

ARLINGTON ELEMENTARY SCHOOL DISTRICT

LOCAL SCHOOL WELLNESS POLICY

2026-2027 | HOME OF THE WILDCATS

HEALTHY FOOD. ACTIVE MINDS. STRONG FUTURES.

TABLE OF CONTENTS

1. Purpose, Authority, Definitions, and Wellness Goals • 2	
2. Nutrition Promotion & Nutrition Education • 3	10. Board Adoption, Annual Review & Certification • 11
	11. Forms, Monitoring & Continuous Improvement • 12
3. USDA School Meal Standards & Smart Snacks • 4	12. Resources, References & Policy Maintenance • 13
4. Physical Education & Physical Activity • 5	13. Annual Implementation Plan & Accountability • 14
5. School-Based Wellness Activities • 6	14. Board Submission & Conclusion • 15
6. Wellness Committee & Public Involvement • 7	15. Supporting Exhibits & Operational Toolkit • 16
7. Implementation, Monitoring & Triennial Assessment • 8	16. Policy Review, Revision History & Future Planning • 17
8. Recordkeeping, Public Notification & USDA Nondiscrimination • 9	17. Continuous Improvement & Sustainability • 18
9. Appendices & Supporting Documents • 10	

Prepared for Governing Board review and district implementation

ARLINGTON ELEMENTARY SCHOOL DISTRICT

Chapter 1 - Purpose, Authority, Definitions, and Wellness Goals

Purpose

Arlington Elementary School District is committed to supporting student health, well-being, and academic success through a comprehensive Local School Wellness Policy that complies with the Healthy, Hunger-Free Kids Act of 2010, USDA regulations (7 CFR Parts 210 and 220), and Arizona Department of Education requirements.

Authority

This policy is adopted by the Governing Board and applies to all schools, students, staff, and school-sponsored activities. The Superintendent is responsible for implementation with assistance from the District Wellness Committee.

Wellness Goals

- Promote lifelong healthy eating habits.
- Support nutrition education integrated into the school environment.
- Provide USDA-compliant reimbursable meals through the National School Lunch Program and School Breakfast Program.
- Encourage regular physical activity for all students.
- Maintain a healthy school environment that supports student wellness.



- Comply with the Arizona Healthy Schools Act by ensuring that foods and beverages served, sold, or offered by third parties on campus during the regular school day do not contain any of Arizona's 11 prohibited ingredients.

Definitions

Local School Wellness Policy: A written policy required for all school food authorities participating in the National School Lunch Program. **District Wellness Committee:** A committee representing school administration, staff, parents, students, and community members that oversees implementation and review of this policy.

This chapter serves as the foundation for all subsequent chapters of the Arlington Elementary School District Wellness Policy.

ARLINGTON ELEMENTARY SCHOOL DISTRICT

Chapter 2 - Nutrition Promotion & Nutrition Education

Nutrition Promotion

Arlington Elementary School District will promote healthy food and beverage choices throughout the school environment. Nutrition messaging will encourage fruits, vegetables, whole grains, low-fat dairy, lean proteins, and water. Marketing of foods during the school day will support the goals of this wellness policy and comply with USDA requirements.

Nutrition Education

Nutrition education shall be age-appropriate, evidence-based, and integrated into the K-8 curriculum when practical. Students will be encouraged to develop lifelong healthy eating habits through classroom instruction, school meal experiences, school gardens or enrichment activities when available, and special nutrition events.

School Cafeteria Environment

The cafeteria will serve as a learning laboratory by displaying healthy choices, offering appealing meals that meet USDA meal pattern requirements, and encouraging respectful interactions during meal service.

Family & Community Engagement

The district will provide families with nutrition information through newsletters, the district website, parent meetings, and wellness activities. Families will be encouraged to reinforce healthy eating habits at home.

Staff Wellness

Employees are encouraged to model healthy behaviors and support school wellness initiatives. Staff wellness opportunities may include health education, wellness challenges, and participation on the District Wellness Committee.

Implementation

The Superintendent or designee and the District Wellness Committee will periodically review nutrition promotion and education activities to ensure continued compliance with federal and state requirements and alignment with district wellness goals.

ARLINGTON ELEMENTARY SCHOOL DISTRICT

Chapter 3 - USDA School Meal Standards & Smart Snacks

USDA Meal Programs

The District shall operate the National School Lunch Program and School Breakfast Program in accordance with all applicable USDA regulations, Arizona Department of Education guidance, and meal pattern requirements.

Meal Pattern Requirements

Reimbursable meals will meet 7 CFR 210.10 and 220.8 and the USDA nutrition standards in effect for school year 2026-2027, including required meal components and age/grade groups; at least 80 percent whole grain-rich grains; applicable limits for calories, saturated fat, sodium, and product-based added sugars; a variety of vegetables and fruits; and allowable low-fat or fat-free milk options. Free, safe, potable drinking water will be available to all students during breakfast and lunch meal service. Drinking fountains are located in the cafeteria, in the hallway in front of the school office, and in front of the third-grade classrooms.



