

LEA Name: Northern Arizona Academy
Local Wellness Policy

Date Created: 2/8/2023

Last Updated:

I. Wellness Policy Goals

Goals for Nutrition Promotion:

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

The LEA will participate in and promote NSLP and SFSP programs to the community.

Goals for Nutrition Education:

The LEA will offer a Health class covering Nutrition Education and offer cooking classes that instruct students on how to make healthy meals during Lunch and Learn.

The LEA will integrate weekly Nutrition Education into the SFSP.

Goals for Physical Activity:

The LEA will offer physical activities during field trips at least three times per year.

The LEA will offer physical activities during Lunch and Learn at least three times per trimester.

The LEA will offer physical activities weekly during the SFSP.

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

The LEA will offer Social Emotional Supports to students including a Behavioral Specialist and Counselor on site, Social Emotional Learning Modules, and referrals to community support.

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.

- 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. *Additional standards include:*
 - I. *Meals shall be appealing and attractive to students.*

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- II. *Surveys shall be taken each trimester to identify food appealing to students.*
- III. *Meals shall be served in a clean and pleasant setting.*
- IV. *Students shall be given a reasonable period of time to eat their meal without being hurried.*
- V. *Meals shall offer a variety of fruits and vegetables.*
- VI. *Students shall be offered options at mealtimes to encourage participation.*

Competitive Foods and Beverages

- a. Competitive foods are not to be sold at the school.

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.

- a. *Describe your standards for all foods and beverages provided, but not sold, to students during the school day:*

Food and beverages served to students in the 7th and 8th grade classrooms shall meet the USDA's Smart Snacks in Schools Guidelines including being 200 calories or less, having under 200 mg of sodium, total fat is less than 35% of calories, saturated fat is less than 0% of calories, trans fat is not present and total sugars are less than 35% by weight. Additionally, products must be a grain product consisting of 50% or more whole grain, have a first ingredient that is a fruit, vegetable, dairy or protein food.

- b. *These guidelines apply to (check all that apply):*

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

Fundraising

- a. *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:*
 - I. *Fundraisers may not take place during or within 30 minutes of food service times.*
 - II. *Fundraisers may not take place in the school kitchen.*
 - III. *Students may not be pressured in any way to take part in a fundraiser.*
 - IV. *Fundraisers may only be for the purpose of raising money for a school-related activity, supply or equipment that is accessible to all staff and students.*
 - V. *Food and beverages sold for a fundraiser are exempt from the USDA's Smart Snacks in Schools Guidelines.*

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.

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- a. *Describe your policies for food and beverage marketing:*
 - I. *Food and beverages are not to be marketed on 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: Once per year at the annual Board meeting in June.*
- b. *Description of who the LEA permits to participate in the wellness policy process): School board, school administrators, teachers, parents, guardians and students.*
- c. *Description of how the public is notified that their participation is permitted: The agenda shall be posted on the school website and Facebook page. Notification will be made via flyer sent home with students and via phone and email using School Messenger.*

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: Executive Director*
- b. *The designated official for convening the wellness committee is: Board President*
- c. *The person designated for informing the public about the wellness policy is: Executive Director*

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.

The NSLP Director shall familiarize themselves with the contents of the wellness policy and work in conjunction with the Campus Manager and NSLP staff to ensure that the wellness policy is executed.

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.

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- a. 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:
Goals in the policy shall be reviewed by the Executive Director and data reviewed to determine if the goals listed have been met.
 - ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.
The District is a single school site so compliance with the policy will be reviewed at the same time as the District review by the Executive Director.
- b. 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.
 - i. The Executive Director shall obtain a copy of the Alliance for a Healthier Generation's model wellness policy, the Smarter Lunched Scorecard and the Local Wellness Policy Activity and Assessment Tool and complete an assessment to submit to the Board.

Revisions and Updating the Policy

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

- a. Describe how often the LEA will update or modify the wellness policy: Yearly

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.

- a. Describe how the LEA will make the district wellness policy available to the public:
Post it on the school website.
- b. The annual progress reports and updates can be found at:
NAA 1300 Centennial Boulevard Taylor, Az in the Board Annual Meeting File
- c. The District will make the Triennial Assessment available at:
NAA 1300 Centennial Boulevard Taylor, Az in the Board Annual Meeting File

Date

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*mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;*

fax: (202) 690-7442; or

email: program.intake@usda.gov.

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Date