



Happy Valley School

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www.happyvalleyschool.org

★ *Character* ☆ *Leadership* ★ *Academic Success*

School Wellness Policy



Happy Valley School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Happy Valley School will provide nutrition information and physical education opportunities that foster lifelong habits of healthy eating and physical fitness.

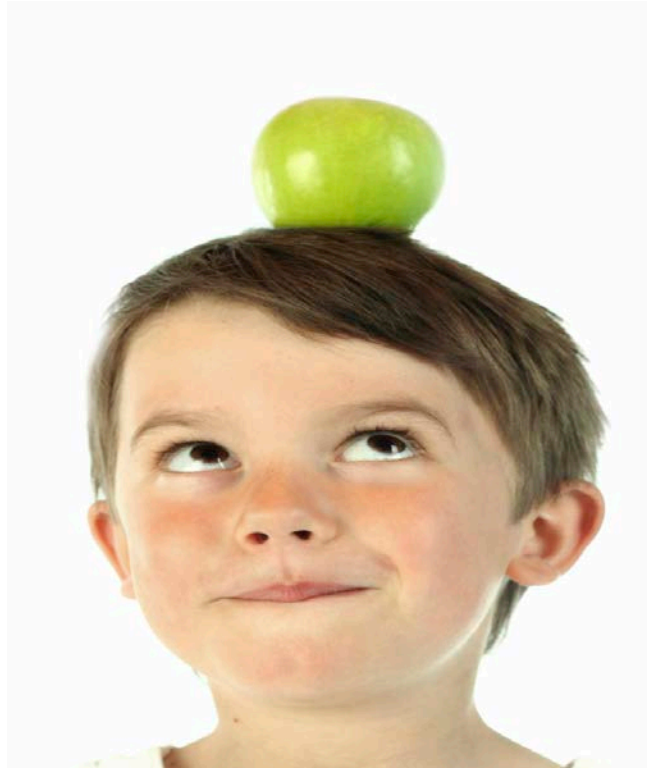
Good health fosters student attendance and education.

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

A healthy diet should consist of the five main recommendations from the Food Guide Pyramid.

Participation of the entire school community is essential to the development and implementation of successful school wellness policies.

1. Nutrition Education



- a. Nutrition and healthy living skills shall be taught as part of the regular instructional program. Opportunities will be provided for all students to understand and practice the concepts and skills related to good nutrition, health promotion and disease prevention.
 - i. Promote fruits, vegetables, whole grain products, low fat dairy products, healthy food preparation methods, and health enhancing nutrition practices.
 - ii. Avoid low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.
- b. Food and beverages served at school shall meet the nutrition standard set forth by Arizona Department of Education.
- c. School will provide parents/guardians with information regarding healthy food/beverages.
- d. Teachers will be encouraged to use non-food items as reward.

2. Physical Activity



- a. Students in Kindergarten through 6th grade shall participate in daily physical activity that enables them to achieve and maintain a high level of personal fitness.
- b. The School shall provide a daily supervised recess period.
- c. The school will ensure that all the recreational amenities are safe, clean and accessible to all students.
- d. The School shall sponsor an annual field day event for all students. Faculty, staff and parents will be encouraged to participate.
- e. Faculty, staff, school administrators, food service professionals, parents and students will be encouraged to serve as a roles model by practicing healthy physical activity habits.

3. School-based Activities to Promote Wellness



- a. Students shall be provided with the opportunity for physical activity through the after school sports program.
- b. Students will have adequate time to eat lunch, relax, and socialize.
- c. School will reduce competition with the nutritionally-balance school meals and enhance student safety.
 - i. Vending machines, school stores, and snack bars will not include low-nutrition foods and beverages.
 - ii. Students are not allowed to leave the school grounds during lunch unless otherwise authorized to do so.
- d. The teachers will be encouraged to use non-food items or healthy snacks as a reward in the classroom.
- e. Food safety will be a key part of School Nutrition operation.
- f. Dining area will be clean, safe and attractive.

4. Goals



- a. Monthly excellence party with Principal is ice cream with one scoop of fruit. Office manager and Principal both attend the monthly party to ensure what is served under control.
- b. The School Principal will send out reminders to teachers and continue to encourage either non-food items or healthy food as reward in class. School Principal holds training sessions and nutrition will be one of the topics covered at each meeting.
- c. HVS website will include a “notice of meeting” regarding the LWP that will inform parents, students, and others in the community that a meeting was held to update and review the LWP. LWP may be viewed by stopping in the front office of HVS.
- d. School Nurse will be designated as our LWP Compliance Coordinator to help ensure all school staff is promoting a healthy environment and all goals are being recognized & met.

5. Monitoring and Evaluation:

Wellness Committee Members

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|-------------------|----------------------------------|
| James C Born | Principal |
| Nancy Seid | Child Nutrition/NSLP Coordinator |
| Laurie Fiedler | Food Service Manager |
| Austin Montgomery | Physical Education Teacher |
| Cindi Gould | Teacher |
| Karen Olson | School Nurse/Compliance of LWP |
| Vanessa Douglas | Staff |
| Lilianna Quintero | Staff |
| Katie McCoy | Student |
| Jacob Wetzel | Student |

The School Wellness Team will meet at least annually to evaluate the effectiveness of policy and make any revision deemed necessary. The school wellness team will invite faculty, staff, parents and students to provide input which they feel would be instrumental in improving the overall wellness program. All input provided will be taken into consideration and evaluated by the school wellness team.

END OF POLICY

Annual Meeting held February 25, 2016 at 3:30 with all committee members present.

Updated Policy added to website www.happyvalleyschool.org