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**LEA Name: Self Development Academy-Phoenix**

**Local Wellness Policy**

Date Created: 06/30/2017

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Self Development Academy- Phoenix (SDA-Phx) is committed to providing all students access to affordable and nutritious meals that adhere to the National School Lunch, National School Breakfast, and Summer Meals Program in accordance with all applicable laws and regulations.

Our Wellness Policy is designed to support student wellness, encourage healthy food choices, and promote nutrition education and regular physical activity. SDA hopes to help students adopt and foster healthy lifestyles starting in adolescence to achieve lifelong wellness.

1. **Wellness Policy Goals**

***Goal for Nutrition Promotion:***

School meals will be promoted and advertised to parents via email and flyers. Menu planning and meals are designed to be as appealing to students as possible within the National School Lunch Program Guidelines. Healthy choices will be prominently displayed in the school cafeterias utilizing poster and bulletin boards. Food and beverages that do not comply with nutrition standards, with the exception of food or beverages sold as an exempt fundraiser will not be marketed or advertised on school grounds.

***Goal for Nutrition Education:***

SDA will promote and support nutrition education by integrating nutrition into health education, and core curricula. SDA will share nutrition information with parents on menus, wellness committee meetings, and other school-based wellness activities. Messages that encourage healthy eating will be displayed throughout school cafeterias.

***Goal for Physical Activity:***

SDA will encourage and promote students to participate in physical activity to educate students on the benefits of a healthy and active lifestyle. SDA provides students with a variety of age and developmentally appropriate opportunities to participate in physical activity.

1. Grades K-5 receive at least two 30-minute physical education lessons to equal 60 minutes of physical education instruction per week.
2. Grades 6-8 receive at least 55 minutes of physical education instruction per week.

All students are provided at least 15 minutes for recess before or after their lunch period. In addition, Kindergarten through fifth grade receive a 15-minute break for physical activity. The playgrounds are open a half hour before school begins and students are encouraged to be active during this time.

***Goal for Other School-Based Activities that Promote Student Wellness:***

SDA will host a field day event annually and all students are encouraged to participate. SDA also strives to educate parents and teachers to consider the wellness policy goals when planning school or classroom parties, celebrations, and events.

1. **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.

1. SDA-Phx currently participates in the National School Lunch program.
2. Food and beverages offered to students during the day will comply with the Nutrition Standards, unless exempt from the Nutrition Standards by an exemption stated in these guidelines.
3. Vending machines for students on SDA campuses are not permitted.
4. Students, employees, and school visitors may not privately sell food or beverages to students on school grounds unless the food or beverages comply with the nutrition guidelines and the prior approval of the sale has been obtained from the school principal and approved by the district.
5. Students and staff have access to free, potable drinking water during meal periods and throughout the day.

***Competitive Foods and Beverages***

1. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA’s Smart Snacks in Schools guidelines.

*No additional food or beverage is sold on campus during the school day.*

*Exempt Food and Beverages*

1. Food and beverages sold or served to students after the school day or days school is not in session.
2. Food or beverages brought to the school by a student for consumption by the student only.
3. Food and beverages served by parents at classroom parties or activities.
4. Food and beverages sold as an approved exempt fundraiser.
5. Food or beverages sold, served, or dispensed from vending machines restricted to school staff.

***Celebrations and Rewards***

Following Arizona Law (ARS 15-242) all food and beverages provided and served, but not sold, to students in grades K-8 by school staff must meet the USDA’s Smart Snacks in Schools guidelines.

These guidelines apply to school-sponsored events but exclude celebrations and parties, classroom snacks provided by parents, and classroom rewards and incentives.

Staff and parents will be encouraged to serve Smart Snacks for parties and celebrations. They will be provided with healthy snack and beverage ideas as well as alternative non-food celebration ideas in the SDA handbook.

***Fundraising***

Food and beverage related fundraisers are not to be sold on SDA school campuses during the school day unless it is an approved exempt fundraiser. Exempt fundraisers are to be rare and under special circumstances and approval must be obtained from the district. Exempt fundraiser food or beverages may not be sold in competition with school meals in the food service area during meal service. Schools may choose to sell food and beverages after school hours for fundraising, i.e. concession stands at sporting events, or food truck events but not within the hours of midnight through the start of the next 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.

SDA-Phx will promote healthy choices and participation in the school lunch program by providing attractive meals to the students and displaying healthy foods in the cafeterias using posters and bulletin boards to promote the school lunch menu. There is no marketing in SDA schools for any food or beverage outside of school lunch meals. The only exemption is advertising for fundraising food and/or beverages to be sold outside of school hours or to be sold off campus.

1. **School Wellness Committee**

***Committee Role and Membership***

SDA-Phx 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.

1. Wellness Committee will meet twice per year to assess progress and participation in implementation.
2. The Wellness Committee is led by SDA’s Food Service Director, school principal, classroom teachers, physical education teacher, and is open to any other administrators, parents, students, and interested members of the community.
3. Wellness policy communications and meeting notifications will be posted on the SDA website and made available to the public and staff at the school.

***Leadership***

SDA-Phx has designated one or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

1. The designated official for oversight of implementation at each school is: The superintendent of SDA-Phx and each school principal.
2. The designated official for convening the wellness committee is: SDA-Phx Compliance Director.
3. The person designated for informing the public about the wellness policy is: SDA-Phx Compliance Director.
4. **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

***Implementation of the Wellness Policy***

A primary goal of the Wellness Committee is to regularly evaluate the effectiveness of this policy in promoting healthy eating and physical activity and changing the program as appropriate to increase its effectiveness. During the first three years of implementation assessments will be made annually by the SDA’s Food Service Director and members of the food services and nutrition staff. School administrators will be encouraged to participate. A goal of the Wellness Committee is to engage and encourage community and staff involvement in the regular review of the policy. Results will be measurable and determined using the Arizona Department of Education’s Assessment Tool. The results of each evaluation, including the extent to which schools are in compliance with the policy, the extent to which the policy complies with federal regulations, and a description/summary of the progress made in attaining the goals of the policy will be available to the public.

***Triennial Progress Assessments***

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, SDA-Phx will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the SDA Wellness policy. Additionally, USDA requires that SDA will compare their policy to the Alliance for a Healthier Generation’s model wellness policy.

***Revisions and Updating the Policy***

SDA-Phx will update or modify the wellness policy as appropriate following annual and triennial assessments.

***Notification of Wellness Policy, Policy Updates and Triennial Assessment***

SDA-Phx will inform families and the public annually of any updates to the wellness policy and every three years their compliance with the written wellness policy.

The wellness policy and annual assessments will be posted on the school’s website.