# American Leadership Academy

## Local Wellness Policy

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Last Updated:1/10/25

## I. Wellness Policy Goals

*Goals for Nutrition Promotion:*

- *School meal programs menus will be made available to students and parents, to promote participation to families.*
- *Outreach information regarding the breakfast program and meals at each campus will be posted at each campus for families to learn the benefits of healthy meals.*
- *The Offer vs. Serve method is used at each campus, and allows students more options to choose from each day and promotes better nutrition through offering a wide variety of options.*
- *Cost and Nutrition benefit analysis will be conducted to determine if it is in the best interest of the students and the District to implement the NSLP program to any ALA campuses who are contracted with for FY25. Parents and Students will also be surveyed to provide additional data to assist with this decision.*

*Goals for Nutrition Education:*

- *Nutrition education will be conducted in grades K-12, via integration in other subjects, such as math, science, language arts, social sciences, and/or electives.*

- *Teachers will receive training and nutrition education resources.*
- *Chartwell will provide additional information the Academic Team can embed in curriculum maps for teachers to address nutritional responsibility and the importance of exercise daily.*
- *The Academic Team will utilize flex days to embed nutritional and active lifestyle discussions within the lesson being taught.*

*Goals for Physical Activity:*

- *Two recess periods are provided to K-3 students, in accordance with Arizona Revised Statute 15-118. By FY20, at least two recess periods during the school day will be provided for K-5.*

- *K-3 has three recesses beginning in the morning, lunch, and ending with an afternoon recess*
- *4-6 has two recesses, a morning and lunch recess*

*Goals for Other School-Based Activities that Promote Student Wellness:*

- *District Staff (Health, Federal Programs, Marketing) coordinate to send out information to parents at least quarterly on School-based activities & health related topics via blogs, mailers, email blasts, fliers in backpacks, etc.*
- *Staff related initiatives: Quarterly CPR and first aid clinics are available to staff members through the health department, free flu shot clinics, Wellness Newsletters monthly via HR, wellness rewards program offered through, annual Benefits info mtgs. with all staff that provides insight into the various health care plans available, and additional resources available to employees.*
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## 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. Certain 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. This is met with water fountains which are free.*

*d. Additional standards include:*

1. *District encourages participation in meal programs as appropriate. School menus are posted on the district website or individual school sites as well as the nutrislice app (website for Nutrislice is https://alaschools.nutrislice.com/)*
2. *School utilizes promotions or special events (such as the San Tan Valley Farmer's Market, Schnepf Farms, Vertuccio Farms, etc.) to highlight local/regional products.*
3. *District incorporates Move More White Milk Smarter Lunchroom program.*
4. *Nutrition education includes experiential, hands on learning, such as student input and sampling of school menus on an annual basis. Food Management Company will introduce Mood Boost, Try it, and Discovery kitchen, among with other activities.*

***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. A la Carte*

*b. In student stores*

*C. Food Trucks*

b. *List any additional criteria the district has established for competitive foods here:*

*a. N/A*

***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:*

- *Smart Snack guidelines and a list of recommended food items that parents may send for snacks and/or classroom celebrations are distributed to families at the beginning and middle of each school year. Snacks brought into campus that do not adhere to Smart Snack guidelines are discouraged. Only Smart Snack eligible snacks are provided to students at NSLP sites for school-sponsored events and/or classroom rewards/incentives.*

*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***

*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 District allows for infrequent, exempt fundraisers (ex: PTO sponsored fundraisers), where food sold on campus during the school day does not meet Smart Snacks guidelines and complies with the following: ice pops may be sold during warm weather provided they have a high water content and are not sold prior to lunch.*

***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 statement 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: No food/beverage marketing is allowed, with the exception of vending machine exteriors (only at non-NSLP campuses)*

**III.** *Describe any additional policies for foods and beverages marketed to students: Offer vs. Serve Infographics displayed in cafeterias at all NSLP sites, information at the beginning of the year regarding what Offer vs. Serve is, Move more Milk info, and general menu nutritional information.*

## IV. 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 District Wellness Committee meets once per 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 District Wellness Committee actively recruits representation from: all school levels, parents/caregivers, students, representative from School Nutrition Programs and contractors, Physical Education teachers, Health Education Teacher, School Health Professionals, local Mental/Social Services staff, Administrators, School Board Members, Health Professionals and Public Health, and the general public.*

*FY19 Committee Members Include:*

*McKenzie Buck-Friis - Director of Health Services*

*Dawn Torres-Rivas – Food Program Director*

*Maddie Gomez - School Food Programs Coordinator*

*Michelle Repacito – Chartwells Resident District Manager*

*Lori Francis-Kelly – Chartwells Executive Chef*

- *Description of how the public is notified that their participation is permitted:*

*The Public is notified of their ability to participate in the District Wellness Committee via newsletters, emails sent from the SIS (Infinite Campus) or notices on the District website.*

***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: Dawn Torres-Rivas and McKenzie Buck-Friis*

*b. The designated official for convening the wellness committee is: Dawn Torres-Rivas*

*c. The person designated for informing the public about the wellness policy is: Dawn Torres-Rivas, Maddie Gomez, and Melody Hudson*

## V. 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.

a. *The District conducted an assessment prior to developing an implementation plan. The Alliance for a Healthier Generation Healthy Schools Program was utilized. The district is developing a plan for implementation to manage and coordinate the execution of this wellness policy at each school.*

2. *Annual review & revisions conducted with Wellness Committee- policy modification as necessary*

***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:

i. *The District will survey staff to evaluate the extent to which schools are in compliance with the wellness policy*.

ii. (Optional) The person responsible for this assessment is:

1. Local Wellness Committee Members in collaboration with campus directors?

ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.

*i. The District will provide a description of the progress made in attaining the goals of the district's wellness policy. The LWP Committee will have a person designated to take minutes of this review and disseminate results to faculty, parents and students.*

ii. (Optional) The person responsible for this assessment is: Local Wellness Committee Members

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.

i. *The District will utilize the LWP Activity Assessment Tool to determine the extent to which the district's policy compares to the model policy.*

ii. (Optional) The person responsible for this assessment is: Local Wellness Committee Members.

***Revisions and Updating the Policy***

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

- Describe how often the LEA will update or modify the wellness policy:
  - *Policy is updated when appropriate, including when District priorities change, community needs change, wellness goals are met, new health science information emerges, and/or 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.

a. Describe how the LEA will make the district wellness policy available to the public:

1. *The Board Approved LWP will be added to the District and site websites upon approval in January 2019.*

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

1. *The annual progress reports will be uploaded to the www.alaschools.org by December of each year, beginning in December of 2019. Email blasts will also be sent to all enrolled families by December of each year with an attachment provided to download the latest update/report.*

c. The District will make the Triennial Assessment available at:

1. www.alaschools.org *(The first triennial assessment will be conducted in FY22).*

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*To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:*

*mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights*

*1400 Independence Avenue, SW*

*Washington, D.C. 20250-9410;*

*fax: (202) 690-7442; or*

*email: program.intake@usda.gov.*

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