Food Safety

The cafeteria will maintain food safety practices through HACCP-based standard operating procedures, employee training, sanitation, temperature monitoring, and required recordkeeping.

Smart Snacks

Foods and beverages sold to students during the school day outside reimbursable meals shall comply with USDA Smart Snacks in School standards unless an allowable exemption applies.

Competitive Foods

All foods and beverages sold to students on the school campus during the school day outside reimbursable meals—including a la carte items and fundraisers—shall meet USDA Smart Snacks in School standards unless an approved fundraiser exemption applies. The District will not serve, sell, or allow a third party to sell on campus during the regular school day any food or beverage containing potassium bromate, propylparaben, titanium dioxide, brominated vegetable oil, Yellow Dye 5, Yellow Dye 6, Blue Dye 1, Blue Dye 2, Green Dye 3, Red Dye 3, or Red Dye 40. Only classroom-celebration snacks approved in advance by the Cafeteria Director may be provided; every approved snack must meet USDA Smart Snacks in School standards and be free of all 11 prohibited ingredients. Non-food rewards and healthy choices such as water, fruits, vegetables, whole grains, and low-fat or fat-free dairy are encouraged.

Procurement & Local Practices

The District will purchase foods that meet federal procurement requirements and encourage quality, nutrition, and fiscal responsibility. Fresh and minimally processed foods will be used when feasible.

Monitoring

The Superintendent, Food Service Director, and Wellness Committee will periodically review compliance through Administrative Review preparation, production records, menus, and wellness assessments.

ARLINGTON ELEMENTARY SCHOOL DISTRICT

Chapter 4 - Physical Education & Physical Activity

Physical Education

The District will provide standards-based physical education designed to develop motor skills, physical fitness, teamwork, and lifelong healthy habits. Instruction will be age-appropriate and aligned with Arizona academic standards.

Daily Physical Activity

Students will be encouraged to participate in regular physical activity throughout the school day through recess, classroom movement breaks, walking activities, and other opportunities appropriate for their grade level.

Recess

Elementary students should receive recess whenever practical. Recess should be scheduled, when feasible, before lunch or in a manner that supports positive behavior and student wellness.

Extracurricular Activities

The District supports participation in sports, clubs, intramurals, and other school-sponsored physical activities that promote teamwork, leadership, and healthy lifestyles.

Safe Environment

Schools will maintain safe indoor and outdoor facilities and appropriate supervision for physical education classes, recess, and athletic activities.

Staff Role Modeling

Employees are encouraged to model active lifestyles and support student participation in physical activity whenever appropriate.

Evaluation

The Wellness Committee will periodically review physical education and activity practices to support continuous improvement and compliance with district wellness goals.

ARLINGTON ELEMENTARY SCHOOL DISTRICT



Chapter 5 - School-Based Wellness Activities

Comprehensive Wellness Environment

The District will foster a school environment that supports healthy eating, physical activity, social well-being, and positive school culture through coordinated wellness initiatives.

School Wellness Activities

Schools may conduct wellness events such as nutrition education campaigns, National School Lunch Week, School Breakfast Week, Fresh Fruit and Vegetable Program activities, taste tests, school gardens, and other health promotion events.

Family & Community Involvement

Parents, guardians, community partners, and local organizations are encouraged to participate in wellness activities, provide feedback, and support student health initiatives.

Staff Wellness

The District encourages employee wellness by promoting healthy lifestyles, providing wellness information when available, and encouraging staff participation in school wellness activities.

Healthy Celebrations

Only snacks approved in advance by the Cafeteria Director may be provided during classroom celebrations. Approved snacks must meet USDA Smart Snacks in School standards and must be free of all 11 ingredients prohibited by the Arizona Healthy Schools Act, as listed in Chapter 3. Non-food rewards and physical activity are encouraged. School events occurring outside the regular school day may follow separate District procedures.

Communication

Wellness information will be shared through district communications, meetings, newsletters, and the school website to keep families informed of wellness opportunities and policy updates.

Annual Review

The District Wellness Committee will review school-based wellness activities annually and recommend improvements that support student achievement and compliance with federal and state requirements.

ARLINGTON ELEMENTARY SCHOOL DISTRICT

Chapter 6 - Wellness Committee & Public Involvement

District Wellness Committee

The District shall maintain a Wellness Committee that advises and assists with implementation, review, and updates of the Local School Wellness Policy. The District will invite and provide participation opportunities to parents, students, school food authority representatives, physical education teachers, school health professionals, Governing Board members, school administrators, and the general public.

Responsibilities

The Wellness Committee will review wellness goals, recommend policy improvements, evaluate implementation, support nutrition promotion, and assist with the required triennial assessment.

