

# DHCS Local Wellness Policy 2020

## Desert Heights Charter School's Nutritional Goals:

- **Nutritional Standards**
  - All child nutrition programs will comply with federal and state requirements
  - All food and beverages made available on campus will comply with the current USDA Dietary Guidelines for Americans and other nutrition standard guidelines as set forth by the Arizona Department of Education's National School Lunch Program and Smart Snacks in Schools.
  - The DHCS nutrition standards will meet or exceed the standards set by the National School Lunch Programs
  - Foods with high-quality nutritional content such as fresh fruits and vegetables, low-fat dairy products will be offered during the normal school day. Foods offered or sold during the school day will meet the Arizona Nutritional Standards.
  - Promotional marketing or advertising of foods and beverages must meet the Smart Snacks Nutritional Standards.
- **Food Safety and Security**
  - All food and beverages made available on campus will comply with the current state and local Food Safety Department regulations.
  - Hazard Analysis and Critical Control Points (HACCP) Plan and Guidelines are implemented to prevent illness in school
  - The food service staff will ensure compliance with all nutrition policies within food service areas
  - For safety and security of the food and facility, access to the food service operation area is limited to the nutrition staff, and authorized personnel
- **Eating Environment**
  - Desert Heights Charter Schools will provide a clean and pleasant eating environment
  - The eating area will include adequate space for students to comfortably enjoy their meals
  - The students will be provided with ample time to eat a healthy meal
  - Lunch will be scheduled between 10:00 AM-1:00 PM
- **Nutritional Education**
  - Students of Desert Heights Charter School will receive nutrition education that provides them with the skills they will need to adopt lifelong habits of healthy eating
  - Students of Desert Heights Charter School will be provided with positive, healthy nutrition messages throughout the school, classrooms, and lunchroom
  - Posters depicting the food pyramid, students making healthy food choices, and other healthy nutritional messages will be displayed in the lunchroom
  - Desert Heights Charter School will provide a nutrition education curriculum
- **Social or Cultural Events**
  - Nutritious foods are encouraged when used as part of a social or cultural event in the classroom
    - Other foods used as incentives or rewards will be used cautiously, taking into consideration the nutritional value of the item
    - During the school day, Desert Heights Charter Schools will limit the use of food at celebrations that are not related to curriculum.

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## Desert Heights Charter School's Nutritional Guidelines:

Desert Heights Charter Schools will follow the guidelines of the National School Lunch Program and Arizona Nutritional Standards. All food and beverages served or sold within the defined school day will meet Arizona Nutrition Standards as defined by the National School Lunch Program.

## Interim Final Rule: Nutrition Standards for all Foods Sold in Schools.

- Desert Heights Charter School will continue following the Arizona Nutrition Standards and Arizona standards for portion size/control.
- Arizona's approved beverage guidelines by offering fat free and 1% milk and portioned controlled 100% fruit juices.
- Vending machines on campus available to students will continue to only sell fitness waters, such as Propel, and standard bottled water
  
- Where Do the Standards Apply?
  - School Campus- all of the areas of the property unless under jurisdiction of the school that are accessible to students during the school day.
  
- When Do the Standards Apply?
  - School day- the period from the midnight before, to 30 minutes after the end of the official school day.
  
- Exempt fundraisers may take place within Desert Heights Charter School. All potential exempt fundraisers must have an application submitted to the Food Services Director for consideration.
  - No exempt fundraiser, foods or beverages may be sold in competition with school meals in food service area during school meal times.
  
