



**Every Student. Every Day.**

2675 W Baseline Rd. Phoenix, AZ 85041

PHONE 602.692.4914 FAX 602.276.6298

[SunValleyAcademy.org](http://SunValleyAcademy.org)

# Local Wellness Policy

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## **I. Wellness Policy Goals**

*Goal for Nutrition Promotion: Sun Valley displays nutrition posters in the lunchroom and sends materials home before and throughout the year. Goal for Nutrition Education: Sun Valley will begin posting a recipe on ClassDojo every month with the menu.*

*Goal for Physical Activity: PE classes are required several times a week for every student. Recess is provided every day. Sports and activities are offered after school and at aftercare.*

*Goal for Other School-Based Activities that Promote Student Wellness: Sun Valley promotes after school sports teams and clubs for every grade level.*

## **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 and Breakfast Programs.*
- 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 and throughout the day.*
- d. *Additional standards include:*
  - I. *Participation in school meals is encouraged through email and handouts for all families.*
  - II. *Variety of fresh fruits and vegetables is provided.*

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

- e. *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:*
  - I. *Sun Valley Academy*
  - II. *Sun Valley Academy - Avondale*
- f. *List any additional criteria the district has established for competitive foods here: No Smart Snacks are sold.*

### **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.

- g. Describe your standards for all foods and beverages provided, but not sold, to students during the school day:  
School breakfast, lunch, and after-school snacks are offered to all students under SSO and NSLP, for free to all students this school year. No other food is provided during the school day.*
- h. These guidelines apply to (check all that apply):*
  - School-sponsored events
  - Celebrations and parties
  - Classroom snacks provided by parents
  - Classroom rewards and Incentives

### **Fundraising**

- i. Describe your policy on food and beverage related fundraisers sold to students on school campus during the school day, including the frequency and duration of exempt fundraisers as appropriate:  
N/A No food outside of school meals is sold for fundraisers during the school day.*

### **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.

- j. Describe your policies for food and beverage marketing:  
N/A No food brands are advertised.*
- k. Describe any additional policies for foods and beverages marketed to students:  
N/A*

## **III. School Wellness Committee**

### **Committee Role and Membership**

The District will convene a representative district wellness committee 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.

- a. Describe frequency of meetings:  
In-person meetings have been postponed. Feedback on the policy is sent through email quarterly.*

- b. *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, the school board, and school administrators):  
Marianne Welker, Nicole Swinney, Allison Ong, Daniela Sanchez, Chanel Williams, Julives Gonzalez, and Amy Austin. All staff, parents, board members, and stakeholders are invited to join.*
- c. *Description of how the public is notified that their participation is permitted:  
Emails will be sent and letters sent home to inform parents of the committee. For now, meetings will be held over email.*

### **Leadership**

The district 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.

- d. *The designated official for oversight of implementation at each school is: Marianne Welker*
- e. *The designated official for convening the wellness committee is: Allison Ong*
- f. *The person designated for informing the public about the wellness policy is: Marianne Welker*

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

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

- a. Describe the District's plan for implementation to manage and coordinate the execution of this wellness policy.  
Committee members and parents will communicate by email to discuss the progress of the students' nutrition goals and ways to continue to encourage nutrition in students and families. Literature will be sent home whenever available.

### **Triennial Progress Assessments**

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the District will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the District will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

- b. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
  - i. Provide a description of how the District will assess the progress made in attaining the goals of the District's wellness policy:  
The Wellness Committee will contact families for feedback on the helpfulness of the information sent home in newsletters and booklets. Students and families will be asked how they have improved their own health and nutrition.

- ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.  
A committee member will visit both sites periodically to confirm that the policy is being promoted and encouraged in every way possible.
- c. The District will assess how their wellness policy compares to model wellness policies.
  - i. Provide a description of how the District will compare their policy with the model policies.  
The committee will research the policies of surrounding districts for comparison and ideas and enact them when agreed upon by committee members. They will use the LSP Assessment Tool to track progress.

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

The District will update or modify the wellness policy as appropriate.

- d. Describe how often the LEA will update or modify the wellness policy:  
At the least, Sun Valley will update its policy every year. At the most, Sun Valley will update its policy every quarter.

### ***Notification of Wellness Policy, Policy Updates and Triennial Assessment***

The District will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

- e. Describe how the LEA will make the district wellness policy available to the public:  
Sun Valley will email the policy to parents, as well as post it on the website and at the school.
- f. The annual progress reports and updates can be found at:  
[www.sunvalleyacademy.org](http://www.sunvalleyacademy.org)
- g. The District will make the Triennial Assessment available at:  
[www.sunvalleyacademy.org](http://www.sunvalleyacademy.org)