



Dobson Academy Wellness Practices

As part of a well-rounded education, Dobson Academy is committed to the overall health and wellness of your child. With that in mind, Dobson has developed the following Wellness Practices for our campus. The following guidelines are intended to provide health and nutrition standards for the students and campus community of Dobson Academy. These guidelines are based on recommendations from nationally recognized authorities including the Surgeon General of the United States, the National Association of State Boards of Education and the American Dietetic Association.

- An additional recess (besides lunch recess) will be provided for students in grades K-5, per Senate Bill 1083.
- All students are provided opportunities for physical activity during the school day through daily recess periods, physical education classes and the integration of physical activity into academic curriculum.
- Students will spend at least 50% of PE class time participating in moderate to vigorous physical activity. A parent, caregiver or physician's note will be required for non-participation.
- Students receive 20 minutes of recess and 20 minutes for lunch. Students will be given time in between to wash or sanitize hands before consuming food.
- Water consumption is encouraged throughout the day and students may bring water bottles.
- Parents are encouraged to have their children bring in appropriate snacks. For example: whole grain foods, baked chips and crackers, cheese, breakfast bars, granola bars, yogurts, fruit cups, animal crackers, graham crackers, mini-bagels and mini muffins. Inappropriate snacks will be determined by the classroom teacher and if clearly deemed inappropriate, the snack may not be allowed to be consumed in class.
- Students are prohibited from sharing their food and beverages with one another during lunch or snack times.
- Milk is available for purchase for students already receiving a school lunch and wanting additional milk and for students bringing a sack lunch.
- Birthday/Celebratory treats are allowed to fall outside of the nutrition guidelines as teachers must wait until the end of the day to distribute treats. Homemade foods are not allowed due to Arizona State health and safety recommendations. Only pre-packaged, ready-to-eat foods are allowed.
- Soda is not permitted for students at any time.
- Some food-based curriculum activities are an exception with food safety guidelines given to parents.
- Aerosol sprays (body sprays, deodorants, perfumes, etc.) present a respiratory hazard and are prohibited at school.