Public Participation

Parents, guardians, staff, students, and community members will be provided opportunities to participate in the development, implementation, review, and update of the Local School Wellness Policy.

Meetings

The Committee will meet at least annually. Meeting agendas, minutes, attendance records, and supporting documentation will be maintained as part of the District's wellness records.

Communication

Information regarding committee activities, policy updates, and opportunities for participation will be shared through district communication channels whenever practical.



Recordkeeping

The District will maintain records demonstrating compliance with federal wellness policy requirements, including committee membership, meeting documentation, assessment reports, and policy revisions.

ARLINGTON ELEMENTARY SCHOOL DISTRICT

Chapter 7 - Implementation, Monitoring & Triennial Assessment

Implementation

The Superintendent is the District official responsible for overall implementation and oversight of this policy. The Cafeteria Director is responsible for school-meal, Smart Snacks, food-marketing, and child-nutrition documentation requirements. School administrators and designated staff will support implementation at each participating school, with advice from the Wellness Committee.

Monitoring

The District will periodically monitor compliance with this policy by reviewing menus, production records, wellness activities, Smart Snacks compliance, physical education practices, and other supporting documentation.

Triennial Assessment

At least once every three years, the District will complete a comprehensive assessment measuring compliance with the wellness policy, progress toward established goals, and comparison with model wellness policies as required by federal regulations.

Continuous Improvement

Assessment findings will be reviewed by the Wellness Committee to identify strengths, opportunities for improvement, and recommendations for policy updates.

Committee Participation

The Wellness Committee includes representatives from administration, school nutrition, teachers, parents, students when appropriate, and physical education. Chad Turner shall serve as the PE Teacher and physical education representative for Arlington Elementary School District.

Reporting

A summary of assessment results and significant policy updates will be made available to the public in accordance with federal requirements.

ARLINGTON ELEMENTARY SCHOOL DISTRICT

Chapter 8 - Recordkeeping, Public Notification & USDA

Nondiscrimination

Recordkeeping

The District will maintain all records required under the Local School Wellness Policy, including the current policy, documentation of public involvement, Wellness Committee membership, meeting agendas and minutes, triennial assessments, implementation records, and supporting documentation required during state or federal reviews.

Public Notification

At least annually, the District will inform the public about the content and implementation of this policy, make the current policy and all updates publicly available, and explain how interested persons may participate in the Wellness Committee. The District will also make each triennial assessment publicly available in an accessible and easily understood manner. The current Local School Wellness Policy is available to the public on the designated wellness-policy board in the school office.

Policy Review and Updates

The Wellness Committee will periodically review this policy and recommend revisions as needed to reflect changes in federal or state requirements and district priorities. Recommended revisions will be submitted to the Governing Board for approval.



Committee Records

The official committee roster for the 2026-2027 policy includes: Chad Turner – Superintendent and PE Teacher; Justin Moore – Athletic Director; Irene Coronado – Cafeteria Director; Justin Pedrotti – 7th Grade Teacher; Megan Castillo – 6th Grade Science Teacher & Parent Representative; Jessica Accomazzo – 2nd Grade Teacher; Liam Esquivel – Student Representative.

USDA Civil Rights

The District will administer all child nutrition programs in accordance with applicable USDA civil rights requirements and will use the current USDA Program Discrimination Complaint statement on program materials when required. The District will provide equal access, required language assistance, disability accommodations, complaint information, and annual civil rights training consistent with current federal and state guidance.

USDA Nondiscrimination Statement - Full Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.

Compliance

This policy is intended to comply with the Healthy, Hunger-Free Kids Act, applicable USDA regulations governing the National School Lunch Program and School Breakfast Program, and Arizona Department of Education guidance.

ARLINGTON ELEMENTARY SCHOOL DISTRICT

Chapter 9 - Appendices & Supporting Documents

Appendix A - Wellness Committee Roster

- Chad Turner – Superintendent and PE Teacher
- Justin Moore – Athletic Director
- Irene Coronado – Cafeteria Director
- Justin Pedrotti – 7th Grade Teacher
- Megan Castillo – 6th Grade Science Teacher & Parent Representative
- Jessica Accomazzo – 2nd Grade Teacher
- Liam Esquivel – Student Representative



Appendix B

Annual Wellness Committee Meeting Agenda

Appendix C

Wellness Committee Meeting Minutes Template

Appendix D

Committee Sign-In Sheet

Appendix E

Annual Wellness Implementation Checklist

Appendix F

Triennial Assessment Checklist

Appendix G

Public Notification Template

Appendix H

Annual Wellness Policy Evaluation Form

Appendix I

Board Adoption Record

Appendix J

USDA and Arizona Department of Education Reference Resources

These appendices support implementation of the Arlington Elementary School District Local School Wellness Policy and should be maintained with the official policy manual for Administrative Reviews and Governing Board reference.

