

LEA Name:
Local Wellness Policy
Date Created: 07/15/2017
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I. Wellness Policy Goals

Goal for Nutrition Promotion: Mobile Elementary will promote meals and nutrition based on NSLP standards.

Goal for Nutrition Education: Mobile ESD will promote healthy eating and physical exercise, and good social and emotional health.

Goal for Physical Activity: All students will have a minimum of 30 minutes of outdoor recess per day, and at least two 45 minutes periods of physical education per week.

Goal for Other School-Based Activities that Promote Student Wellness: Culinary Arts classes will promoted nutrient rich meals that meet the meal pattern guidelines for NSLP.

II. 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.

- a. *All schools in the district will participate in the National School Lunch Program.*
- b. *All meals will, at a minimum, meet the New Meal Pattern requirements.*
- c. *Free, potable water will be available to all students during meal periods.*

Competitive Foods and Beverages

- d. *Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. These guidelines apply to all foods sold in the following locations:*
 - I. *School Cafeteria*

Celebrations and Rewards

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.

- e. *Describe your standards for all foods and beverages provided, but not sold, to students during the school day:*

All meals provided to students must meet the NSLP and ADE requirements for meal patterns and meet nutrition guidelines and standards. All snacks provided through the cafeteria must meet the smart snack guidelines.

- f. *These guidelines apply to (check all that apply):*
- School-sponsored events during the school day.
 - Celebrations and parties
 - Classroom snacks provided by parents
 - Classroom rewards and Incentives

Fundraising

- g. *Describe your policy on food and beverage related fundraisers sold to students on school campus during the school day, including the frequency and duration of exempt fundraisers as appropriate: Mobile Elementary does not participate in fundraisers involving the sale of food.*

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.

- h. *Describe your policies for food and beverage marketing: Mobile Elementary will not market foods or drinks that do not meet the school lunch or smart snack guidelines.*

III. School Wellness Committee

Committee Role and Membership

The District 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.

- a. *Describe frequency of meetings: Triennial*
- b. *Description of who the LEA permits to participate in the wellness policy process. (e.g. parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators):
Parents, Guardians, Teachers, PE teachers, school board, community members, and administrators are welcome to be part of the wellness policy process.*
- c. *Description of how the public is notified that their participation is permitted: Mobile will send letters home and post meeting information in the school office.*

Leadership

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

- d. *The designated official for oversight of implementation at each school is: Food Service Manager*
- e. *The designated official for convening the wellness committee is: School Administrator*
- f. *The person designated for informing the public about the wellness policy is: School Business Manager*

IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of the Wellness Policy

- a. Describe the District's plan for implementation to manage and coordinate the execution of this wellness policy.
Mobile ESD will discuss the plan and use the plan to make wellness related decisions.

Triennial Progress Assessments

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

- b. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
 - i. Provide a description of how the District will assess the progress made in attaining the goals of the District's wellness policy: Mobile Elementary will look at each goal and policy and rate our progress from 1-10 with 1 being no implementation to 10 being goal met.
- c. The District will assess how their wellness policy compares to model wellness policies.
 - i. Provide a description of how the District will compare their policy with the model policies. Mobile ESD will follow ADE templates and USDA models for wellness policy and update regularly to maintain comparability.

Revisions and Updating the Policy

The District will update or modify the wellness policy as appropriate.

- d. Describe how often the LEA will update or modify the wellness policy: Triennial.

Notification of Wellness Policy, Policy Updates and Triennial Assessment

The District will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

- e. Describe how the LEA will make the district wellness policy available to the public:
This policy will be sent home with students and also displayed on our website and in the district office.
- f. The annual progress reports and updates can be found at:
District office.
- g. The District will make the Triennial Assessment available at:
District Office.