

Palo Verde Elementary School District

School Wellness Policy FY 2014-2015

SCHOOL WELLNESS

The Palo Verde Elementary School District adopts this school wellness policy with the following commitments to nutrition, education, and physical activity. Committee members included represent in the following stakeholder positions: School Administration, Food Service Director, School Nurse, Physical Education Teacher, Regular Education Teacher, and Parent.

2014-2015 Committee Members

Robert Aldridge, Superintendent/Principal
Sarah Morales, Assistant Principal/Programs Director
Mary Mogen, Food Service Director
Shelly Narramore, School Nurse
Logan Dewe, Physical Education Teacher/District Wellness Coordinator
Justin Pedrotti, Regular Education Teacher
Tabitha Treece, Parent

Nutrition Requirements

1. All schools in the PVESD will participate in the National School Lunch and School Breakfast Programs. Food served in the cafeteria will meet all Nutrient Standards established by the USDA.
2. Students will be given adequate time to eat lunch.
3. Food sold or served during the traditional school day must comply with the Arizona Nutrition Standards established by the Arizona Department of Education. (See Appendix A)

Education Requirement

1. Each school will form a wellness committee to facilitate nutrition education and promote physical activity. This committees will work with the school physical education department to coordinate school-wide wellness activities. Each school committee will be responsible for submitting an annual summary of wellness activities to the Food Services Director utilizing the School Health Index for guidance.
2. PVESD will provide a consistent message of nutrition and wellness at the school. This will be accomplished through the use of multimedia: morning announcements, school newsletter, websites, etc. All Palo Verde Elementary schools will utilize "Nutrition Nuggets" a monthly newsletter for school and home connection in English and Spanish. The School Wellness Program will be discussed at the Parent Involvement Meetings.
3. Palo Verde School will utilize "The Great Body Shop", "Choices", "Fit Deck", "Be Healthy! Be Fit", Jump Rope 4 Heart, and Fruit Olympics.
4. The Physical Education Teacher will be the district wellness coordinator and send ASBA Health and Safety tips of the week to all faculty and staff. They will coordinate district employee and wellness program participation.

School Wellness

1. The Food Services Department will provide food safety and handling guidelines for campus activities. (Posters, pamphlets, in-service for fundraiser volunteers, stickers, and bracelets)
2. Family nutrition education will be accomplished in the form of handouts, district website postings, presentations, school newsletters, etc. Nutrition education will be provided to families of all students within the district.
3. Top Health Newsletters will be distributed to all school employees.

Physical Activity Requirements

1. Physical activity is a critical component of a healthy lifestyle. School-based programs should be implemented to encourage physical activity. Palo Verde schools will participate in the Superintendent's Fitness and Nutrition (F.A.N.) Club which will consist of monthly district wide school 1 mile run/walks for all students, faculty, staff, and parents. Students will receive award bracelet charms for continued participation in the run/walk.
2. Students will be provided other physical activity opportunities beyond the physical education class. For example, teachers may provide a short physical activity break between lessons or classes where appropriate by using "Fit Deck" and "Fitness Break."

Recommendations

Policy recommendations are available in the PVESD School Policy Handbook.

Implementation and Monitoring

To ensure successful implementation of the PVESD School Wellness Policy, resources will be available on the District's Food Services Website. The Food Services Director will be responsible for monitoring policy implementation and disseminating pertinent information to the schools. (Appendix B, ASBA Policy Service Guidance regarding Clarification Concerning Student Wellness and Nutrition Standards.)

References:

Section 204 of Public Law 108-265, the Child Nutrition Act of 2004
The Arizona Nutrition Standards, Arizona Revised Statute 15-242, January 2006
Section 209 of the Healthy, Hunger-Free Kids Act of 2010 Public Law 111-296