ARLINGTON ELEMENTARY SCHOOL DISTRICT



Chapter 10 - Board Adoption, Annual Review & Certification

Board Adoption

The **Governing Board** adopts this **Local School Wellness Policy** for the **2026-2027 school year**. The policy becomes effective upon board approval and remains in effect until amended or replaced.

Annual Review

The Wellness Committee will review implementation annually, document progress toward established goals, and recommend revisions as needed.

Triennial Assessment

At least once every three years, the District will **complete** a **comprehensive** assessment comparing the policy to model wellness policies, measuring implementation, and evaluating progress toward wellness goals.

Certification of Compliance

The District certifies that this policy is intended to meet the requirements of Section 204 of the Healthy, Hunger-Free Kids Act of 2010, applicable USDA regulations, and Arizona Department of Education guidance for Local School Wellness Policies.

Signature Page

Approved by the **Governing Board**. Superintendent: Chad Turner Athletic Director: Justin Moore Cafeteria Director: Irene Coronado Board President: [Signature] Approval Date: 8-11-24



Chapter 11 - Forms, Monitoring & Continuous Improvement

Purpose

This chapter provides standardized forms and procedures to support consistent implementation, documentation, and continuous improvement of the District's Local School Wellness Policy.

Annual Monitoring Form

Schools should document wellness activities, nutrition education, physical activity initiatives, Smart Snacks compliance, staff wellness efforts, and family engagement throughout the school year.

Corrective Action Log

Any findings identified during internal reviews or Arizona Department of Education Administrative Reviews should be documented along with corrective actions, responsible staff, and completion dates.

Continuous Improvement

The Wellness Committee will review collected data annually, identify opportunities for improvement, establish measurable goals, and recommend updates to the Governing Board.

Records Retention

The District will retain the current written policy, documentation of public participation and annual public notification, Wellness Committee records, annual implementation evidence, and each triennial assessment in accordance with 7 CFR 210.31(f), applicable program record-retention rules, and Arizona requirements. Records will be available during Administrative Reviews.

Certification

This chapter completes the operational guidance supporting the Arlington Elementary School District 2026-2027 Local School Wellness Policy.

Key Contacts

- Chad Turner - Superintendent and PE Teacher
- Justin Moore - Athletic Director
- Irene Coronado - Cafeteria Director
- Megan Castillo - 6th Grade Science Teacher & Parent Representative

ARLINGTON ELEMENTARY SCHOOL DISTRICT

Chapter 12 - Resources, References & Policy Maintenance

Purpose

This chapter identifies the primary federal, state, and district resources that support implementation and maintenance of the Local School Wellness Policy.

Federal Resources

The District will use current USDA guidance for the National School Lunch Program, School Breakfast Program, Smart Snacks in School standards, civil rights requirements, and food safety guidance.

Arizona Resources

The District will follow Arizona Department of Education guidance, Administrative Review requirements, policy memoranda, and school nutrition program resources applicable to Local School Wellness Policies.

Policy Maintenance

The Cafeteria Director and Wellness Committee will maintain the official policy manual, supporting documentation, meeting records, and assessment results. Updates will be presented to the Governing Board as needed.

Staff Training

Appropriate staff members will receive annual training on wellness policy responsibilities, nutrition standards, food safety, civil rights, and program compliance.

Final Statement

Chapter 12 concludes the Arlington Elementary School District 2026-2027 Local School Wellness Policy. Together with all previous chapters, it establishes a comprehensive framework to promote student wellness,



support healthy school environments, and maintain compliance with applicable federal and Arizona requirements.

Policy Contacts

Chad Turner - Superintendent and PE Teacher

Justin Moore - Athletic Director

Irene Coronado - Cafeteria Director

Megan Castillo - 6th Grade Science Teacher & Parent Representative

ARLINGTON ELEMENTARY SCHOOL DISTRICT

Chapter 13 - Annual Implementation Plan & Accountability

Purpose

This chapter establishes the annual implementation process for the Local School Wellness Policy and assigns responsibility for carrying out wellness goals.

Implementation Responsibilities

- **Superintendent:** Provides administrative oversight and supports policy implementation.
- **Cafeteria Director:** Oversees compliance with USDA meal pattern requirements, Smart Snacks, food safety, and nutrition promotion.
- **Wellness Committee:** Reviews progress, recommends improvements, and supports annual evaluations.
- **School Staff:** Promote healthy eating, physical activity, and a positive school wellness environment.

Annual Goals

Each school year, the Wellness Committee will adopt a written implementation plan containing at least one measurable objective for nutrition promotion/education, physical activity, and another school-based wellness activity. Each objective will identify the responsible person, action, evidence to be collected, target date, and success measure. Progress will be reviewed and documented annually.

Monitoring and Reporting

Progress toward the annual measurable objectives will be reviewed at least annually using implementation records. Findings will be documented and shared with district leadership. The policy and implementation information will be made available to the public annually, and the triennial assessment will be made publicly available as required by 7 CFR 210.31.

