

Student Wellness Goals

1. Ball Charter will provide all students access to nutritious breakfast and lunch to help them to stay healthy. All meals served will meet or exceed the nutritional standards set by the National School Lunch Program.
2. Ball Charter will include nutrition and health education in physical education, science, and other courses as required by the Healthy, Hunger-Free Kids Act of 2010.
3. Ball Charter and school clubs will provide students with opportunities to develop knowledge and skills for physical activities and long term benefits of an active healthy lifestyle.
4. Ball Charter School will maintain a school environment that is safe and conducive to a healthy eating and physical activity.

Evaluation

The Nutrition Service Coordinator and the School Wellness committee will annually review the school's progress toward wellness goals.

Food Service Program

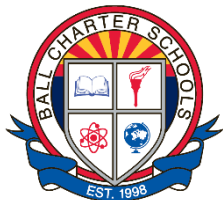
Ball Charter School will participate in the National School Lunch and the National School Breakfast meal program in accordance with the National School Lunch Act and the Child Nutrition Act of 1966 as amended, and applicable laws and regulations of the state of Arizona. A program of free and reduced-price meals will be provided for students who qualify. Students may bring a lunch from home.

Nutrition Guidelines

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. Complete health and wellness policies are available for review upon request.

- 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. It may be eaten at lunch time. Ex: Candy and candy bars.
- Students are prohibited from sharing their food and beverages with one another during lunch or snack times.
- Birthday parties are not allowed during the school day. Birthday 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.





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- Some food-based curriculum activities are an exception with food safety guidelines given to parents.
 - Students receive 25 minutes for lunch and 25 minutes of recess. Students will be given time to wash or sanitize hands before consuming food.
 - School lunch preparation meets the Federal Regulations for the National School Lunch Program.
 - Milk is available for purchase for students already receiving a school lunch and wanting additional milk and also for students bringing a sack lunch.
 - Carbonated drinks that are caffeinated are prohibited for students to consume and will be confiscated. Please DO NOT send them with your child to school. This includes any type of “energy” drink unless it is kid friendly and has nutritional value.
 - Water consumption is encouraged throughout the day and students are allowed to bring water bottles as long as they do not become a disruption as defined by each teacher.

Marketing

Ball Charter School will promote healthy choices by prominently displaying healthy foods in the cafeteria, using bulletin boards and posters.

Nutritional Education

Students in Grades K-8 will receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors. It will be designed to teach students nutritional knowledge, including but not limited to, the benefits of healthy eating, essential and nonessential nutrients and the principals of healthy weight management.

Students will learn nutrition related skills including but not limited to, healthy meal planning, and understanding food labels.

Nutrition education topics will be integrated into classroom curriculum.

Program Implementation and Evaluation

The Principal and Nutrition Service Coordinator will oversee the implementation and evaluation of the school wellness policy.

A committee including an administrative person, PE instructor, Nutrition Service Coordinator, School Nurse and a parent volunteer will meet annually to review and update the school wellness policy.



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