

Milestones Charter School – Local Wellness Policy

I. Wellness Policy Goals

Goal for Nutrition Promotion:

Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment. Schools in the district will:

- a. District encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.)
- b. Participation in meal programs is promoted to families
- c. Participation in farm to school activities
 - I. *Messages about agriculture and nutrition are reinforced throughout the learning environment.*
 - II. *Schools host a school garden*
 - III. *Schools host field trips to local farms*
 - IV. *Schools implement farm to table lesson plans*

Goal for Nutrition Education:

Nutrition education teaches behavior focused skills and may be offered as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to safeguard their health and make positive choices regarding food and nutrition, or nutrition education can be offered as sequential individual lessons throughout the school year.

- a. Schools teach Nutrition education through other subjects like math, science, language arts, social science and electives.

Goal for Physical Activity:

Physical activity is defined by the Centers for Disease Control and Prevention (CDC) as any bodily movement produced by skeletal muscles that result in energy expenditure. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles helps control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.

- b. Physical Activity
 - I. Schools will withhold physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) as a form of punishment for any reason.
 - II. To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active.
- c. Before and After School Activities
 - I. Schools provide students with opportunities to participate in physical activity before and/or after school
- d. Physical Education
 - I. Physical education programs promotes student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment).
- e. Recess
 - I. Recess monitors encourage students to be active
 - II. Recess is offered outdoors when weather is feasible
- f. Classroom Physical Activity Breaks and Active Academics
 - I. Teachers incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible to reduce sedentary behavior during the day.
- g. Physical Activity Topic in Health Education
 - I. Health education is required in all grade levels
- h. Active transport
 - I. *Safe or preferred routes to school are designated*
 - II. *Crosswalks on streets leading to school are used*
 - III. *Instruction on walking/bicycling safety is provided to students*
 - IV. *Crossing guards are used*

- V. *The number of children walking and/or biking to and from school is documented*
- VI. *Secure storage facilities for bicycles and helmet are present on school grounds*

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

- a. *School Sponsored Events*
 - I. *School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.*
- b. *Relationships with Community Partnerships*
 - I. *Local Businesses*
- c. *Community Health Promotion and Family Engagement*
 - I. *The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and general community.*
- d. *Staff Wellness and Heal Promotion*
 - I. *The district promotes staff member participation in health promotion programs.*
- e. *Professional Learning*
 - I. *The district offers annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.*
- f. *Other Activities to Promote Wellness*
 - I. *The district supports health fairs at 1 school per year.*

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. *Breakfast meals served meet the new meal pattern requirements including minimum requirements for fruits/vegetables, whole grain rich foods and 2 varieties of milk*
- e. *Additional standards include:*
 - I. *Students are served lunch at a reasonable and appropriate time of day*
 - II. *Meals are served in clean and pleasant settings*
 - III. *Meals are appealing and attractive to students*

Competitive Foods and Beverages:

- f. *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. *Vending Machines*
 - II. *School Stores*

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. *Parents receive a list of foods and beverages that meet the USDA Smart Snacks nutrition standards*
- 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. *The district allows infrequent, exempt fundraisers, where food sold on campus during the school day does not meet Smart Snack guidelines and complies with less than once a month and a duration of no more than 5 days.*

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.

- j. *All foods and beverages advertised on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition guidelines. These guidelines apply to:*
 - I. *Vending machine exteriors*
 - II. *School equipment such as marquees, message boards, scoreboards, busses etc.*
 - III. *Cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment.*
 - IV. *Poster, books covers, school supplies, displays etc.*
 - V. *Advertisements in school publications or mailings*
 - VI. *Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product*
- k. *As a district, school nutrition services, athletic director, PTO/PTA reviews existing contracts and considers new contracts, equipment and purchases, decisions reflect applicable marketing guidelines established by the Local Wellness Plan.*

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. *The District Wellness Committee will meet quarterly*
- b. *The DWC actively recruits representation from all school levels (elementary, middle, high), parents/caregivers, representative from school nutrition programs, physical education teachers and administrators*
- c. *The public is notified of their ability to participate in the district wellness committee by notices on the district website and information sent home via flyers*
- d. *The DWC has representation from all school levels, Parents/Caregivers, Representative from School Nutrition programs, Physical education teacher, Administrators, and dietary professionals*

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.

- e. *The designated official for oversight of implementation at each school is: Sharie Banbury*
- f. *The designated official for convening the wellness committee is: Sharie Banbury*
- g. *The person designated for informing the public about the wellness policy is: Sharie Banbury*

IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of the Wellness Policy:

- a. The designated official for oversight of implementation at each school will present the LWP to each schools lunch program representative by 8/31/2019. The schools representative will review that plan and work closely with the DWS designated official to ensure the plan is implemented in an appropriate amount of time. The designated official will report at quarterly meetings progress with implementation at each school. The DWS will assess during quarterly meetings if there are any procedures or concerns that need to be addressed in fully implementing the LWP at all schools.

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.
- c. The District will utilize the ADE Local Wellness Policy Activity and Assessment tool to assess the extent to which schools under the jurisdiction of the district are in compliance with the wellness policy, the extent to which the district's policy compares to the model policy, and a description of the progress made in attaining the goals of the district's wellness policy.
 - i. The person responsible for this assessment is: Sharie Banbury

Revisions and Updating the Policy:

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

- d. When District priorities change
- e. New state or federal guidance/standards are issued

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.

- f. By notices on the district website

V. Recordkeeping

The district retains the following documents to demonstrate compliance with the wellness policy.

- a. Written wellness policy
- b. Documentation demonstrating it has been available to the public
- c. Documentation of efforts to review and update the policy, including indication of who is involved in the update and the methods the district uses to make stakeholders aware of their ability to participate.
- d. Documentation to demonstrate compliance with the annual public notification requirements.
- e. The most recent assessment on implementation of the school wellness policy
- f. Documentation demonstrating the most recent assessment on the implementation of the policy has been made available to the public.