Continuous Improvement

Results from annual monitoring and triennial assessments will be used to revise goals, strengthen programs, and improve student wellness outcomes.

Primary Contacts

- Chad Turner - Superintendent and PE Teacher
- Justin Moore - Athletic Director
- Irene Coronado - Cafeteria Director
- Megan Castillo - 6th Grade Science Teacher & Parent Representative



Chapter 14 - Board Submission & Conclusion

Board Recommendation

This Local School Wellness Policy is respectfully submitted to the Arlington Elementary School District Governing Board for review and adoption. The policy reflects the District's commitment to promoting student health, supporting academic success, and complying with applicable federal and Arizona requirements.

Summary of the Policy

The policy establishes standards for nutrition promotion, nutrition education, school meals, physical activity, wellness committee responsibilities, public involvement, implementation, monitoring, recordkeeping, and continuous improvement. It is intended to guide district wellness efforts throughout the 2026-2027 school year.

Commitment to Compliance

The District is committed to implementing this policy in accordance with the **Healthy, Hunger-Free Kids Act** of 2010, USDA regulations governing the **National School Lunch** and **School Breakfast** Programs, and guidance from the Arizona Department of Education.

Board Action

The Governing Board is requested to review, discuss, and adopt this Local School Wellness Policy. Following adoption, the policy will be communicated to students, families, staff, and the community, and implemented under the direction of the Superintendent and Wellness Committee.

Conclusion

Arlington Elementary School District recognizes that student wellness is an essential component of academic achievement and lifelong health. Through collaboration among families, staff, students, and the community, the District will continue to foster a healthy school environment that supports learning, physical activity, and nutritious food choices for every student.

Recommended Signatures

Chad Turner - Superintendent

Justin Moore - Athletic Director

Irene Coronado - Cafeteria Director

Scott Hansen - Governing Board President

Signature: [Signature]

Date of Board Approval: 8-11-26



Chapter 15 - Supporting Exhibits & Operational Toolkit

Purpose

This chapter provides practical tools to assist district staff with implementing, monitoring, and maintaining the Local School Wellness Policy throughout the school year.

Annual Wellness Calendar

Maintain a calendar of committee meetings, wellness events, nutrition promotion activities, and required policy reviews.

Compliance Checklists

Use annual checklists for Smart Snacks compliance, meal service monitoring, civil rights, food safety, public notification, and policy implementation.

Family & Community Engagement

Document family outreach, wellness communications, surveys, and community partnerships that support student wellness.

Fundraising & Classroom Celebrations

Review school fundraising activities and classroom celebrations to ensure they are consistent with district wellness goals and applicable nutrition standards.

Document Control

Maintain a revision history, board adoption dates, implementation updates, and supporting documentation in the official wellness policy binder.

Operational Resources

Store forms, meeting agendas, sign-in sheets, implementation logs, triennial assessment documents, and annual review records together for easy access during Administrative Reviews.

Final Statement

Chapter 15 serves as the operational toolkit for the Arlington Elementary School District Local School Wellness Policy. Together with Chapters 1-14, it supports consistent implementation, continuous improvement, and long-term compliance with district, state, and federal wellness requirements.

Key District Contacts

Chad Turner - Superintendent and PE Teacher

Justin Moore - Athletic Director

Irene Coronado - Cafeteria Director

Justin Pedrotti - 7th Grade Teacher

Megan Castillo - 6th Grade Science Teacher & Parent Representative

Jessica Accomazzo - 2nd Grade Teacher

Liam Esquivel - Student Representative

Chapter 16 - Policy Review, Revision History & Future Planning

Purpose

This chapter establishes the process for maintaining the Local School Wellness Policy as a living document through regular review, updates, and long-term planning.

Policy Review Cycle

The Wellness Committee will review the policy at least annually and conduct a comprehensive triennial assessment in accordance with federal requirements. Revisions will be recommended to the Governing Board as needed.



Revision History

The District will maintain a log of policy revisions, board approval dates, implementation changes, and significant updates to ensure version control.

Future Planning

The Wellness Committee will identify emerging wellness priorities, evaluate program effectiveness, and develop measurable objectives for future school years.

Board Commitment

The Governing Board affirms its commitment to fostering a healthy school environment by supporting nutrition, physical activity, wellness education, and continuous improvement.

Closing Statement

This chapter concludes the Arlington Elementary School District 2026-2027 Local School Wellness Policy. Together, Chapters 1-16 provide a comprehensive framework to support student wellness and compliance with USDA and Arizona Department of Education requirements.

