



Happy Valley School  
Local Wellness Policy  
Last Updated: September 2020

I. Wellness Policy Goals

*Goal for Nutrition Promotion:*

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 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.

### ***Goal for Nutrition Education:***

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.

- Promote fruits, vegetables, whole grain products, low fat dairy products, healthy food preparation methods, and health enhancing nutrition practices.
- Avoid low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.
- Safe Food Handling
- 100% participation in the 6<sup>th</sup> grade healthy recipe contest.
- “my plate” was used as training tools to build and promote healthy eating habits.
- Promote healthy hydration and importance of water.

Food and beverages served at school shall meet the nutrition standard set forth by Arizona Department of Education. School will provide parents/guardians with information regarding healthy food/beverages. Teachers will be encouraged to use non-food items as reward.

### ***Goal for Physical Activity:***

Students in Kindergarten through 8<sup>th</sup> grade shall participate in daily physical activity that enables them to achieve and maintain a high level of personal fitness. The School shall provide two daily supervised recess periods. The school will ensure that all the recreational amenities are safe, clean and accessible to all students. The School shall sponsor an annual field day event for all students. Faculty, staff and parents will be encouraged to participate. Faculty, staff, school administrators, food service professionals, parents and students will be encouraged to serve as a role models by practicing healthy physical activity habits.

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

Students shall be provided with the opportunity for physical activity through the after-school sports program, when offered.

5-8<sup>th</sup> grade students have the opportunity for physical activity through the after school running club.

Students will have adequate time to eat lunch, relax, and socialize.

Students are not allowed to leave the school grounds during lunch unless otherwise authorized to do so.

The teachers will be encouraged to use non-food items or healthy snacks as a reward in the classroom.

Food safety will be a key part of School Nutrition operation.

Dining area will be clean, safe and attractive.

## **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. All 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.*

### ***Competitive Foods and Beverages***

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: N/A -We do not sell any other food or beverages.*

### ***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.

### ***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 statements 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.

*National School Lunch is purchased online directly from the caterer. Menus are posted on the online ordering website. Menu meets all NSLP guidelines.*

### III. School Wellness Committee

#### *Committee Role and Membership*

The school will convene a wellness committee annually 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.

*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, and school administrators):*

*Principal -Jeannine McDonald*

*NSLP Director -Nancy Seid*

*Food Service Manager -Laurie Lovett*

*Physical Education Teacher -Jaye Albertson*

*Teacher -Amy Gillette*

*School Nurse -Heather Tibbett*

*Parent –Christi McCoy*

#### *Leadership*

The school 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.

*The designated official for oversight of implementation at each school is: Jeannine McDonald*

*The designated official for convening the wellness committee is: Nancy Seid*

*The person designated for informing the public about the wellness policy is: Susan Heim*

#### IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

##### *Implementation of the Wellness Policy*

Wellness committee will meet annually to review policy and make any changes needed.

##### *Triennial Progress Assessments*

At least once every three years, the LEA must assess their wellness policy. To accomplish this, the school will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the Wellness policy.

The school will assess how their wellness policy compares to model wellness policies.

##### *Revisions and Updating the Policy*

The school will update or modify the wellness policy as appropriate. LEA will update or modify the wellness policy annually unless needed sooner.

##### *Notification of Wellness Policy Meeting*

The school will inform families and the public each year of any updates to the wellness policy and any committee meetings via school website.

## SAMPLE HEALTHY RECIPE CONTEST LETTER:



Dear 6<sup>th</sup> grade parents,

Your student is invited to participate in a healthy recipe contest. In health class, we have discussed ways to keep our bodies healthy. Our first few classes we discussed ways we can manage our feelings, emotions and stress and how a healthy diet plays a role in how we act and how we feel each day. We then directed our focus towards the skeletal system and how important it is to protect our bones during activities and sports. Moving right along into the muscular system we played games and the students practiced labeling their muscles.

The students were taught the importance of learning to maintain a healthy body, and how it is important to eat healthy and choose healthy options. My hope is that your child will learn healthy options while putting together his/her recipe and at the same time using their creativity from the 5 basic food groups and having fun too. A great resource is [www.MyPlate.gov](http://www.MyPlate.gov).

Attached is the recipe card for the contest. Please turn in your recipe card by September 11<sup>th</sup>. Once all cards are received they will be judged by Mr. Born and myself. The winner will receive a \$25.00 gift card to Sprouts and your recipe will be published in the Eagle Gazette.

Although I would LOVE to try each one of the recipes, only the recipe card is turned in. If you have any questions, please feel free to email me.

Thank you and happy creating!

Mrs. Albertson

## SAMPLE JUMP ROPE FOR HEART LETTER:

This program teaches heart-healthy habits. This is a fun way to teach kids how to have fun and exercise their hearts at the same time. The Jump Rope For Heart program is implemented once a year and each grade level participates. The kickoff event is one full week during the students PE class. Students participate by rotating through different jump rope stations.



## ***JUMP ROPE FOR HEART-American Red Cross***

Contact: Morgan Porter 602-414-5361 (cell) 602-350-5511

School Contact: Jaye Albertson PE/Health Department 623-376-2900

1. Set up planning meeting with coordinator to confirm dates and materials
    - Plan day of assembly (preferably a half day)
    - Plan kick off week (Event takes place in PE class for one week)
    - Letters on how to donate go home the day of assembly
    - JRFH coordinator to drop off letters ready for teacher's boxes day before assembly
    - Thank you gifts will be mailed to the school prior to event (Att: school coordinator)
  
  2. Set up assembly time (2 assemblies 20 min. in length only)
    - Coordinate with music teacher for audio and projector
    - K-3
    - 4-7
  
  3. School coordinator will be registered and ready for 1<sup>st</sup> donation one week before event
  4. School coordinator will distribute thank you gifts to classrooms 2x a week
  5. Top fundraisers will be able to eat a healthy lunch with the school Principal
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- No money is collected at the school. Online donations ONLY
  - Login: [www.Heart.org/Jump](http://www.Heart.org/Jump)
  - Determine an amount for school goal (2017-2018 school year was \$1,800)



## SAMPLE PERSONAL BEST DAY:

The SPARK Personal Best Day is designed to help children track their fitness progress over time. The three fitness assessments test their aerobic capacity, strength in their abdominals and endurance in upper body movement.

The PBD is performed four times per school year. Our first Personal Best Day will start October 2018. The grade levels who performed the test were grades 1-7. The tests will be performed every other month.

The object is to improve each time and set personal goals for the future. After each test is conducted we discuss, as a class, ways to improve their own personal goals and how it is important to maintain healthy habits.

See Score Card -Next Page



# PERSONAL BEST DAY

## MY PERSONAL BEST PROGRESS & GOALS CARD

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_ TEACHER: \_\_\_\_\_

	DATE	DATE	DATE	DATE	DATE
Curl-up Challenge (# done in 1 minute)					
Push-up Challenge (# done in 30 seconds)					
9-Minute Run Challenge (# laps plus extra cones)					

**GRADES 3-6**

	DATE	Things I Did Well	Things I'd Like To Do Better	My Goal For The Next Personal Best Day	Things I Can Do To Help Me Reach My Goals
Curl-up Challenge	PBD #1				
	PBD #2				
	PBD #3				
	PBD #4				
	PBD #5				
Push-up Challenge	PBD #1				
	PBD #2				
	PBD #3				
	PBD #4				
	PBD #5				
9-Minute Run Challenge	PBD #1				
	PBD #2				
	PBD #3				
	PBD #4				
	PBD #5				