

Local Wellness Policy

Havasu Preparatory Academy is dedicated to providing a healthy eating environment and instilling the importance of healthy eating choices and physical activity.

Nutritional Requirements:

- The school will participate in the National School Lunch Program.
- Food served on campus will meet all Nutritional Standards designated by the USDA.
- All students will have an opportunity to eat healthy, well-balanced meals.
- Provide students with a school environment that is safe, clean, comfortable, and allow adequate time and space for consumption of meals.
- Havasu Preparatory Academy does not participate in selling food items or Smart Snacks.
- Students will have access to free, safe, and fresh drinking water throughout the school day.
- Lunch meals served meet the new meal pattern requirements including minimum requirements for fruits, vegetables (and subgroups), whole-grain rich foods, meat/meat alternates and 2 varieties of milk.
- Lunch follows recess to better support learning and healthy eating.
- School does not sell competitive foods or beverages.
- Foods served to students in grades K-8 meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).

Education Requirements:

- Students will be encouraged to start each day with a healthy breakfast at home.
- The school shall support the nutrition education program and be linked to the school meal program.
- The school will provide nutrition education through the use of the school's announcements, newsletters, and website.

Education & Physical Activity:

- All students in grades K-8 shall receive daily supervised recess for a minimum of 30 minutes.
- Equipment shall be provided for student physical activities.
- Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) is not used or withheld as punishment for any reason.
- To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active.
- Students have opportunities to participate in physical activity before school.

Promote Student Wellness:

- The school will create a school health advisory council (SHAC), to develop, monitor review and revise the Local Wellness Policy annually. The SHAC, which may consist of NSLP coordinator, parents, and school administrators will serve as a resource for the school for implementing these policies.
- Menus will be posted on the school website and sent home with students monthly.
- The school will use website and other social media to help promote school meals and wellness.
- The school will promote healthy choices by displaying healthy foods in the cafeteria such as using posters.
- All foods and beverages advertised on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition guidelines. These guidelines apply to vending machines.
- The school allows infrequent, exempt fundraisers, where food sold on campus during the school day does not meet Smart Snacks guidelines and complies with the following: The school submits the exemption request form to ADE for all food-related fundraisers, intended for consumption on the school campus during the school day, that do not meet the Smart Snacks guidelines.

Policy Recommendations:

- The school is open to comments or suggestions. Contact Kathy English at 928-854-4011

Implementation and Monitoring:

- To ensure implementation of the LWP, the policy will be posted on the school website. Kathy English will be responsible for monitoring policy implementation and distributing pertinent information to the school. School Leader will insure compliance with policy.
- The public is notified of their ability to participate in the district wellness committee using the following methods: notices on school website and newsletters throughout the school year.
- *DWC actively recruits* representation from parents and the community.
- At least once every three years, the district evaluates compliance with the wellness policy. The evaluation includes: The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy. The extent to which the district's policy compares to the a model policy. A description of the progress made in attaining the goals of the district's wellness policy.
- The Wellness Committee is responsible for managing the triennial assessment.
- The policy is updated when appropriated, including when district priorities change, community needs change, wellness goals are met, and new state or federal guidance/standards are issued.
- The public has access to the LWP at all times through school website.
- District informs families and the public each year of basic information about the policy, including its content, updates, and implementation status. Best practice is to include last revision date on LWP.

- District informs families and the public each year of basic information about the policy, including its content, updates, and implementation status by notices on school website and newsletters.
- The school actively notifies households of the availability of the triennial progress report. The triennial assessments are available to the public, located on our website.

Local Wellness Policy Revised March 28, 2019