



2021-2022 Wellness Policy Report

EAGLE College Prep Mesa



Our Wellness Goals



We met these goals:

- We continue to exceed the recommended Physical activity minutes per week
- Once our new playground comes in, we will have a safe place for our students to play and be active
- Our Cafeteria is bright and welcoming
- Our chilled water cooler is available for students to refill their water bottles throughout the day
- We have partnered with several Community programs to benefit our students and families such as Brainfood, Embry Health, and the Maricopa County Dental Sealant program

We are still working on these:



- ✘ We will continue to work on enforcing water only in the classroom (no juices, etc)
- ✘ We will work on developing a more comprehensive health program
- ✘ We will make better use of our hand washing stations
- ✘ We will better implement physical breaks (3-5 minutes) in the classrooms at least three times a week
- ✘ We will host a Walk to School Day at least once per year
- ✘ Foods/Beverages will not be used as rewards

District Wellness Committee
Actively recruiting!

- ✓ Meets each year about school health & safety
- ✓ Led by Alyse Birkemeyer, Operations Manager
- ✓ Designates a Wellness Committee to ensure that school uses the wellness policy

Current members include: *teachers, administrators, food services representatives, and parents*

To join, contact: Alyse.birkemeyer@eagleprep.org



Our District Wellness Policies

- ☐ EAGLE Mesa continues to meet or exceed meal standards set by the state
- ☐ EAGLE Mesa does not sell competing foods or drinks during the school day
- ☐ EAGLE Mesa does not have any marketing or fundraisers that compete with our Wellness policy
- ☐ EAGLE Mesa will continue to improve our classroom celebration standards

Planning, Tracking, & Sharing

- 📅 The Wellness Committee met March 16th and March 23rd, 2022. Committee was opened up to staff and families
- 📅 Our EAGLE Mesa Wellness Committee will host a Walk to School Day 4/27
- 📅 We have partnered with Banner Health and Embry Health for events to benefit our students and families
- 📅 The Local Wellness Policy is posted on our website
- 📅 We will share our Wellness Policy with families through Class Dojo and Infinite Campus



EAGLE College Prep Local Wellness Policy

EAGLE College Prep believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, equal, and health-promoting learning environments at every level in every setting throughout the school year. Research shows that two components – good nutrition and physical activity before, during, and after the school day – are strongly correlated with positive student outcomes.

Nutrition Promotion

All foods available during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools

Topic	Details
Food Service	EAGLE College Prep encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, After School Care Snack, Fresh Fruit and Vegetable Program etc.).
Food Service	Participation in meal programs is promoted to families.
Food Service	EAGLE College Prep menus' are available to students, staff & parents on a monthly basis.
Food Service	EAGLE College Prep will ensure all meals will, at a minimum, meet the New Meal Pattern requirements. Additionally, all meal options will take into consideration food allergies, and or religious beliefs.
	Free, potable water will be made available to all students during the meal period. <ul style="list-style-type: none">• Water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.• Students will be allowed to bring and carry approved water bottles with only water in them throughout the day.

