- d. *The designated official for oversight of implementation at each school is: Patricia Campbell*
- e. *The designated official for convening the wellness committee is: Patricia Campbell*
- f. *The person designated for informing the public about the wellness policy is: Patricia Campbell*

**IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

**Implementation of the Wellness Policy**

- a. Describe the District's plan for implementation to manage and coordinate the execution of this wellness policy.  
By October 31, 2017 the District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan will delineate roles, responsibilities, actions and timelines specific to the school; and will include information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The school will use either the Action for Healthy Kids Game On Program or Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, to assist in creating an action plan that fosters implementation and generates an annual progress report.

**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.

- b. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
  - i. Provide a description of how the District will assess the progress made in attaining the goals of the District's wellness policy:  
The District will use the Local Wellness Policy Activity and Assessment Tool and the results from the school-level assessment (from the Action for Healthy Kids Game On Program or Healthy Schools Program online tools) to assess progress made.
  - i. (Optional) The person responsible for this assessment is: *Patricia Campbell*
  - ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.  
The District will use the Local Wellness Policy Activity and Assessment Tool and the results from the school-level assessment (from the Action for Healthy Kids Game On Program or Healthy Schools Program online tools) to assess the school's compliance.
    - i. (Optional) The person responsible for this assessment is: *Patricia Campbell*
- c. The District will assess how their wellness policy compares to model wellness policies.
  - i. Provide a description of how the District will compare their policy with the model policies.  
The District will use the Local Wellness Policy Assessment Comparison with a Model Policy tool provided by the Arizona Department of Education's Health and Nutrition Services Website
    - i. (Optional) The person responsible for this assessment is: Patricia Campbell

***Revisions and Updating the Policy***

The District will update or modify the wellness policy as appropriate.

- d. Describe how often the LEA will update or modify the wellness policy: annually

***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.

- e. Describe how the LEA will make the district wellness policy available to the public:  
District wellness policy will be made available to the public on our website.
- f. The annual progress reports and updates can be found at:  
<http://www.academyadventuresmidtown.com/>
- g. The District will make the Triennial Assessment available at:  
<http://www.academyadventuresmidtown.com/>