

Aztec High School Student Wellness Policy

Nutrition Education is necessary to insure the lifelong health of our students. The Aztec High School District incorporates Nutrition Education and Health Education into their curriculum. To emphasize the benefits of good nutrition, the school will establish a nutrition committee, which shall plan, with the help of the County Health Department an annual Nutrition Week to focus on the medical benefits and methods of achieving a lifestyle of good nutrition.

Nutrition Education and promotion

Students will receive consistent nutrition messages throughout the school and classrooms.

- Teachers will integrate nutrition education into core curricula
- The nutrition education will be linked to school meal programs
- Staff members responsible for nutrition education will participate in relevant professional development
- Staff will only use approved nutrition curriculum in the classroom

The nutrition curriculum will encompass:

-Promotion of adequate nutrient intake and healthy eating practices

-Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, and analysis of health information

-Examination of the problems associated with food marketing to children

Physical Activity

Students at Aztec High School will be provided opportunities to develop the knowledge surrounding the importance of maintaining and active lifestyle.

- Students will be given an opportunity to sign up for city league recreational activities
- School will host intramural activities each quarter.
- Students will be taught the short and long-term benefits of a physical active and healthful lifestyle.
- Sports equipment will be provided to students before and after school to participate in physical activities. (basketball, soccer and volleyball)

School Based Activities to Promote Student Wellness

The goal is to create a total school environment that is conducive to healthy eating and life-long activities.

- School will participate in Red Ribbon Week
- School will participate with the Yuma County Health Department in “Nutrition Education Week”
- Students will be encouraged to attend and participate in Yuma County “Lettuce Day’s Activities”

Nutrition Guidelines and Food Services Operations

All foods and beverages made available on campus during the school day are to be consistent with the Arizona Nutrition Standards. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The district will create procedures that address all foods available to students throughout the school day in the following areas:

- National School Lunch Program and School Breakfast Program Meals
- A la’Cart offerings in the school snack bar
- Classroom parties, celebrations, and school events.
- There will be no competitive foods sold during meal times.
- Staff will be encouraged not to use food as a reward
- Food will not be withheld as a punishment.

In addition:

All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond the USDA requirements

Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being served.

Meals will be served in a clean setting and under appropriate supervision. Rules for safe behavior will be consistently enforced

High school campus will be “closed” meaning students are not permitted to leave the school grounds during the school day.

Lunch will be scheduled between 11a.m. and 1:00 p.m.

Students will have access to hand washing/hand sanitizing facilities before meals and snacks and students will be reminded to make use of them.

Participation in the school meal programs will be promoted. Parents will be notified of the availability of the breakfast, lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals.

Parent, Community and Staff Involvement

The primary goal will be to engage family members, students and representative of the school, the Governing Board, school administrators, and the public in development and regular review of this school policy

- The use of school facilities outside of school hours should be available to community agencies/organizations under the district policy for outside use of facilities.
- Based on committee recommendations changes will be reviewed annually by the Governing Board
- As part of the school district's responsibility to operate a food service program, we will provide continuing professional developments for all nutrition professionals in schools.

Stakeholder Involvement

The School District has established a School Health Advisory Council , that consist of administrators, the health teacher, school counselor, a member of the school board and community affiliates to review the local well ness policy and to develop, implement, monitor and improve nutrition and physical activity in the school environment. The School District goal is to invite some parents and students to be part of this School Health Advisory.

Stakeholder Participation:

The School District Health Advisory Council (SHAC) will establish a plan for the policy implementation, policy evaluation and revision. The activities of the School Health Advisory Council will be reported to the school administration periodically.

Public Notification

The School will send out information about school wellness policy and asked parent and community members to write down any concerns or recommendations on the wellness policy development. Our goal is to have some input from parents and the community that are not able to attend to the school

wellness policy meetings. The school district will include the school wellness policy on the student/parent handbook and in our school website.

Measuring Implementation/Evaluation

This wellness policy was developed by Aztec Wellness Committee, a group comprising individuals from the following groups: Health teacher, students, school administrations, counselor, and board members. The committee is active and will be meeting twice during the school year to review and revise, if needed, policy content and to design and evaluate implementation plans throughout district schools. A progress report will be prepared after each meeting. All meetings dates and times will be posted on the school district marquee and meetings will be open to the public.

The principal will ensure compliance within the school and will report on compliance to the superintendent, who will provide a report to the school board and the wellness committee. The following information will be included in an annual report: 1. the progress made in attaining the goals for the policy; 2. any recommend changes to the policy; 3. An action plan for the following school year to achieve annual goals and objectives; and 4. Any additional information required by the USDA. The annual report shall be posted on the school district website.