<p>Smart Snacks</p>	<p>All foods and beverages made available on campus during the school day are to be consistent with the Arizona Nutrition Standards. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law.</p> <p>EAGLE College Prep will create procedures that address all foods (including Foods of Minimal Nutritional Value and Competitive Food Sales) available to students throughout the school day in the following areas:</p> <ul style="list-style-type: none"> • National School Lunch Program and School Breakfast Program Meals. • Vending machines and school stores. • Classroom parties, celebrations, fundraisers, rewards and school events. • Snacks served in after-school programs.
<p>Birthday Food Standards</p>	<p>Starting at the beginning of the 2022-23 school year, student birthdays are preferred to be recognized with non-food celebrations.</p> <ul style="list-style-type: none"> • This standard is in place to limit exposure to life-threatening allergens and protect family decision-making around foods consumed. • This does not apply to food for individual consumption (i.e., lunches/snacks brought from home). • A healthy birthday celebration ideas list will be created and distributed to teachers and parents as appropriate.
<p>Fundraisers</p>	<p>The USDA requires food fundraisers to meet Smart Snacks in Schools Standards, but allows exemptions.</p> <p>Learn more here</p> <p>EAGLE College Prep will allow exempt fundraisers that sell food that does not meet the USDA's Smart Snacks in Schools standards on the school campuses during the school day.</p> <ul style="list-style-type: none"> • Non-food or healthy fundraisers are highly encouraged. • Schools with groups, clubs, or other organizations wishing to conduct school-sponsored fundraisers that involve the sale of foods or beverages that do not meet the Smart Snacks Standards may do so by submitting a waiver request to ADE. <ul style="list-style-type: none"> - A school principal or designated representative of the school is permitted to submit the online https://www.surveymonkey.com/s/FundraiserExemption or by contacting Health and Nutrition Services Division at 602-542-8700. • A list of foods that are Smart Snack approved can be found here. • Nutrition information (label and ingredient list) for all foods sold as fundraisers must be documented and kept on file at the school site.

	<ul style="list-style-type: none"> - To ensure the food sold meets guidelines please use the Smart Snack Calculator: https://foodplanner.healthiergeneration.org/calculator/ • Records of exempt fundraisers will be required to meet auditing needs. • Food fundraisers (that meet the standards or are exempt) may be sold on the school campus during the school day EXCEPT during the meal service, and for a period beginning ½ hour prior to and until ½ hour after each meal service (Competitive Foods Law). • Pre-ordered foods that are not intended for immediate consumption (such as cookie dough) are excluded. • Foods sold only to adults are excluded.
Other Foods Offered Standards	All other foods provided, offered, or shared with students should be selected judiciously, taking into consideration the nutritional value of the food being served, EAGLE College Prep's goal of promoting healthy dietary habits, food allergies, and the frequency of use.
Marketing of Foods	Any food or drink marketed or promoted (e.g., posters, signs, coupons) on school property must meet the Smart Snacks Standards.
Farm to School	EAGLE College Prep is encouraged to participate in activities that foster a farm to school relationship, including but not limited to: <ul style="list-style-type: none"> • School hosts field trips to local farms.

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

Topic	Details
Nutrition Education	Schools are encouraged to integrate nutrition education into lessons, based on the school curriculum and as part of a comprehensive health education class. Click here for nutrition education resources.
	In order to reinforce and support nutrition education efforts, the guidelines will ensure that: <ul style="list-style-type: none"> • Consistent nutrition messages are disseminated throughout the schools, communities, homes and media.
	Health education lessons should include the following essential topics on healthy eating: <ul style="list-style-type: none"> • Relationship between healthy eating and personal health and disease prevention • Eating a variety of foods every day

- Balancing food intake and physical activity
- Risks of unhealthy weight control practices
- Importance of water consumption

Physical Education and Activity

The goals for physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including physical education, recess, walk-to-school programs, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

Topic	Details
Physical Activity	<p>EAGLE College Prep will strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <ul style="list-style-type: none"> ● Teachers and other staff members will serve as role models by being physically active alongside students whenever possible.
Physical Education	<p>EAGLE College Prep will provide students with formal, age-appropriate physical education, consistent with national and state standards for physical education.</p> <ul style="list-style-type: none"> ● Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
Elementary School-Physical Activity Minutes	<p>It is recommended that physical activity is available for at least 30 minutes per day for all elementary students.</p> <ul style="list-style-type: none"> ● Physical activity may include: exercise programs, fitness breaks, daily recesses, classroom physical activities, physical education classes.
Equipment	<p>To the extent practicable, EAGLE College Prep will ensure that its grounds and facilities are safe and that equipment is available for all students to be active.</p>

Prohibit Withholding of Recess	Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be used or withheld as punishment for any reason.
Before and After School Programs	EAGLE College Prep will encourage after-school programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos. Offer opportunities for physical activity before or after the school day through organized physical activities, intramurals, or access to facilities or equipment for physical activity.

