

LEA Name: Southwest Leadership Academy
Local Wellness Policy
Date Created: 09/16/2024

Wellness Policy Goals

- **Goals for Nutrition Promotion:** Menus will include nutrient content and ingredients.
- **Goals for Nutrition Education:** Incorporate media literacy education focused on food and beverage marketing.
- **Goals for Physical Activity:** Secondary students (grades 9-12) are required to take one physical education credit.
- **Goals for Other School-Based Activities that Promote Student Wellness:**
 - Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout a typical school day.
 - Encourage teachers to serve as role models by being physically active alongside students whenever possible.

Nutrition Standards

School Meals

- The school meal program aims 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 and Breakfast 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:
 - Schools shall provide varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans, including a variety of vegetarian and ethnic choices.
 - A variety of fresh fruits and vegetables will be available on all serving lines. Fruits and vegetables will be locally grown when available, in season, and economically feasible.
 - Breakfast will be offered to provide students with a nutritious start to the day, increasing student focus and attention in the classroom.
 - All school meals will be served in a clean, safe, and pleasant setting with adequate time provided for students to eat, at a minimum of 20 minutes.
 - Food will not be used as a reward or punishment for students.

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 on school campuses during the school day (from before school to half an hour after school).

- *Culinary arts courses may deviate from the guidelines but are encouraged to prepare and serve healthy foods. Nutrition education shall be a component of all culinary arts courses.*

Celebrations and Rewards

- *According to Arizona Law (ARS 15-242), all food and beverages served to students in grades 9-12 must meet the USDA's Smart Snacks in Schools guidelines.*
- *These standards apply to:*
 - *School-sponsored events*
 - *Celebrations and parties*
 - *Classroom snacks provided by parents*
 - *Classroom rewards and incentives*

Fundraising

- *All fundraising on school grounds involving food will need the approval of the Food Services Manager to ensure compliance with USDA Smart Snacks regulations.*
- *School club sponsors are encouraged to use nonfood fundraising alternatives.*

Food and Beverage Marketing in Schools

- *Food and beverage marketing is defined as advertising and other promotions in schools. It often includes 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.*
- *The cafeteria will reinforce healthy food messages in the dining area through nutritional bulletin boards, providing menu choices, nutritional information, and monthly wellness newsletters geared toward student interests (grades 9-12).*

School Wellness Committee

- *The district will convene a representative district wellness committee that meets quarterly 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.*
- *The committee consists of the cook or kitchen manager, physical education or health education teachers, athletics director or designee, school social worker, and education compliance manager. Parents and students may also be invited to attend by any committee member to assist in the review and update of the goals.*

Leadership

- *The designated official for oversight of implementation at each school is Roberto Rivera, Cook.*
- *The designated official for convening the wellness committee is Roberto Rivera, Cook.*
- *The person designated for informing the public about the wellness policy is Roberto Rivera, Cook.*

Implementation, Monitoring, Accountability, and Community Engagement

- *The superintendent or designee shall ensure school compliance with the adopted School Wellness Policy.*
- *Triennial Progress Assessments will evaluate compliance with the wellness policy and assess progress toward meeting the goals of the schools Wellness policy. This includes comparisons to the Alliance for a Healthier Generation's model wellness policy.*

Revisions and Updating the Policy

- *The SLA Wellness Committee will update or modify the wellness policy as appropriate and will inform families and the public annually of any updates and every three years about their compliance with the written wellness policy.*

Non-Discrimination Statement

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To File a Program Discrimination Complaint

A Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at [USDA Complaint Form](#), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- **Mail:** *U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20500-9410;*
- **Fax:** *(202) 690-7442;*
- **Email:** *program.intake@usda.gov.*

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