

LOCAL WELLNESS POLICY



CONCORDIA CHARTER SCHOOL, INC.

SY 2023

Nutrition Promotion & Education

Concordia aims to provide students with the knowledge and skills necessary to promote and protect their lifelong health. The school will provide nutrition education and engage in nutrition promotion that:

- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices (i.e. posters/displays, FFVP);
- is part of not only nutrition education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- links with school meal programs, Fresh Fruit and Vegetable Program (FFVP), and nutrition-related community services;

Specific strategies:

- Strong student participation in Child Nutrition Programs (School Breakfast, National School Lunch Program) will be encouraged through multi-platform promotional information
- Participation in **Provision 2**, beginning in SY23, will allow greater access for all students to receive school meals at no charge. During the base year (SY23) lunch applications will be collected; upon successful completion of the base year no applications will be collected for the following 3 years
- 100% of foods and beverages promoted to students will meet the USDA's Smart Snacks in Schools standards
- Monthly menus will be posted on the menu board and will be shared on the school's website; Weekly Nutrition Newsletters will also be posted to the school's website and will be promoted through social media and/or parent emails
- A minimum of ten Smarter Lunchroom Techniques will be implemented throughout the school year
 1. A variety of whole fruits will be displayed in attractive baskets or trays
 2. At least two types of vegetables will be offered daily
 3. White milk will be offered in all beverage coolers
 4. A self-serve "flavor station" will be available to students as appropriate
 5. Creative, descriptive names will be used on the menu
 6. A sample tray or photo of the daily reimbursable meal will be displayed

7. A menu board, readable from 5 feet away, will feature meal options with creative names
 8. Menu choices will be included in daily announcements by teachers and/or administrators
 9. Students will be involved in creating artwork and marketing materials to promote menu items
 10. Recess will be provided before lunch
- Monthly health education lessons will be provided in each grade level that cover topics that may include the following:
 1. Food guidance from MyPlate
 2. Reading and using the FDA's nutrition fact labels
 3. Balancing food/caloric intake and physical activity/energy expenditure
 4. Eating more fruits and vegetables, and whole-grain products
 5. Choosing foods and beverages with little added sugar
 6. Preparing healthy meals and snacks
 7. Food safety
 8. Importance of water consumption
 9. Importance of eating breakfast
 10. Reducing sodium intake

Physical Education & Physical Activity

- Physical activity during the day (including, but limited to recess, classroom activity breaks, or physical education) will NOT be used or withheld as punishment.
- Inventories of physical activity supplies and equipment will be accessible to staff and students and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible

Recess

- All students will receive at least **40 minutes** of recess daily, independent of physical education classes
- Recess will be offered outdoors when weather is feasible
- Recess monitors will encourage student to be active and will serve as role models by being physically active along with students, when feasible
- To the extent practicable, the district will ensure that its grounds and facilities are safe and that equipment is available for all students to be active

Activity Breaks

- Students will be offered periodic opportunities to be physically active or to stretch throughout the day on all or most days during a typical school week
- Instructional staff will be provided resources, tools, and technology with ideas for classroom physical activity breaks

Physical Education (PE)

- All students in each grade will receive PE for 30 minutes per week
- PE will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool)
- Students will be moderately to vigorously active for at least 50% of PE class time during most or all sessions
- PE instructional staff will participate in at least one professional development opportunity annually

Other School-Based Activities that Promote Student Wellness

- All school-sponsored events will adhere to the wellness policy guidelines
- School-sponsored wellness events will include physical activity and healthy eating opportunities
- Family wellness newsletters will be distributed to keep families updated on key wellness topics and school activities
- The district will develop relationships with community partners as appropriate, including hospitals, colleges/universities, local businesses, and SNAP-Ed providers
- Both digital and non-electronic platforms will be used to inform families of school-sponsored activities and deliver health & wellness resources and promotions
- The school will implement the following strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors:
 1. Instructional staff will lead and model positive FFVP distribution, consumption, and education
 2. All staff will avoid the consumption of unhealthy food and drinks (soda, chips, candy, fast food) in the presence of students
 3. Staff will be encouraged to participate in employer-sponsored programs that provide mutual accountability and recognition for specific health goals (i.e. step-counting, weight loss, smoking cessation, workout participation) throughout the year
 4. Staff wellness resources will be distributed to promote health and wellbeing

School Meal Standards

- Meals will be accessible to all students
- Meals will be appealing and attractive to children;
- Meals will be served in clean and pleasant settings;

