Local Wellness Policy

Purpose: American Charter Schools Foundation d.b.a. Alta Vista High School is dedicated to providing a healthy eating environment and instilling the importance of physical activity.

Nutritional Requirements:

- The school will participate in the National School Lunch Program (NSLP) and School Breakfast Program.
- Food served on campus will meet all Nutritional Standards designated by the USDA.
- All students will receive healthy, well balanced meals at no charge.
- Students will be given adequate time and encouraged to eat breakfast and lunch in a clean comfortable environment that will protect them from outside elements.
- Lunch meals served meet the new meal pattern requirements including minimum requirements for fruits, vegetables (and subgroups), whole-grain rich foods, meat/meat alternates and 2 varieties of milk.
- Food and beverage items sold and served during the school day must comply with the Smart Snack standards established by the USDA. Smart Snacks Product List
- Students will have access to free, safe, and fresh drinking water throughout the school day.
- The school will provide skim and 1% milk to students.
- School does not sell competitive foods or beverages during lunch serving times.
- School will provide hand sanitizers throughout the campus.
- School personnel encourages students' participation in the National School Lunch Program (NSLP).

Education Requirements:

- At the school, nutrition education shall be integrated within the comprehensive health education curriculum.
- The school, not just the classroom, shall support the nutrition education program and be linked to the school meal program.
- School wide, Nutritional Standards, Meal Patterns and Nutrition Facts Labels will be incorporated into the designated 30 min Home Room (Lobo Time) a minimum of once every 10 weeks.
- The school will provide nutrition education through the use of the schools announcements, bulletin boards and website including but not limited to: menus, dietary requirements, and wellness policy,
- School Stakeholders will be provided the opportunity to give feedback on wellness goal progress through School Health Advisory Council (SHAC), e-mail or open house events.

- AVHS directly involved in the National School Lunch Program (NSLP) participate in annual USDA Professional Standards training for food and nutrition services.

Education & Physical Activity:

- Classes that focus on 410 minutes of physical health and nutrition are made available to all students in all grade levels. These courses promote the importance of:
    - Daily physical activity and healthy eating habits
    - Wellness
    - Nutrition- Eating disorders
    - Growth & Development
    - Consumer Health decisions and Nutritional Fact Label education

- All students in grades 9-12 shall receive a daily supervised lunch break that provides an opportunity for 33 minutes to eat lunch and engage in physical activities chosen by the student.
- The Dance and Weight Classrooms shall be open a minimum of three times per week for students to participate in afterschool physical activity.
- The school collaborates with local gymnasiums to provide athletic opportunities such as basketball and soccer.
- The school ensures that the grounds and facilities are safe and that equipment is made available to all students to engage to physical activity.

Promote Student Wellness:

- The school's health advisory council (SHAC), will develop, monitor, review and revise the Local Wellness Policy annually. The SHAC, which may consist of the NSLP coordinator, parents, students, school administrators, Health Education Instructors, Board Members, and community members who will serve as a resource to the school for implementing these policies.
- The school transportation route times ensure that students have an opportunity to eat breakfast before the first class of the day begins.
- The school will provide nutrition education that promotes student wellness through the use of the schools announcements, bulletin boards and website including but not limited to: menus, dietary requirements, and wellness policy,
- For fundraising purposes, student clubs must follow Smart Snack Standards and adhere to after school sale times only.
- All foods and beverages advertised on the school campus design the school day meet or exceed the United States Department of Agriculture (USDA) Smart Snacks and School Nutrition Guidelines. These guidelines apply to vending machines.
- Vending machines are not available for purchase during Breakfast or Lunch serving times.

- The School allows infrequent, exempt fundraisers where food sold on campus does not meet Smart Snack guidelines but complies with the following:
    - The School submits the Specially Exempted Fundraiser in Arizona Schools request to the Arizona Department of Education for all school related fundraisers intended for consumption on the school campus during the school day.

Policy Recommendations:

- Policy recommendations comments and suggestions can be submitted via e-mail to Svetlana Shakhova (NSLP Coordinator) or at the annual School Health Advisory Council (SHAC) meeting.
- Students have the opportunity to complete the AVHS Breakfast/Lunch Program Survey Annually where they can provide input regarding food favorites and recommendations.

Implementation and Monitoring:

- To ensure implementation of the Local Wellness Policy, the policy will be posted on the school's website. Svetlana Shakhova (NSLP Coordinator) will be responsible for monitoring policy implementation and distributing pertinent information to the school.
- The School Principal will ensure compliance of the Local Wellness Policy.
- Stakeholders are notified of the opportunity to participate in meetings facilitated by the School Health Advisory Council (SHAC) using the following methods: school newsletters and school messenger and school website.
- The School's Health Advisory Council (SHAC), will develop, monitor, review and revise the Local Wellness Policy annually. The school principal will work closely with the SHAC to recruit a diverse group of stakeholders which may consist of the NSLP coordinator, parents, students, school administrators, Health Education Instructors, Board Members, and community members who will serve as a resource to the school for implementing, reviewing and revising the School's Wellness Policy.
- The School's Health Advisory Council (SHAC) will use the Wellness School Assessment Tool (WellSAT) to evaluate state and federal compliance as well as the quality of the school's wellness policy.
- The Wellness School Assessment Tool Report will be posted on the school website.
- The School's Local Wellness Policy and Triennial Assessment results will be posted on the school website and made public. Content, updates, modifications and implementation status will be noted. The School Newsletter will be aligned to include the same information noted on the school website.