

# **Arlington Elementary School Dist. #47**

## **Wellness Policy 2023-2024**

Revised July , 2023

### **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 6<sup>th</sup> through 8<sup>th</sup> grade students at approximately 220 minutes per week, and approximately 145 minutes per week to 1<sup>st</sup> through 5<sup>th</sup> grade.

2. Students are also provided 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 authority, school board, school health, administrative professionals, school administration, and public in the development of the LWP.

**F. Stakeholder Participation**

1. Arlington Elementary School will require the above persons 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.

**Revised July, 2023**

# Highlights

We have a program on Monday's called Monday mile. When weather permits this is done accordingly.

We have breakfast for JR. High students in the classroom in hopes for more participation.

# Areas for Growth

Maybe more posters and students art work regarding fruits and vegetables.  
Teachers share treat ideas with parents that do not include food.

## **Committee Members**

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**Irene Coronado, Cafeteria Manager-**

**Leads wellness coach for students**

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**Sally Moore, Parent Coordinator**

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**Chad , Superintendent &P.E Teacher**

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**Justin Moore, Athletic Director & Coach**

**Wellness leader for staff along w/students & Irene**

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**Dulce Hernandez, 8th grade Student**

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## School Wellness Report Card

Arlington Elementary School

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 posters in the cafeteria.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Local regional products are incorporated into school meals 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.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	District wellness committee meet 2 times per year.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Recess is offered after lunch.
<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 healthy party ideas including non food ideas.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5th grade are provided breakfast in the cafeteria.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6-8th grade are provided breakfast in the classroom.