

# Southwest Leadership Academy

## Local School Wellness Policy

600.539 Health and Wellness: Updated 9.25.20

### Goals

Southwest Leadership Academy (SLA) is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Southwest Leadership Academy that:

- All students in grades 9-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- To the maximum extent practicable, the school will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, and Fruit and Vegetable Snack Program).
- The School will provide nutrition education and physical education aligned to the Arizona State Academic Standards to foster lifelong habits of healthy eating and physical activity. Procedure The school will develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

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### Nutritional Standards for Foods and Beverages Sold and Served on Campus

#### *School Meals*

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to students;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and

The School, to the extent practicable, will engage students and parents, through surveys, in selecting foods served through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, school will share the menus on the website, on cafeteria menu boards, placards, or other materials.

**Breakfast:** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- SLA will, to the extent possible, operate the School Breakfast Program.
- SLA will, to the extent possible, utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- SLA will notify parents and students of the availability of the School Breakfast Program.

**Free and Reduced-priced Meals:** SLA will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, school may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

**Meal Times and Scheduling:** SLA:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:35 a.m. and 12:45 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day.

**Qualifications of School Food Service Staff:** Qualified nutrition professionals will administer the school meal programs. As part of the school’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**Foods and Beverages will not be sold individually outside of reimbursable school meals.**

**Fundraising Activities:** To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food.

**School-sponsored Events (such as, but not limited to, athletic events, dances, or performances).**

Foods and beverages offered at school-sponsored events outside the school day will meet the nutrition standards for meals.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion:** Southwest Leadership Academy aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

**Integrating Physical Activity into the Classroom Setting:** For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents:** The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information, post links to nutrition tips on school websites, and provide nutrient analyses of school menus.

The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Staff Wellness:** Southwest Leadership Academy highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

#### **IV. Physical Activity Opportunities and Physical Education**

Physical Education (P.E.) 9-12: All students in grades 9-12, including students with disabilities, special health-care needs, and in alternative educational settings, will have the opportunity to take physical education class with at least one credit in physical education being required for graduation. Additional credits may be earned as an elective. Physical education will be taught by a physical education teacher.

**Daily Activity:** All students will have the opportunity for daily activity which is supervised, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

**Physical Activity Opportunities Before and After School:** To the extent practicable, the school will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

**School Wellness Committee**

***Committee Role and Membership***

SLA will convene a representative wellness committee (hereto referred to as the local wellness committee or work within an existing school health committee) periodically 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 (heretofore referred as “wellness policy”).

The local wellness committee membership will represent the school level and include (to the extent possible), but not be limited to: *parents and caregivers; students; representatives of the school nutrition program (e.g., school food manager); physical education teacher; school administrators (e.g., superintendent, principal, vice principal), school board members; and the general public.*

***Leadership***

The Principal or designee(s) will convene the local wellness committee and facilitate development of and updates to the wellness policy, and will ensure the school’s compliance with the policy.

<b>Name</b>	<b>Title / Relationship to the School or District</b>	<b>Email address</b>	<b>Role on Committee</b>
Greg Fowler	Principal and Wellness Policy Leadership	<a href="mailto:gregory.fowler@rop.com">gregory.fowler@rop.com</a>	Assists in the evaluation of the wellness policy implementation and revises, as necessary
Nancey Carter	Compliance Manager and Wellness Policy Coordinator	<a href="mailto:Nancey.carter@rop.com">Nancey.carter@rop.com</a>	Assists in the evaluation of the wellness policy implementation and revises, as necessary
Yolonda Jones-Weathersby	Kitchen Supervisor	<a href="mailto:yolonda.jones_weathersby@rop.com">yolonda.jones_weathersby@rop.com</a>	Assists in the evaluation of the wellness policy implementation

Evan Fertig	PE Teacher	<a href="mailto:Evan.fertig@rop.com">Evan.fertig@rop.com</a>	Assists in the evaluation of the wellness policy
Mike Gantt	Board Member	<a href="mailto:Mike.gantt@charter.net">Mike.gantt@charter.net</a>	Assists in the evaluation of the wellness policy

This wellness policy can be found at: [www.southwestleadershipacademy.com](http://www.southwestleadershipacademy.com).

**Annual Notification of Policy**

SLA will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. SLA will make this information available via the school website and/or school communications. Annually, SLA will also publicize information on how the public can get involved with the school wellness committee through the school website.

**Triennial Progress Assessments**

At least once every three years, SLA will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance with the local wellness policy;
- The extent to which the school’s wellness policy compares to a model policy (like the Alliance for a Healthier Generation’s model wellness policy or the State Model Wellness Policy); and
- A description of the progress made in attaining the goals of the school’s wellness policy.
  - Assessment will identify how the policy will be updated to add areas as needed, improve progress toward goals, etc.
  - Documentation of when and how the policy was evaluated will be maintained.

The position/person responsible for managing the triennial assessment and contact information is the **Principal and the Compliance Manager**.

The local wellness committee will monitor schools’ compliance with this wellness policy.

SLA will actively notify households/families of the availability of the triennial progress report through the school website.

**Revisions and Updating the Policy**

The local wellness committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as the school’s priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be**

**assessed and updated as indicated at least every three years, following the triennial assessment. Documentation of update will be maintained, such as attendance sheet, meeting minutes, etc.**