

Arlington Elementary School Dist. 47

Wellness Policy 2025-2026

Revised July 2025

A. Nutrition Requirements

1. Arlington Elementary School will participate in the National School Lunch and School Breakfast Programs. Food served in school cafeterias will meet all Nutrient Standards established by the USDA.
2. Students will be given adequate time to eat breakfast and lunch, and this schedule will be supported by our bus schedules.
3. Foods sold or served during the traditional school day must comply with the Arizona Nutrition Standards established by the Arizona Department of Education.

B. Education Requirements

1. Arlington Elementary School will provide a consistent message of nutrition and wellness. This will be accomplished through the use of multi-media: videos, morning announcements, school newsletters/menus, and school websites, etc.
2. Arlington Elementary School will provide Health and Nutrition Education to students and families through classroom and media that will promote healthy behaviors. Students will also have the opportunity to participate in field trips to a local vegetable farm for tours and education on organic produce and community supported agriculture.
3. Staff will be a healthy example by being given an opportunity to participate in a wellness incentive program twice per year. The School's Health Aide will be the district wellness coordinator and send ASBA Health and Safety Tips of the Week to all faculty and staff and coordinate district employee and wellness program participation.

C. School Wellness

1. The Food Services Department will display all food safety and handling guidelines for campus activities in the lobby or cafeteria.
2. Wellness newsletters will be distributed to all school employees by the Wellness Coordinator.

D. Physical Activity Requirements

1. Arlington Elementary School encourages physical activity to promote a healthy lifestyle. Physical activity is provided to 6th through 8th grade students at approximately 220 minutes per week, and approximately 145 minutes per week to 1st through 5th grade.

2. Students are also provided with other opportunities for physical activity. Arlington Elementary School has a sports program that students in upper grades have the opportunity to participate in.

E. Stakeholder Involvement

1. Arlington Elementary School will involve parents, students, teachers, representatives of food authorities, school board, school health, administrative professionals, school administration, and the public in the development of the LWP.

F. Stakeholder Participation

1. Arlington Elementary School will require the above people to participate in the LWP.

G. Public Notification

1. Arlington Elementary School will inform and update the public regarding the LWP via the monthly newsletter and the website.
2. A copy of the LWP will be placed in every student's registration packet.

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Committee Members

Irene Coronado, Cafeteria Manager-

Leads wellness coach for students

Sally Moore, Parent Coordinator

Jody Pierce, P.E Teacher

Justin Pedrotti, 7th grade & Coach

Wellness leader for staff along w/students & Irene

Leo Ureta, 8th grade Student



School Wellness Report Card

Input School Name

OUTSTANDING	SATISFACTORY	NEEDS IMPROVEMENT	Students need healthy food and environments to reach their full potential. This report reviews our progress towards the goals outlined in our Local Wellness Policy to help student's succeed!
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	School meals meet food guidelines and are printed on a poster on the cafeteria.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Local regional products are incorporated into school meal when possible.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	More than 2 fruits are offered daily.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cafeteria staff receive training in the nutrition education program.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	District wellness program meets 2 times per year when needed.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Recess is offered after lunch and during the students P.E times.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Physical activity is available for at least 30 minutes per day.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Parents receive a list of health option for birthdays.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	K-5th graders are provided breakfast in the cafeteria.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6th-8th graders are provided breakfast int he classrooms.

Highlights

PE teacher works with students on stretching and counting while moving. We serve J.R high students in their classroom in hopes of everyone participating in it is working as of now. I also hand out stickers to all students to motivate them to eat healthy.

Areas for Growth

In our cafeteria I have beautiful and color full posters all around the cafeteria. I also have posters that also have information on offer vs serve. Also, about serving size and what needs to be on the student's plate. I inform teachers about CEP and the importance of letting the students know about what is happening in the cafeteria in-service.