



## Hearn Academy Local Wellness Policy

This policy is intended to provide health and nutrition standards for the students and campus community of Hearn Academy. The guidelines are based on the recommendations of nationally recognized authorities, including the Surgeon General of the United States, the National Association of State Boards of Education, the American Dietetics Association and the National Association of Sports and Physical Education.

Children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive. The prevalence of obesity among children aged 6-11 years has more than doubled in the past 20 years and among adolescents aged 12-19 has more than tripled.

The Wellness Policy is broken down into five main components:

- I. Nutrition Guidelines
- II. Guidelines for Reimbursable School Meals
- III. Goals for Achieving Student Wellness Through.
  - A. Nutrition education and promotion
  - B. Physical education
  - C. Daily physical activity
- IV. Monitoring the Policy
- V. Community Involvement

### **I. Nutrition Guidelines**

The Arizona Nutrition Standards will apply to all foods and beverages sold or provided by Hearn Academy during the normal school day. This includes the school lunch program, snack bars, fund raisers and school events. (See <http://www.azed.gov/health-nutrition/the-arizona-nutrition-standards-and-competitive-foods/> for Arizona Nutrition Standards)

Hearn 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.

Binder with nutritional labels and recipes for all menu items served during lunch or breakfast is kept in Nutritional Services Coordinators office. School Nurse has access to all nutritional information. Information can be requested by parents or guardians.

### *Special Events*

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 2 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!

### **Food Standards**

- 35% or less of total calories from fat
- 10% or less of total calories from saturated and trans fatty acids (combined)
- No more than 35% total sugar by weight
- Must contain at least 1 gram of fiber
- Maximum 400 calories per entree
- Maximum 300 calories per serving for all other items
- Maximum 600 mg of sodium for all other snack items
- Final preparation method cannot be deep-fat fried
- No deep-fat fried chips or crackers

### **Beverage Standards:**

- Water
  - May contain natural or non-caloric sweeteners
  
- Juice
  - Must contain 100% fruit and/or vegetable juice for Elementary Schools\*
  
- Fruit Smoothie (yogurt or ice based)
  - Must contain 100% fruit juice for Elementary Schools\*
  - Must not exceed 400 calories

- Milk and Alternatives
  - Fat free, low fat (1% milk fat), and reduced fat milk (2% milk fat)
  - Reduced fat enriched rice, nut or soy milk
  - Flavored milk may contain no more than 4 grams of sugar per ounce
- Sports Drinks, Electrolyte-Replacement Drinks
  - Only Middle and Junior High Schools may serve\*

## **II. Guidelines for Reimbursable School Meals**

Menus are given to each student monthly. Nutritional information about any of the meal items on the menu is available from the Nurse, Nutritional Services Coordinator and on the website.

Students will be given time to wash or sanitize hands before eating food. School meal preparation will meet the Federal Regulations for the National School Lunch program. Milk will be available to purchase for students who may want an additional milk or students who are bringing a sack lunch.

Water consumption will be encouraged throughout the day. Water fountains are available in classrooms and in the lunchroom/MPR and at various locations on campus. Students are also encouraged to bring water bottles with them to school. Bottled water is also available to purchase from the office.

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 Hearn Academy is not a nut free school.

### ***School breakfast***

School breakfast is served daily starting at 7:15am ending at 8:00am.

### ***School Lunch***

Students will be given 20 minutes for lunch  
Students will be given 20 minutes for recess

### **III. Goals for Achieving Student Wellness**

#### *Nutrition Education and promotion*

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 with school lunch menu order form.

Various incentives will be offered to promote school lunches and healthy eating habits among our staff and students.

#### *Physical Activity*

Hearn Academy will provide opportunities for every student to develop the knowledge and skills for specific physical activities and maintain physical fitness. Students will learn to regularly participate in physical activity and understand the short and long-term benefits of physical fitness.

All students will be provided opportunities for physical activity during the school day through daily recess periods and integration of physical activity into academic curriculum. Teachers will provide short physical activity breaks between classes or lessons as appropriate. Extended periods of inactivity will be discouraged.

All Hearn Academy students will have at least 20 minutes a day of supervised recess during which physical activity will be encouraged. Denial of recess for any student will be discouraged. **Go noodle is used by teachers to encourage movement in class.**

School facilities shall be used for physical activity programs offered by the school and / or community based organizations outside of school hours as feasible. Co-curricular physical activity programs, including fully inclusive intramural programs, and physical activity clubs will be available to students of all ages. **Some of the after-school opportunities for exercise are basketball, dance, cheer, volleyball clinic and yoga.**

#### *Physical Education (PE)*

All students in K-6 will receive a minimum of 50 minutes of PE per week. Students in Grades 7-8 shall receive a 7-week session with 50 minutes per day.

Students will spend at least 50% of PE class time participating in moderate to vigorous physical activity. A parent, caregiver or physician's dated note will be required for nonparticipation.

Hearn Academy students will participate in a Physical Education program that meets Arizona State standards and national standards for physical education. This program will have the students practice and master many different types of fitness, movement and sport related skills that will allow them to participate in exercise and movement throughout their life. This will include the incorporation of the Fitnessgram Fitness Test.

P.E class will be taught by a certified physical education teacher who attends pre year training and conferences annually.

Nutrition education that is age appropriate and follows Health standards is taught during PE classes.

#### **IV. Monitoring the Policy**

The Policy was created using an advisory committee consisting of School Nurse, Administration, Physical Education / Health Teacher, and Nutritional Service Director. Meetings to review and make changes to the policy will be at least once a year, at the end of the school year. Thus, any new changes would be in effect at the beginning of the new school year.

#### **V. Community Involvement**

American Heart Association- wellness Assembly  
Smiles Program  
Shot Clinic  
Hearing and vision testing