- Meals will be in compliance with all federal and state nutrition guidelines, specifically as defined in the Healthy, Hunger-Free Kids Act of 2010, and AZ Nutrition Standards as applicable;
- Students will be given a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch
- Students will have special dietary needs accommodated as directed by appropriate medical professional guidance, within reason
- Meals will be served at reasonable and appropriate times of the day
- Lunch will follow recess to better support learning and healthy eating
- Free, potable water will be made available to all students during the meal period
- Water sources/containers will be maintained on a regular basis to ensure good hygiene and health safety standards

Competitive Foods and Beverages

- Food and beverages served outside the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at minimum, or not be provided at all

Celebrations and Rewards

- Foods served to students will meet/exceed the Smart Snacks in School nutrition standards, per the Arizona nutrition Standards (ARS 15-242)
- Celebrations that involve food during the school day will be limited to no more than two parties per class per school year
- Only store-bought food items are allowable for service
- Individual student birthday snacks and/or celebrations are not permitted
- Alternative celebration ideas are encouraged (see attachment)
- Food and beverages will not be used as rewards for academic performance or good behavior, and withholding food or beverages (including food served through school meals) will not be used as a punishment

Food and Beverage Marketing

- All food and beverages sold as fundraisers during school hours will meet USDA's Smart Snacks in Schools standards
- Non-exempt fundraisers that promote health and wellness will be allowed with approval; exempt fundraisers are not endorsed by the school
- Healthy food, non-food items, and physical activity based school fundraising activities will be encouraged
- Vending machines, a la carte items, concession stands, etc. are not used on campus

School Health Advisory Council (SHAC), formerly WAB

- A representative wellness council will be convened at least two (2) times per year

- Representation will include the following:
 - Teachers
 - Parents/Caregivers
 - School Nutrition staff
 - PE instructional staff
 - Administration
 - Community partners, when feasible
- The public will be notified of its ability to participate in the LWP process
- The designated SHAC leadership will convene and facilitate development of and updates to the wellness policy, and ensure compliance
- The designee is Mrs. Acosta, Wellness Coordinator, rgomezacosta@concordiacharter.org
- Other committee members include the following:
 - Ms. Roush-Meier, Director, mroushmeier@concordiacharter.org
 - Ms. Jesicka, Instructional Aide, jaguilar@concordiacharter.org
 - Mr. Doumouchel, Teacher, ddoumouchel@concordiacharter.org
 - Ms. "B", PE instructor, bsoto@concordiacharter.org
 - Ms. Iris, Food & Nutrition Manager, itirado@concordiacharter.org

Implementation Plan

- ADE's assessment tool will be used to complete a policy review prior to the development of an implementation plan
- The plan will outline specific steps for execution of the wellness policy, including roles, responsibilities, actions, and timelines

Communication & Outreach

- Families and the public will be informed of the policy, its contents, updates, and implementation status on an annual basis through the school's website and parent handbook
- Additional communication platforms include email, announcements on monthly menus, bulletin board notices, social media, and printed information sent home with students
- Parents will be informed of the following:
 - Improvements to school meals standards
 - How to apply for meal benefits
 - Smart Snacks in Schools nutrition standards information
 - Policy updates and assessments
- Communications will include the following:
 - As much information as possible about the school nutrition environment
 - Information about events and activities related to wellness policy implementation
 - Names and contact information of wellness committee members
 - Information about how the public can get involved

Assessment & Updates

- Updates and modifications of the policy, based on assessment tools, will be made at least once a year and as-needed
- A Triennial assessment will assess the following:
 - Site-specific compliance
 - The extent to which the policy compares to the Alliance for a Healthier Generation's model policy
 - A description of the progress made in attaining specific goals
- Mrs. Acosta, Wellness Coordinator, will manage the assessment process
- Parents will be notified of the availability of the report

Recordkeeping

- Documentation kept in the front office will include the following:
 - Written wellness policy
 - Documentation of efforts to review and update the policy
 - The most recent assessment on implementation of the policy
 - Documentation demonstrating the policy and the most recent assessment of implementation have been made available to the public, and in compliance with annual public notification requirement

Concordia Charter School, Inc. seeks to grow student academic performance through whole-child wellness initiatives that create a positive and healthy learning environment on campus, as well as at home and in the community. Building a strong, integrated Farm-to-School program is one way to accomplish this goal. Concordia, therefore, is committed to the following:

