

School Version of the ADE Local Wellness Policy Activity & Assessment Tool

School Name: Harvest Preparatory Academy

Date: 12/5/19

I. WELLNESS GOALS

GOAL: NUTRITION PROMOTION <i>Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.</i>	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
Encourages participation in meal programs (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).						
School meal program menus are posted on the district or school website.						
<i>Smarter Lunchroom techniques are implemented in the cafeteria (best practice is to choose a minimum of 10 techniques to implement at each school):</i>						
Displaying fruit options in a location in the line of sight and reach of students.						
Offering vegetables on all service lines.						
When cut raw, serve healthy, low-fat dips (e.g., hummus, salsa, ranch) with vegetables.						
Keeping milk cases and coolers stocked throughout the meal service						
Offering white milk in all beverage coolers						
Politely prompting students who do not have a full reimbursable meal to "complete their meal" (e.g., by selecting a fruit or vegetable)						
Ensuring a reimbursable meal can be created in any service area available to students						
Providing a monthly meal menu to students, families, teachers, and administrators						

GOAL: NUTRITION EDUCATION <i>Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program to provide students with the knowledge and skills needed to safeguard health and make positive choices, or nutrition education can be offered as sequential individual lessons throughout the school year.</i>	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
Nutrition education is taught in the following grades:						
<input checked="" type="checkbox"/> K <input checked="" type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input checked="" type="checkbox"/> 5						
<input checked="" type="checkbox"/> 6 <input checked="" type="checkbox"/> 7 <input checked="" type="checkbox"/> 8						

School Version of the ADE Local Wellness Policy Activity & Assessment Tool

☒ 9 ☒ 10 ☒ 11 ☒ 12						
Teachers and other staff receive training in nutrition education.		X				
Nutrition education is taught through other subjects like math, science, language arts, social sciences and electives.		X				

GOAL: PHYSICAL ACTIVITY <i>Regular physical activity in childhood and adolescence is important for physical and socioemotional health. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.</i>	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
<i>Physical Activity</i>						
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.		X				
School ensures that inventories of physical activity supplies and equipment are known and, when necessary, work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.		X				
<i>Before and After School Activities</i>						
School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.		X				
The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and the general community throughout the school year (i.e. the school provides information about nutrition and physical activity to parents throughout the year).		X				

GOAL: OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
<i>School Sponsored Events</i>						
School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.		X				
<i>Community Health Promotion and Family Engagement</i>						
The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and the general community throughout the school year (i.e. the school provides information about nutrition and physical activity to parents throughout the year).		X				

School Version of the ADE Local Wellness Policy Activity & Assessment Tool

II. DISTRICT POLICIES

In the following sections, check the box for the correct year *if your school currently meets the district wellness policy requirements.*

DISTRICT POLICY: SCHOOL MEALS STANDARDS	Year 1	Year 2	Year 3
<i>At a minimum, the school meal standards should meet the New Meal Pattern requirements. This section also includes standards for the meal service area, menu composition (use of local produce) and guidelines for water availability during meals.</i>	in compliance	in compliance	in compliance
<i>National School Lunch Program</i>			
Participates in the National School Lunch Program.	X		
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.	X		
50% percent of lunch items are prepared from scratch or made on site.	X		
Students are served lunch at a reasonable and appropriate time of the day.	X		
(Elementary only) Lunch follows recess to better support learning and healthy eating.	X		
Students have adequate time to eat: <input type="checkbox"/> Students have 10 minutes of seated time. <input type="checkbox"/> Students have 20 minutes of seated time. <input checked="" type="checkbox"/> Students have 30 minutes of seated time (ADE best practice). <input type="checkbox"/> Students have ___ minutes of seated time.			
<i>School Breakfast Program</i>			
Participates in the School Breakfast Program.	X		
Breakfast meals served meet the new meal pattern requirements including minimum requirements for fruits/vegetables, whole-grain rich foods, and 2 varieties of milk.	X		
School provides breakfast in the classroom or via mobile grab and go carts.			
<i>School Meal Standards meet the following additional guidelines established by the district:</i>			
Meals are appealing and attractive to students.	X		
Meals are served in clean and pleasant settings.	X		
Local and/or regional products are incorporated into the school meal programs.	X		
Fresh fruits and vegetables are served 5 times per week.	X		
Flavored milk is not served; school only offers low fat and fat free plain milk.			
Menus are created/reviewed by a Registered Dietitian or other certified nutrition professional.	X		
School meals are administered by a team of nutrition professionals.	X		
<i>Water</i>			
Free, potable water is available to all students during the meal period.	X		

School Version of the ADE Local Wellness Policy Activity & Assessment Tool

Water sources and containers are maintained on a regular basis to ensure good hygiene and health safety standards.	X		
Students are allowed to bring and carry approved water bottles with only water in them throughout the day.	X		