Other-School Based Activities

The goal is to create a total school environment that is conducive to healthy eating and physical activity. EAGLE College Prep’s goal is to ensure whole-school integration with the wellness program. EAGLE College Prep will achieve the goal by addressing elements that include, but are not limited to, school meal times, dining environment, food as an incentive, marketing and advertising, and tobacco prevention

Topic	Details
Integrating Health Education into Lessons	EAGLE College Prep will encourage teachers to integrate health education into lessons, based on the school curriculum.

Implementation & Evaluation

A primary goal will be to regularly evaluate the effectiveness of this policy in promoting healthy eating and changing the program as appropriate to increase its effectiveness. The results of each evaluation, including the extent to which schools are in compliance, the extent to which the policy complies with federal regulations, and a description/summary of the progress made in attaining the goals of EAGLE College Prep, shall be made available to the public.

Topic	Details
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Implementation	<p>EAGLE College Prep has a plan for implementation to manage and coordinate the execution of this wellness policy.</p> <ul style="list-style-type: none"> ● The plan includes roles, responsibilities, actions and timelines specific to each school and includes information about who will be responsible to make changes. ● Schools used a specific tool (ADE's LWP Assessment Comparison with a Model Policy). ● The wellness policy and progress reports are posted online.
Assessment of Wellness Policy and Practices	<p>At least once every three years, EAGLE College Prep will evaluate compliance with the Local Wellness Policy. This will include:</p> <ul style="list-style-type: none"> ● The extent to which EAGLE College Prep is in compliance with the policy. ● A description of the progress made in attaining the goals. ● The person responsible for managing the triennial assessment. ● EAGLE College Prep will actively notify households of the availability of the triennial progress report.
Recordkeeping	<p>EAGLE College Prep has a plan for retaining records to document compliance with the wellness policy. Documentation kept on file may include:</p> <ul style="list-style-type: none"> ● Written local wellness policy ● Documentation demonstrating it has been made available to the public ● 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 ● Documentation to demonstrate compliance with the annual public notification requirements ● The most recent assessment on implementation of the school wellness policy ● Documentation demonstrating the most recent assessment on the implementation of the policy has been made available to the public.
Healthy Schools Liaisons	<p>The School Operations Manager will be the main contact for information and resources related to the wellness policy, assessment, and resources.</p>
Revisions and Updating the Wellness Policy	<p>EAGLE College Prep will update or modify the wellness policy based on the results of the triennial assessments.</p> <ul style="list-style-type: none"> ● Policy will be updated when: <ul style="list-style-type: none"> ○ School priorities change, ○ Community needs change, ○ New health science information emerges ○ New state or federal guidance/standards are issues
Annual Notification of Policy	<p>EAGLE College Prep will actively inform families and the public each year of basic information about the policy, including its content, updates, and implementation status. EAGLE College Prep will make this information available via the school website and/or school-wide communications.</p> <ul style="list-style-type: none"> ● Communications may include: <ul style="list-style-type: none"> ○ As much information as possible about the school nutrition environment. ○ Summary of the school's events and activities related to wellness policy implementation. ○ Publication of the name and contact info of the officials leading the wellness committee. ○ Information about how the public can get involved.

**Community
Involvement,
Outreach and
Communications**

EAGLE College Prep is committed to being responsive to community input. EAGLE College Prep will actively communicate ways in which others can participate in the development, implementation and periodic review and update of the policy through a variety of means appropriate for the district.

- EAGLE College Prep will inform parents of:
 - Improvements to school meals standards
 - How to apply for meal benefits
 - A description of and compliance with the Smart Snacks in Schools nutrition standards
 - Updates to the policy at least annually
 - Annual and triennial reports and assessments
- EAGLE College Prep may use:
 - Email
 - Notices on school website
 - Newsletters
 - Social Media
 - Presentations to parents
 - Sending information home
 - Communications will include culturally and linguistically appropriate language.