Policy Leadership

Chad Turner - Superintendent and PE Teacher

Justin Moore - Athletic Director

Irene Coronado - Cafeteria Director

Megan Castillo - 6th Grade Science Teacher & Parent Representative

ARLINGTON ELEMENTARY SCHOOL DISTRICT

Chapter 17 - Continuous Improvement & Sustainability

Purpose

This chapter establishes the District's long-term commitment to sustaining a culture of health and wellness for students, staff, and families.

Long-Term Wellness Vision

The District will continue to strengthen nutrition education, school meal quality, physical activity opportunities, staff wellness, and family engagement through continuous evaluation and collaboration.

Partnerships

The District encourages partnerships with families, community organizations, health professionals, and local agencies to support student wellness initiatives.

Annual Goals

The Wellness Committee will review annual wellness goals, celebrate accomplishments, identify opportunities for growth, and recommend future priorities to the Governing Board.

Recognition

Schools and staff who demonstrate exemplary support of wellness initiatives may be recognized by the District to encourage continued participation and innovation.

Final Commitment

Arlington Elementary School District is committed to maintaining a healthy learning environment where every student has the opportunity to thrive academically, physically, socially, and emotionally. This commitment extends beyond compliance and reflects the District's dedication to lifelong wellness.

Leadership Team

- Chad Turner - Superintendent and PE Teacher
- Justin Moore - Athletic Director
- Irene Coronado - Cafeteria Director
- Justin Pedrotti - 7th Grade Teacher
- Megan Castillo - 6th Grade Science Teacher & Parent Representative
- Jessica Accomazzo - 2nd Grade Teacher
- Liam Esquivel - Student Representative



Purpose. This chapter supplements Chapters 1-17 by stating district wellness practices and goals in the same major areas evaluated by the Arizona Department of Education (ADE) Local Wellness Policy Activity and Assessment Tool. Implementation will be documented annually, and the District will record the number or percentage of schools successfully implementing each selected action as part of wellness monitoring and the triennial assessment.

Nutrition Promotion

- Students and families will receive consistent messages that promote healthy eating and participation in the School Breakfast Program and National School Lunch Program.
- School meal menus will be posted or otherwise made available to families and students.
- Menus and nutrition communications will include nutrient, ingredient, and allergen information when required or reasonably available.
- Nutrition messages are reinforced through cafeteria promotion, food tastings and samples, special nutrition activities, and local or regional foods. The Cafeteria Director regularly introduces students to local fruits and vegetables and provides education about where foods come from and how healthy choices support wellness.
- School nutrition staff and other appropriate staff will model and reinforce healthy food and beverage choices.

Nutrition Education

- Nutrition education will be age-appropriate, standards-based, sequential when practical, and integrated into health education and other subjects such as math, science, language arts, social studies, and electives.
- Students will have opportunities for hands-on nutrition learning, including healthy food tastings and samples, menu promotion, and education about local fruits and vegetables. The District will expand these opportunities to help students practice healthier eating at school and at home.
- Nutrition education may address healthy eating patterns, fruits and vegetables, whole grains, low-fat or fat-free dairy, lean proteins, water, food safety, breakfast, portion awareness, reading food labels, dietary guidance, body-size acceptance, and the relationship between nutrition, physical activity, and lifelong health.
- Teachers and appropriate staff will be offered nutrition education resources or professional learning when available.
- Families and community partners may be included in nutrition education and health-promotion activities.

Healthy Eating, Local Foods, and Taste-Testing Goal

- Arlington Elementary School will expand student nutrition education to encourage healthier eating habits at school and at home.
- The Cafeteria Director currently brings local foods into the school meal environment and educates students about local fruits and vegetables.
- The District will increase opportunities for students to taste and sample healthy foods, including local fruits and vegetables, and learn about their nutritional benefits and where foods come from.
- Progress will be documented by tracking nutrition education and food-tasting/sample activities during the school year and retaining supporting evidence such as activity notes, menus, photographs, student materials, and family communications.

Physical Activity and Physical Education

- Arlington Elementary School students receive 25 minutes of physical education (PE) per day, four days per week, for a total of 100 minutes of PE per week. PE is standards-based and appropriate to grade level.
- Physical education will not be routinely withheld or used as punishment. Physical activity should not be used as punishment.
- Students will be encouraged to be moderately to vigorously active during physical education, with a goal of maximizing active learning time.
- Physical education instruction will be provided by appropriately qualified staff consistent with Arizona requirements and district staffing practices.
- Students will have opportunities for physical activity during the school day through recess, classroom movement or activity breaks, and other age-appropriate activities.
- Arlington Elementary School provides school-sponsored sports opportunities for students throughout the school year. These programs support regular physical activity, teamwork, leadership, sportsmanship, physical fitness, and lifelong healthy habits.
- The District will maintain safe facilities and equipment for physical activity and will inventory or review equipment needs as appropriate.
- Physical activity accommodations and inclusive opportunities will be provided for students with disabilities consistent with applicable law and individual student needs.



