



Cochise Community Development
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Local Wellness Policy

To be adopted by the Cochise Community Development School Board

Cochise Community Development Corporation is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements.
- Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available to the entire student body during the school day are consistent with the current Dietary Guidelines for Americans.
- All Foods made available to the entire student body adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.
- Administrators, parents, teachers, students, and our school nutrition personnel were involved in the creation of this wellness policy.

Nutrition Education

The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into health education or core curricula; and provides opportunities for students to practice skills and have fun.

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.
- Professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- Teachers will teach students about planning healthy meals, understanding and using food labels.
- The school cafeteria serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will involve sharing information with family and the broader community through our weekly school newsletter.

Nutrition Promotion

- Berean Academy will provide nutrition information to families to encourage them to teach their children about health and nutrition.
- Students will be encouraged to start each day with a healthy breakfast.
- Teachers will promote healthy snack choices within their classrooms.

Physical Activity

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Policies ensure that state physical education classes have a student/teacher ratio similar to other classes.
- Time allotted for physical activity will be consistent with research, national and state standards.
- Berean Academy will provide a daily recess period, which is not used as a punishment or a reward.
- Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
- Physical education includes the instruction on individual activities as well as competitive and non-competitive team sports to encourage life-long activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- Berean Academy provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families through our weekly newsletter that helps them incorporate physical activity into their children’s lives.

Other School Based Activities

- After-school programs will encourage physical activity and healthy habit information.
- Local wellness policy goals are considered in planning all school-based activities.
- Support for the health of all students is demonstrated through health screenings and helping children receive information to children’s health insurance programs.
- Drinking water and hand-washing facilities should be conveniently available for students at all times.
- All teachers remind students to wash their hands before eating lunch.

Nutrition Guidelines for All Foods on Campus

- All foods made available on campus during the school day will comply with the current Arizona Nutrition Standards and Secretary of Agriculture:
 - Vending machines
 - Beverage contracts
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age-appropriate healthy food and beverage selections for elementary schools.
- Nutrition information for products in snack bar, a la cart, vending and school stores is readily available.
- Families, teachers, students and school officials are engaged in choosing the competitive food selections for their local schools.
- Class or snacks feature healthy choices.

Food Services - Nutrition

All food and beverages sold or served on the school grounds or at school-sponsored events during the school day shall meet the nutrition standards developed by the Arizona Department of Education (ADE), the United States Department of Agriculture (USDA) and federal government meal programs, including the following:

1. A la carte items in the food service program; and
2. Food and beverages sold in vending machines, snack bars and meal-period kiosks and at school stores.

The District shall adhere to the dietary restrictions delineated in the Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans published by the USDA, in accordance with the timelines established in 7 C.F.R. Parts 210, 215, 220, 225, and 226.

Beginning in the 2026-2027 school year, the District shall not serve, sell or allow a third party to sell ultra-processed foods on a school campus during the school day. Ultra-processed foods are defined in A.R.S. § 15-242.01.

The Arizona Healthy Schools Act defines ultra-processed foods as those with the following eleven ingredients:

potassium bromate;
propylparaben;
titanium dioxide;
brominated vegetable oil;
yellow dye 5 or 6;
blue dye 1 or 2;
green dye 3; or
red dye 3 or 40.

Foods of minimal nutritional value as defined in federal regulation shall not be served or sold during the normal school day on any campus unless expressly permitted by state or federal exemption, such as for the sale or distribution of any food or beverage item through fund-raising activities of students, teachers or educational groups when the items are intended for sale off the school grounds.

The District shall permit students, parents/legal guardians and community member to review food and beverage nutrition information.

The District shall provide modified meals for a student with food allergies or special food needs as an accommodation under Section 504 of the Rehabilitation Act.

The District may offer competitive foods if in compliance with federal and state statute. Competitive foods include a la carte, beverages, and snack food, including items dispensed by vending machines. All such foods must meet the nutrition standards published by the USDA.

Parent, Community and Staff Involvement

- A primary goal will be to engage family members, students, and representatives of the school food authority, the Governing Board, school administrators, and the public in development and regular review of this school policy.

Program Evaluation

- In each school, the principal will ensure compliance with established District-wide student wellness goals and will report on the school's compliance to the Superintendent.
- The District, and individual schools within the District, will, as necessary, revise the policy and develop action plans to facilitate their implementation.

School Wellness Committee

- In each school, the principal will ensure compliance with established District-wide student wellness goals and will report on the school's compliance to the Superintendent
- The District, and individual schools within the District, will, as necessary, revise the policy and develop action plans to facilitate their implementation.
- The committee will consist of the schools health clerk, physical education staff, food service director, parents and school administration

Triennial Progress Assessments

- The District will assess compliance and progress of their local wellness policy at least once every 3 years.
- A process report is/will be prepared after each meeting for the food service director
- The District will assess how their wellness policy compares to model wellness policies.
- The District will update the wellness policy as appropriate.
- 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 policy.
- The District will make the Triennial Assessment available at the School front office.

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition programs.
- The food service director is properly qualified, certified and/or credentialed according to current professional standards.
- All food service personnel have adequate pre-service training in food service operations.
- Students are encouraged to start each day with a healthy breakfast.
- Students who received free or reduced-price meals and milk are not treated differently from other students.

This institution is an equal opportunity provider.