



# SOUTHGATE ACADEMY

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## SOUTHGATE ACADEMY Local Wellness Policy

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### I. **Wellness Policy Goals**

#### Goal for Nutrition Promotion:

*Southgate Academy's goal is to promote healthy lifestyles through various forms of media such as school website, newsletters, social media, handouts and presentations, this will also include the Smarter Lunchroom Techniques, participate in a Farm to School activity, and utilize community resources that are available.*

#### Goal for Nutrition Education:

*Southgate Academy aims to teach, encourage, and support healthy eating to students and staff.*

*Food guidance, food safety, physical activity, social influences on healthy eating, including media, family, peers, and culture will be provided during community events.*

#### Goal for Physical Activity:

*All students will participate in physical education that meets or exceeds state standards. Physical activities for K-6 grades will receive at least 30 minutes daily which includes 2 recess periods. Physical activities for 7-12 grades will receive a minimum of 45 minutes.*

*Southgate Academy recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time.*

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

*Southgate Academy will provide resources for staff to promote health and wellness. When feasible, Southgate Academy will offer professional learning opportunities to increase knowledge and skills promoting healthy behaviors in the classroom and school.*

*After school program will provide and encourage daily physical activities for participants.*

*During community events, Southgate Academy will promote the benefits of healthy eating and physical activity throughout the year.*

### II. **Nutrition Standards**

#### **School Meals**

8/8/2018

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 meals are accessible to all students and food will be served in a clean and pleasant setting.*
  - II. *Offer a variety of fruits and vegetables.*
  - III. *Participate in the Fresh Fruit and Vegetable Program*
  - IV. *Students will be allowed at least 20 minutes for breakfast and lunch.*

### **Competitive Foods and Beverages**

- e. *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:*
  - I. *All Gator Cafeterias*
  - II. *Classrooms*
  - III. *Field Trips*
  - IV. *Gator Events*
- f. *List any additional criteria the district has established for competitive foods here:*
  - I.
  - II.
  - III.

### **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:*

*Southgate Academy will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas, we will also provide parents a list of foods and beverages that meet Smart Snacks nutrition standards.*

*Southgate Academy will also provide teachers and staff a list of alternative ways to reward children.*

*Food and Beverages will not be used as a reward, or withheld as punishments for any reason, such as performance or behavior.*

- 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:*
- j. Only Foods and Beverages that meet or exceed the USDA Smart Snacks may be sold through fundraisers on the 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.

- k. Describe your policies for food and beverage marketing:  
Any foods and beverages marketed or promoted to students will meet or exceed the USDA Smart Snacks.*
- l. Describe any additional policies for foods and beverages marketed 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: 2 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):  
The wellness committee will represent the whole school community, this includes, parents, students, food service staff, PE teacher, Health teacher, administration, school board members, health aide, and the general public.*
- c. Description of how the public is notified that their participation is permitted: Southgate Academy will publish an annual report to share basic information about the school wellness policy. Assessment results will be provided. Southgate Academy will notify households/families of the availability of the annual report through the website and parent letter. The committee will update and/or modify the wellness policy based on results of the local wellness policy activity and assessment tool provided by the AZ Department of Education. Assessment will be completed and updated according to results every 3 years.*

## **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: Sylvia Calmelat, Superintendent.*
- e. *The designated official for convening the wellness committee is: Naomi Borboa*
- f. *The person designated for informing the public about the wellness policy is: Naomi Borboa*

## **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.  
Southgate Academy will convene the school wellness committee that will meet 2 times in August and March, to establish goals and review school health and safety policies and programs including the periodic review and update of the wellness policy.

### **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:  
Southgate Academy will utilize AZ Department of Education Local Wellness Policy Activity & Assessment Tool.
  - i. (Optional) The person responsible for this assessment is: Naomi Borboa
  - ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.

The superintendent and the Federal Programs Specialist shall be responsible for the implementation and monitoring of the *Southgate Academy School Wellness Policy* through teacher/staff meetings with agendas and sign in sheets.

- i. (Optional) The person responsible for this assessment is: Naomi Borboa
- 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.  
Committee to review the Alliance for a Healthier Generations Model Wellness Policy

- i. (Optional) The person responsible for this assessment is: Naomi Borboa

***Revisions and Updating the Policy***

Southgate Academy will update or modify the wellness policy as appropriate.

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

Southgate Academy will update/modify the wellness policy as needed, based on the needs of our school.

***Notification of Wellness Policy, Policy Updates and Triennial Assessment***

Southgate Academy 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:

Southgate Academy 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.

- f. The annual progress reports and updates can be found at:

[www.southgateaz.org](http://www.southgateaz.org)

- g. Southgate Academy will make the Triennial Assessment available at:

[www.southgateaz.org](http://www.southgateaz.org)