Recess and Classroom Physical Activity

- Elementary students will be provided regular recess opportunities consistent with the school schedule and district practice.
- Recess will be offered outdoors when weather and safety conditions permit.
- Recess should complement, not routinely replace, physical education.
- Teachers are encouraged to use brief classroom physical activity or movement breaks and active learning strategies when appropriate.
- Students will be encouraged to be physically active during recess and throughout the school day.

Active Transportation

- The District supports safe walking and bicycling to and from school where feasible.
- **Safety instruction**, crossing procedures, **secure bicycle storage**, coordinated school-bus procedures, and **community partnerships** may be used to **support active transportation** when applicable.
- Walk-to-School or similar events may be promoted when feasible and safe.

Other Activities that Promote Student Wellness

- School-sponsored events will incorporate wellness considerations, including physical activity and healthy food choices when appropriate.
- The District may partner with universities, colleges, local businesses, health professionals, SNAP-Ed providers, community organizations, and other partners to **strengthen student wellness**.
- Families will be informed of and invited to participate in **school wellness activities** and health-promotion efforts.
- Staff wellness opportunities may include healthy eating, physical activity, stress-management, and other wellness education or activities.
- Professional learning opportunities related to nutrition, physical activity, health promotion, and student wellness may be made available to staff.

School Meals Standards and Meal Environment

- All reimbursable school meals will meet applicable USDA National School Lunch Program and School Breakfast Program meal-pattern requirements.
- Meals will be planned to be appealing and attractive to students while meeting federal nutrition standards.
- Fresh fruits and vegetables and local or regional foods will be incorporated when feasible and consistent with **procurement requirements**.
- Only **allowable milk varieties** consistent with current USDA **school meal standards** will be offered.
- Meals will be administered by qualified school nutrition **personnel**, and **appropriate food-safety**, sanitation, and HACCP procedures will be maintained.
- All students are provided 30 minutes for lunch. K-5 students are provided 20 minutes for **breakfast**. Grades 6-8 eat **breakfast** in the **classroom**. Meal schedules and the **meal environment** will be reviewed as **part of annual wellness monitoring**.
- Free, safe, potable drinking water will be available during meal service, and water sources will be maintained for hygiene and safety.
- Students may bring approved water bottles containing water throughout the school day consistent with school safety and classroom procedures.

Competitive Foods, Beverages, Celebrations, and Rewards

- Foods and beverages sold to students during the school day outside reimbursable meal programs will meet USDA Smart Snacks in School standards unless a lawful exemption applies.
- À la carte foods, vending, student stores, and other competitive food venues, if used, must comply with applicable federal and Arizona requirements.
- Foods and beverages sold outside school meal programs will be reviewed for compliance before sale.
- Classroom celebrations and food rewards will follow District wellness requirements. Only snacks approved in advance by the Cafeteria Director may be provided during classroom celebrations, and approved snacks must meet applicable Smart Snacks requirements and Arizona ingredient restrictions stated in this policy.
- Non-food rewards are encouraged. Food will not be withheld as punishment.

Implementation, Measurement, and Documentation

- The Wellness Committee will use the ADE Local Wellness Policy Activity and Assessment Tool, or an equivalent ADE-approved method, to document implementation and **support the required triennial assessment**.
- For each selected strategy, the District will document **whether the action is included in policy**, the number or percentage of schools working on the action, and the number or percentage successfully completing the action, as applicable.
- **Annual evidence may include menus, production records, lesson or activity documentation, PE schedules, recess schedules, staff training records, family communications, Smart Snacks documentation, meeting agendas and minutes, photographs, sign-in sheets, and other records.**
- Items in the ADE assessment tool that do not apply to Arlington Elementary School District will be marked not applicable with a brief explanation rather than represented as implemented.



- Wellness goals and practices will be reviewed annually and revised when needed to reflect current USDA, ADE, Arizona, and District requirements.

Maintain the following evidence with the official wellness-policy binder. This crosswalk is intended to make ADE Administrative Review and triennial-assessment documentation easier to locate.

ADE assessment area	Suggested evidence
Nutrition promotion	Menus, cafeteria signage, newsletters, nutrition campaigns, farm-to-school/taste-test records
Nutrition education	Lesson plans, curriculum references, teacher resources, nutrition-event documentation
Physical activity / PE	PE schedules, teacher qualifications, activity schedules, equipment/safety records
Recess / classroom activity	Master schedule, classroom movement practices, recess procedures
Before/after school / active transport	Club/sport schedules, walking/biking procedures, event records if applicable
Other wellness activities	Family outreach, community partnerships, staff wellness and professional learning
School meals	Menus, production records, meal-pattern documentation, water availability, food-safety records
Competitive foods / Smart Snacks	Product documentation, Smart Snacks calculator results, fundraiser/à la carte approvals
Celebrations / rewards	Approved snack list, Cafeteria Director approvals, staff/parent communications
Monitoring / assessment	Committee roster, agendas, minutes, annual goals, public notice, triennial assessment

Policy note: The ADE Activity and Assessment Tool contains **both** required policy elements and optional best-practice strategies. Inclusion of a strategy in this chapter establishes a District goal or practice; annual records should show actual implementation. Optional strategies not used by the District should be documented as not applicable.

