

LEA Name:
Local Wellness Policy
Date Created: July 2, 2024
Last Updated: July 9, 2025

I. Wellness Policy Goals

Goals for Nutrition Promotion: Participation in meal programs will be promoted to families. School meal program menus will be posted on the district website or individual school sites.

Goals for Nutrition Education: Nutrition education is incorporated into instructions through other subjects like math, science, language arts, social sciences and electives.

Goals for Physical Activity: Students are given opportunities for physical activity during the school day. All students in each grade will receive physical education for at least 60-89 minutes per week.

Goals for Other School-Based Activities that Promote Student Wellness: When possible, the school will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.

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. All schools will participate in the National School Lunch Program.
 - II. All schools will participate in the School Breakfast Program.
 - III. When possible, breakfast will be served in the classroom or via mobile grab and go carts
 - IV. Meals served will meet or exceed the current nutrition requirements established by local, state, and Federal statutes and regulations.

Competitive Foods and Beverages

- a. 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:*
 - a. N/A

- b.
- c.
- d.
- b. *List any additional criteria the district has established for competitive foods here:*
 - a. N/A
 - b.
 - c.

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:*
 Foods and beverages provided by the school generally follow USDA Smart Snacks guidelines. The school allows occasional birthday celebrations where families may bring in store-bought items such as cupcakes. These are not provided or sold by the school and happen only occasionally.
- 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:*
 The school does not hold food or beverage fundraisers during the school day. Fundraisers such as lemonade or snow cone sales take place after school.

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.

- a. *Describe your policies for food and beverage marketing:* The school does not display or distribute food or beverage marketing materials on campus.
- b. *Describe any additional policies for foods and beverages marketed to students:* N/A – The school does not market food or beverages to students.

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:* The wellness committee meets annually or as needed.
- 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):* School staff, administration, and parents are permitted to participate in the wellness policy process.
- c. *Description of how the public is notified that their participation is permitted:* The school notifies families through email and school communications.

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:* Tiffany Dudley
- b. *The designated official for convening the wellness committee is:* Tiffany Dudley
- c. *The person designated for informing the public about the wellness policy is:* Tiffany Dudley

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 wellness policy is managed by the Microschool Director, who ensures it is followed throughout the school. We review our meals, communicate with staff, and make sure wellness practices are part of daily school operations. The policy is reviewed each year.

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.

- 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:

The school has not yet completed the triennial wellness policy assessment because it has not been three years since implementation.
 - i. (Optional) The person responsible for this assessment is: **Tiffany Dudley**
 - ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.
 - i. (Optional) The person responsible for this assessment is:
- 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.

The school will check compliance with the wellness policy through an annual review completed by the Microschool Director. This includes reviewing meal service, wellness practices, and school activities related to nutrition and physical activity. Any issues will be addressed as needed, and the policy is reviewed at least every three years.
 - i. (Optional) The person responsible for this assessment is: **Tiffany Dudley**

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: **The school reviews the Local Wellness Policy every year. Any updates or changes are made as needed to keep it current and in compliance with USDA requirements. The policy is also formally assessed at least every three years**

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:

The Local Wellness Policy is shared with families through the school website and is available upon request.
- b. The annual progress reports and updates can be found at:

Annual updates are also posted on the school website and/or available upon request from the school office.
- c. The District will make the Triennial Assessment available at:

The triennial assessment are also posted on the school website and/or available upon request from the school office.

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*mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
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fax: (202) 690-7442; or

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