DISTRICT POLICY: COMPETITIVE FOOD AND BEVERAGES (SOLD TO STUDENTS)	Year 1	Year 2	Year 3
<i>Competitive foods and beverages are sold outside of and in competition with federally reimbursable meal programs. At a minimum, LEAs must ensure all foods and beverages sold on campus, during the school day defined as midnight to 30 minutes after the end of the school, meet the USDA Smart Snack guidelines for grades K-12. LEAs can establish additional standards.</i>	in compliance	in compliance	in compliance
Foods and beverages sold outside the school meal programs meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day (midnight to thirty minutes after the end of the school day). This applies to items sold:			
<input checked="" type="checkbox"/> Not applicable, this school does not sell competitive foods or beverages.			
<input type="checkbox"/> A la carte			
<input type="checkbox"/> In student stores			
<input type="checkbox"/> In vending machines			
<input type="checkbox"/> Other:			
<i>Foods and beverages sold outside of the school meal programs meet the following additional guidelines established by the district:</i>			
All foods and beverages sold outside the school meal programs meet the USDA Smart Snacks in School nutrition standards on the school campus at all times (midnight to midnight).			
<i>Guideline:</i>			
<i>Guideline:</i>			

DISTRICT POLICY: CELEBRATIONS AND REWARDS (FOOD SERVED TO STUDENTS)	Year 1	Year 2	Year 3
<i>Arizona Nutrition Standards (ANS) state that all food and beverages supplied at school sponsored events to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines. The USDA's Smart Snacks in Schools and ANS guidelines do not apply to foods brought to school in bagged lunches or for activities such as birthday parties, holidays, or other celebrations.</i>	in compliance	in compliance	in compliance
<i>School Sponsored Events</i>			
Foods and beverages 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) .	X		
Foods and beverages served to students in grades 9-12 meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242) .	X		
<i>Classroom Celebrations/Rewards</i>			
Foods and beverages served to students during classroom celebrations and parties (holidays and birthdays) meet (or exceed) the USDA Smart Snacks in School nutrition standards.	X		

School Version of the ADE Local Wellness Policy Activity & Assessment Tool

Parents and teachers receive a list of healthy party ideas, including non-food celebration ideas.	X		
Classroom snacks brought in by parents meet (or exceed) the USDA Smart Snacks in School nutrition standards.	X		
Parents receive a list of foods and beverages that meet the USDA Smart Snacks nutrition standards.	X		
Food and beverage is not used as a reward.	X		
Teachers and other school staff receive a list of alternative ways to reward students.	X		

DISTRICT POLICY: FUNDRAISING	Year 1	Year 2	Year 3
<i>In Arizona, all fundraisers are exempted from the Smart Snacks guidelines when an exemption request form is submitted, per HNS 04-2015. However, no exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. LEAs have the authority to implement more restrictive fundraising food standards.</i>	in compliance	in compliance	in compliance
The school does not allow exempt fundraisers. All food sold on campus during the school day as part of a fundraiser must meet Smart Snacks guidelines.			
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:	X		
<input checked="" type="checkbox"/> The school adheres to the district’s exemption request to ADE for all food-related fundraisers, intended for consumption on school campus during the school day, that do not meet the Smart Snacks guidelines.	X		
<input type="checkbox"/> ‘Infrequent’ as it relates to exempt fundraisers means: _____			
<input type="checkbox"/> An appropriate short duration for exempt fundraisers is defined as: _____			
Notifying the Public of Fundraising Policy			
The district fundraising policy is distributed to all parents/guardians.	X		

DISTRICT POLICY: FOOD AND BEVERAGE MARKETING	Year 1	Year 2	Year 3
<i>Schools that allow marketing of food and beverages to students must include plans and policies that allow the marketing of only those foods and beverages that may be sold on the school campus during the school day (i.e. that meet the USDA’s Smart Snacks in Schools) LEAs have the discretion to enact broader policies that address marketing that occurs at events outside of school hours.</i>	in compliance	in compliance	in compliance
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 (Check all that apply)			
Vending machine exteriors	X		
School equipment such as marquees, message boards, scoreboards, busses etc.	X		
Cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment	X		
Posters, book covers, school supplies displays etc.	X		
Advertisements in school publications or mailings	X		
Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product	X		

School Version of the ADE Local Wellness Policy Activity & Assessment Tool

III. DISTRICT WELLNESS COMMITTEE

The District is required to convene a representative district wellness committee that meets to establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy. Schools also have the option of establishing wellness teams.

COMMITTEE ROLE AND MEMBERSHIP	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
The school within the district has an on-going school wellness committee (School Health Advisory Committee- SHAC) to review school-level, health related issues in coordination with the DWC.	X					

LEADERSHIP	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
<i>The district must designate 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.</i>						
Each school has designated a wellness policy coordinator who will ensure compliance with the policy at the school level. <input type="checkbox"/> Position/Title of the designees is _____		X				

IV. IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND NOTIFICATION

IMPLEMENTATION PLAN	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
<i>Once the wellness policy is written, the district will need to communicate to the goals and policies to all schools. Schools will then implement the policies and begin working toward the goals as appropriate. The implementation of the policies should be consistent across all schools, but the actions that work toward meeting the goals may vary from school to school.</i>						
School conducted a school-level assessment prior to developing an implementation plan. The assessment used was: <input type="checkbox"/> The Alliance for a Healthier Generation Healthy Schools Program <input type="checkbox"/> The School Health Index <input type="checkbox"/> Action for Healthy Kids Game On program <input type="checkbox"/> Other: _____		X				