The following practices are currently implemented at Arlington Elementary School and serve as evidence of wellness-policy implementation for annual monitoring and ADE assessment documentation.

Meal Time and Environment

- All students are provided 30 minutes for lunch.
- K-5 students are provided 20 minutes for breakfast.
- Grades 6-8 eat breakfast in the classroom.
- Free, safe drinking water is available during meal service as described elsewhere in this policy.

Nutrition Promotion and Offer Versus Serve

- The cafeteria displays Offer Versus Serve (OVS) educational materials and What Should Be on Your Tray? guidance in English and Spanish.
- Program and nutrition posters are displayed throughout the cafeteria where students can see them during meal service.
- Cafeteria staff provide verbal guidance to help students identify reimbursable meal components and make appropriate selections.
- Students may receive stickers as positive recognition and encouragement as part of a welcoming cafeteria environment.

Year-Round Sports and Physical Activity

Students receive 25 minutes of PE per day, four days per week, totaling 100 minutes of PE per week.



- Arlington Elementary School District provides school-sponsored sports opportunities for students throughout the school year.
- Year-round sports promote regular physical activity, teamwork, leadership, sportsmanship, physical fitness, and lifelong healthy habits.
- The District encourages participation and maintains appropriate supervision and safety practices for school-sponsored athletic activities.

Confirmed scheduled meal time by student group. K-5 breakfast is 20 minutes and lunch is 30 minutes. Grades 6-8 eat breakfast in the classroom.

Meal / Group	Minutes	Location	Graph (1 block = 5 min)
K-5 Breakfast	20	Cafeteria	■■■■■
All Students Lunch	30	Cafeteria	■■■■■■■

Grades 6-8 Breakfast: Breakfast is served and eaten in the classroom.

ADE Wellness Implementation Evidence Chart

Wellness Area	Confirmed Arlington Practice	Evidence to Keep
Meal environment	30-minute lunch; 20-minute K-5 breakfast; grades 6-8 breakfast in classroom	Master meal schedule; classroom breakfast procedures
Nutrition promotion	Bilingual OVS and tray posters throughout cafeteria	Photos of posters; OVS materials; menu communications
Positive reinforcement	Stickers provided to students as positive recognition	Sample stickers or photos; cafeteria activity notes
Physical activity	25 minutes of PE per day, 4 days per week (100 minutes weekly); school-sponsored sports throughout the school year	PE schedule; sports schedules, flyers, rosters or announcements
Nutrition education / local foods	Healthy-eating education; local fruit and vegetable education; expanded healthy food tastings and samples	Tasting/activity log; menus; photos; student/family nutrition materials

This graph summarizes confirmed practices and measurable wellness priorities for annual monitoring and the ADE triennial assessment.

Wellness Measure	Current / Confirmed Practice	2026-2027 Direction	Evidence
Physical Education	25 min/day x 4 days = 100 min/week	Maintain and document PE schedule	PE/master schedule
Lunch Time	30 minutes	Maintain scheduled lunch time	Meal schedule
K-5 Breakfast	20 minutes	Maintain scheduled breakfast time	Breakfast schedule
Grades 6-8 Breakfast	Breakfast in classroom	Maintain classroom breakfast practice	Classroom breakfast procedures
Nutrition Promotion	Bilingual OVS and tray posters; stickers	Continue positive cafeteria education	Photos/materials



Wellness Measure	Current / Confirmed Practice	2026-2027 Direction	Evidence
Local Foods & Healthy Eating	Local fruits/vegetables introduced and discussed	Expand student education for healthy eating at school and home	Activity/tasting log
Healthy Food Tastings	Food samples/tastings used for education	Increase opportunities for healthy/local food samples	Tasting records/photos
Student Sports	School-sponsored sports throughout school year	Continue year-round opportunities	Sports schedules/rosters

Confirmed Daily Scheduled Minutes**K-5 Breakfast** 20 min ■■■■ (20 minutes)**Physical Education** 25 min ■■■■ (25 minutes)**Lunch** 30 min ■■■■■■ (30 minutes)

Physical Education occurs four days per week: 25 minutes x 4 days = 100 minutes per week.

Grades 6-8 breakfast is eaten in the classroom; no separate minute value is stated here because only the classroom service location has been confirmed.

Revision Note

Updated to include confirmed Arlington meal times, classroom breakfast for grades 6-8, bilingual Offer Versus Serve and tray guidance, positive-reinforcement stickers, year-round sports, 25 minutes of PE four days per week, local fruit and vegetable education, and expanded healthy-food tasting/sample goals.