

**Center for Academic Success School District
Douglas, Arizona**

School Wellness Policy

The Center for Academic Success adopts this school wellness policy with the following commitments to nutrition, education, and physical activity.

A. Nutrition Education

Goal:

Nutrition education shall be integrated into Health Curriculum taught in first through twelfth grade. Nutrition education incorporates national and state developed standards designed to promote and protect student health. Students can demonstrate their knowledge of nutrition concepts by applying skills in a variety of settings.

Program components:

1. Each site will form a wellness committee to facilitate nutrition education and promote physical activity. These committees will work with the school Food Service director to coordinate school wide wellness activities. The committee will be responsible for submitting an annual summary of wellness activities to the Superintendent.
2. Classroom teaching (Arizona Department of Education state standards) . Examples to include: Benefits of nutrition on overall health and wellness; disease prevention as part of health; reading and writing about food and nutrition in language arts; calculations of nutritional values of food in math; gardening and components of food in science; presentation of food in art, etc.
3. Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. The program shall engage families as partners in their children's education.

B. Professional development:

1. Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned.

Preparation and professional development activities shall provide basic knowledge and nutrition, combined with skill practice in program specific activities and instructional techniques and strategies designed to promote healthy eating habits.

2. School instructional staff shall collaborate with registered dietitians, agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students shall receive appropriate orientation to the relevant policies of the school/district.

C. Coordination of Programs

The food service program shall be closely coordinated with nutrition instruction. The school cafeteria shall serve as a learning environment to allow students to apply critical thinking skills taught in the classroom. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals. The Arizona Department of Education Health Education Standards shall be implemented throughout the entire school environment.

D. Nutrition-Related Health Problems and Modified Diets

1. School support services and health services staff shall consistently promote healthy eating to students and other staff. These professionals shall be prepared to recognize and accommodate conditions such as obesity, eating disorders, food allergies and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.

2. The school food service program will comply with USDA's disability requirements for modified diets. The school food service program is strongly encouraged to meet ethnic dietary requests as recommended by USDA.

Healthy School Environment

1. All schools in the Center for Academic Success District will participate in the National School Lunch and School Breakfast Programs. Food served in school cafeterias will meet the Nutrient Standards established by USDA. The Nutrition and Wellness staff will provide snacks that meet the federal nutrition guidelines to after school programs as appropriate.
2. Students will be given adequate time to eat lunch.
3. All foods and beverages made available on campus (including concessions, student stores and fund raisers) during the school day will be consistent with the USDA Dietary Guidelines for Healthy Americans. Vending machines with foods of non- nutritional value will not be allowed on campus.
3a: Effective immediately, all snacks served or sold at the Center for Academic Success will follow the Smart Snacks/ Competitive Foods Standards in Arizona.

D. Physical Activity Requirements

Recess and physical activity in the school setting is a critical component of a healthy lifestyle. Physical education programs will be implemented to encourage physical activity. Including, but not limited to, recess and before and after school programs. High school will provide other physical education opportunities in addition to the one year graduation requirement.

E. Implementation and Monitoring:

The goals, objectives and guidelines for the Center for Academic Success Wellness Policy will be reviewed annually. Recommendations by the policy teams may be based on, but not limited to, changing conditions, more effective techniques and proven strategies, and new objectives when

needed; and all changes will ensure that the guidelines reflect emerging scientific knowledge relevant to children's health.

A copy of this Wellness Policy is available to the public and all stakeholders upon request. Copies can also be picked up at any Center for Academic Success administration office, or visit our website www.casschools.org.