- **Purchasing local food** regularly for use in school meal programs and the FFVP
 - Buy American exemptions will be used as infrequently as possible, while maintaining a wide variety of healthy produce throughout all growing seasons
 - Local is defined as 1st- grown in Maricopa County, 2nd- grown within Arizona, 3rd- grown within the region (southwest/western United States)
 - Annual evaluation of percentage of locally-sourced purchasing will allow for greater accountability and goal setting, beginning in SY2020
- **Promoting Arizona agriculture** through nutrition education, bulletin board displays, meal service signage, and social media/website content
 - Celebrating October as Farm-to-School Month with weekly harvest promotions and an annual Family Wellness Night
 - Building relationships with local farmers and producers, and expanding the local procurement conversation
 - Participating in Arizona’s Farm to School Network and other cooperative organizations (such as Sun Produce Co-Op)
- **Creating a sustainable school garden program** that is incorporated into the school’s culture
 - Concordia Garden Board oversees the garden, and is comprised of school staff, Master Gardener(s), community members, and other stakeholders
 - Regular garden-based lessons provided to every student at least once a month
 - Welcoming learning spaces is included in the school’s garden design in order to encourage outdoor class time
- **Operating a strong annual Farmraiser program** that provides:
 - A healthy fundraising option, eliminating “exempt” fundraisers
 - Student leadership opportunities
 - Nutrition promotion to participants through handouts, recipes, etc.
 - Healthy, affordable food to food-insecure households through SNAP & Double-Up Bucks programs
 - Community engagement opportunities, as neighbors are welcomed into the program

Non-Food Celebrations*

- Games or crafts – ask parents to bring supplies for a game or craft project
- Let's trade! Ask parents to bring small items to trade, such as pencils, stickers or erasers
- Dance party
- Extra recess or play time
- Special book
- Guest readers
- Activity time
- Overnight stuffed animal or item from class or program
- Special show and tell
- Special time with principal, teacher or site staff – take a walk around the school or playground
- Organize a community project
- Have a themed scavenger hunt around the school or site
- Stock a treasure chest – ask parents to bring items such as pencils, stickers and erasers or other small trinkets to fill the chest
- Themed parade around your school- try a vocabulary or food group theme!
- Allow the birthday child to be the class or site assistant for the day to help with special tasks, such as making deliveries around the school or site or lead the line
- Make it an event! Allow the birthday child to wear a special sash and crown or carry a special item

*For birthday celebrations, allow the birthday child to choose the game, activity, music, item, book, etc.

"From-Home" Breakfast/Lunch Policy

Please use icepacks in lunch boxes to keep items cold as necessary. We cannot reheat or keep refrigerated lunches from home.

Students and parents are encouraged to review the lunch menu daily.

Students will need to make arrangements for lunch from home BEFORE school. Calls home during the day to request lunch will not be allowed.

Monthly lunch menus will be sent home and posted on

www.concordiacharter.org, and the next day's lunch will be announced and displayed daily. Parents dropping off lunches after classes begin should deliver them directly to the office.



Breakfast and Lunch food items from home should fall within the school nutrition guidelines, such as MyPlate. Our cafeteria's "No Junk Zone" seeks to reduce food from home that offers minimal nutritional value. Please do not send the following items for lunch or breakfast:

- Soda
- Candy/Chocolate
- Donuts/Cake

We thank our students, parents, and staff in advance for helping to make our school safe and healthy!

Por favor, use hielo en cajas de almuerzo para mantener los alimentos fríos. No podemos calentar o mantener refrigerados almuerzos de casa.



Se anima a los estudiantes ya los padres a repasar el menú del almuerzo diariamente.

Los estudiantes necesitan hacer arreglos para el almuerzo de su casa ANTES de la escuela. Llamadas a casa durante el día para solicitar el almuerzo no se permitirá. Los menús mensuales del almuerzo serán enviados a casa y publicados en www.concordiacharter.org, y el almuerzo del día siguiente será anunciado y exhibido diariamente.

Padres traer almuerzos después de que comiencen las clases deben

entregarlas a la oficina.

Desayuno y Almuerzo- La comida de la casa debe seguir las pautas de la nutrición escolares, como MyPlate. "La zona sin basura" de nuestra cafetería busca reducir los alimentos del hogar que ofrecen un valor nutricional mínimo. Por favor vea la lista de ejemplos de alimentos inaceptable.

- Soda
- Dulces/Chocolates
- Gansitos/Pastelito

Agradecemos a nuestros estudiantes, padres y personal para ayudar a que nuestra escuela segura y saludable