

**LEA Name: Dobson Academy**  
**Local Wellness Policy**

Date Created: 07/18/2023

Last Updated: 07/19/2023

**I. Wellness Policy Goals**

**Goals for Nutrition Promotion:** *Encourages participation in meal programs (School Breakfast, National School Lunch, Afterschool Care, etc.). School meal program menus are posted on the school website. Participation in meal programs is promoted to families. The school hosts a school garden. School hosts field trips to local farms. The school lunchroom environment has sufficient room to sit and appropriate lighting and temperature are provided for the students during mealtimes. We also provide a peanut free table to those who have a peanut allergy; however, Dobson Academy is not a nut free school.*

**Goals for Nutrition Education:** *Nutrition education is taught in grade K-8. Teachers and other staff receive training in nutrition education. We have hands-on learning experiences in our school garden and on farm tours. Nutrition education is included in health education lessons and the following topics are covered: Food Safety, Importance of Water Consumption, Food Guidance from MyPlate, Reading and Using the FDA's Nutrition Fact Labels, Eating a Wide Variety of Foods Every Day, Eating More Fruits and Vegetables and Whole Grain-Rich Products, Preparing Healthy Meals and Snacks, Importance of Eating Breakfast, Making Healthy Choices When Eating at Restaurants, Reducing Sodium Intake, Resisting Peer Pressure Related to Unhealthy Dietary Behavior, and Influencing, Supporting, or Advocating for Others' Healthy Dietary Behavior.*

**Goals for Physical Activity:** *Physical activity of any kind is available for at least thirty minutes per day for all students. The district provides teachers and other school staff with a list of ideas for alternative ways to discipline students (PBIS World). To the extent practicable, the school ensures that their grounds and facilities are safe, and that the equipment is available to all students to be active. Students have opportunities to participate in physical activity before and after school. Elementary students (grade K-5) receive physical education for at least 45 minutes per week. Physical education teachers participate in professional development at least once per year. Elementary schools provide at least 20 minutes of recess on all days during the school year. When recess is offered before lunch, proper hand washing measures are in place. Recess is a compliment, and not a substitute for physical education class. Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day. Teachers provide short (3-5 minute) physical activity breaks (i.e., via Go Noodle) to students during and between classroom time at least 3 days per week.*

**Goals for Other School-Based Activities that Promote Student Wellness:** *School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities. Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts. Electronic and non-electronic mechanisms are used to ensure that all families are notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts. The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and the general community throughout the school year. The school will implement physical activity classes and competitions for staff. The school offers annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and at school. The school has a health professional on site every day.*

## 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 Program.*
- 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.*
- d. *The Arizona Nutrition Standards will apply to all foods and beverages sold or provided by Dobson Academy during the normal school day. This includes the school lunch program, snack bars, fund raisers and school events. (See <http://www.azed.gov/healthnutrition/the-arizona-nutrition-standards-and-competitive-foods/> for Arizona Nutrition Standards) Dobson Academy will use only those foods or beverages that meet the ADE nutrition standards as rewards for academic performance or good behavior, such as fruits, vegetables, low fat and low sugar snacks.*

### **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.

- a. *Describe your standards for all foods and beverages provided, but not sold, to students during the school day:*

*When curricular based food experiences are planned, staff and students are encouraged to seek out good nutrition choices that will meet ADE nutritional guidelines. Parents will be educated and asked to meet the nutrition guidelines when donating snacks and other food or beverages by way of newsletter, student handbook and website.*

*Homemade foods are not allowed due to Arizona State health and safety recommendations. Only prepackaged or store-bought foods are allowed.*

*Class parties to celebrate annual holidays are to be limited to two per school year. Rewards for behavior or participation will be given in special privileges such as non-uniform days or extra recess.*

*Birthday treats will be allowed but will only be distributed at the end of the school day once the children leave the school campus. Non approved ADE food is not allowed to be served during school hours!*

- b. *These guidelines apply to (check all that apply):*

- School-sponsored events
- Celebrations and parties
- Classroom snacks provided by parents
- Classroom rewards and Incentives

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## **Fundraising**

- a. *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: No foods or drinks will be sold as a fundraiser 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.

*a. Describe your policies for food and beverage marketing: Students in Grades K-8 will receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors. Snack lists are sent home to K-2 parents who bring snacks daily. Nutrition education topics will be integrated into classroom curriculum including math, science, language arts, social studies. Nutrition topics will also be emphasized during snack times. Nutritional facts and nutrition games will be sent out monthly. Various incentives will be offered to promote school lunches and healthy eating habits among our staff and students.*

## **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: Once a year, at the end of the year. Thus, any recent changes would be in effect at the beginning of the new school year.*
- 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):*
- c. *A committee including the Principal, Athletic Director, Nutrition Service Coordinator, School Nurse, and a parent volunteer will meet annually to review and update the school wellness policy.*
- d. *Description of how the public is notified that their participation is permitted: The public will be notified via ClassDojo notification and monthly newsletters.*

### **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.

- a. *The designated official for oversight of implementation at each school is: Jamie Bradley*

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- b. *The designated official for convening the wellness committee is: Adrienne Rivera*
- c. *The person designated for informing the public about the wellness policy is: Kenny Walker*

#### **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.  
*Meet bi-monthly to review efforts and progress.*

##### ***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.

- a. 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 goals will be reviewed and discussed annually by the Wellness Committee.*
  - i. (Optional) The person responsible for this assessment is: Jamie Bradley
  - ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.  
*The goals will be reviewed and discussed annually by the Wellness Committee.*
    - i. (Optional) The person responsible for this assessment is: Adrienne Rivera

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

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

- a. Describe how often the LEA will update or modify the wellness policy: *The wellness policy will be updated annually.*

##### ***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.

- a. Describe how the LEA will make the district wellness policy available to the public:  
*Our wellness policy will be posted on our school website.*
- b. The annual progress reports and updates can be found at:  
*Our annual progress reports and updates can be found on our school website.*

Date

- c. The District will make the Triennial Assessment available at:  
*The Triennial Assessment will be available on our school website.*

Date

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*fax: (202) 690-7442; or*

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