- How do I access the Product Calculator?
  - The following link provides access to the Product Calculator:  
[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snack/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snack/alliance_product_calculator/)

## Desert Heights Charter School's Physical Goals:

- **To encourage all students to be physically active everyday**
  - Provide teachers with information that encourages activity in the classroom, including but not limited to:
    - i. Center's For Disease Control VERB campaign at [www.cdc.gov/youthcampaign/](http://www.cdc.gov/youthcampaign/)
    - ii. Planet Health [www.humankinetics.com/home](http://www.humankinetics.com/home)
    - iii. Healthy Schools/Healthy Youth [www.cdc.gov/healthyyouth/physicalactivity](http://www.cdc.gov/healthyyouth/physicalactivity)
    - iv. National Association for Sport and Physical Education 800-321-0789 for more information
    - v. USA Track and Field and Hershey : Run, Jump, Throw [www.usatf.org/runjumpthrow](http://www.usatf.org/runjumpthrow)
    - vi. SPARK (School Based Sports, Play, and Active Recreation for Kids) [www.sparkpe.org](http://www.sparkpe.org)

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vii. Nutrition 101: A Taste of Food and Fitness [www.nfsmi.org](http://www.nfsmi.org)

- **Inclusion of Physical Education and after-school activities that are varied in type for widespread appeal**
  - The following activities have already been implemented on the Desert Heights Charter School campus:
    - Physical Education for primary grades
      - Motor Skills: Jumping, throwing, catching, running, kicking, skipping, hopping, galloping, etc.
      - Games: basketball, Frisbee, jump rope, soccer, tennis, baseball/softball, etc.
    - Physical Education for upper elementary
      - Agility drills
      - Muscle development
      - Games: football, basketball, baseball/softball, track and field, badminton, tennis, soccer, volleyball, jump rope, capture the flag, tag, etc.
    - Extra-curricular activities
      - Junior Sports (K-2)
      - Dance Club (K-4<sup>th</sup>)
      - Gardening Club (3<sup>rd</sup>)
      - Senior Coyote Sports (3<sup>rd</sup> -4<sup>th</sup>)
        - Basketball, and Volleyball (all coed)
      - Sports Teams (5<sup>th</sup>-8<sup>th</sup>) (9<sup>th</sup>-12<sup>th</sup>)
        - football teams (coed flag), volleyball teams, soccer team (coed), softball teams (girls and boys), and basketball teams (girls and boys), pom and cheer, Coyote Crew, Coyote Hip Hop Crew, archery, dance club, competitive dance team
      - Student Council, National Honor Society, after school Clubs.

## **Local Wellness Policy Implementation Plan:**

- Lunch menus will be posted in each school cafeteria, on the school website and on our ordering system Boonli.
- Display posters in highly visible areas in the cafeteria that promote making healthy food choices and other healthy nutritional messages (once cafeteria is open due to COVID-19)
- Take field trips that promote healthy foods and healthy bodies
- Add a section in the school newsletter that promotes nutritious snacks and healthy living to parents

## **Measures/Plans to Involve Parents and Students:**

- **Nutritional Involvement**
  - Nutritious foods are encouraged when used as part of a social or cultural event in the classroom
  - Parents can pack a healthy and nutritious sack lunch for their child if he/she do not purchase a school lunch

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- DHCS may grow a vegetable garden for grades 3-4, while grades 5-11 are learning how to grow their own food
- Teachers can assign students research projects that stress the importance of nutritional food choices:
  - Students can do research projects on the health benefits of consuming nutritional food v. junk food
  - Students can do research projects on the human body and its nutritional needs, etc.
- **Physical Involvement**
  - We offer after-school activities that are varied in type for widespread appeal where parent volunteers are always desired as assistants or as coaches
  - Parents can encourage students to practice for their sports teams and involve themselves in physical activity throughout their weekends to keep their endurance up for weekly sports programs
  - Teachers and coaches can send home ideas/activities for physical exercise that the parents and students can do together on the weekends

## Implementation of Wellness Policy

- Desert Heights Charter Schools will provide links on schools' website to the Local Wellness Policy, annual progress reports, summary of each school's local wellness events/activities, contact information for leaders of local wellness policy team, opportunities for the public to get involved.
- Desert Heights Charter Schools will assess the Wellness Policy every three years to determine:
  - Compliance with the policy
  - How well the policy compares with model policies
  - Progress made in attaining the goal of the Wellness Policy

## Public Updates

- Desert Heights will make available to the public:
  - Wellness Policy
  - Information and updates to and about the policy on an annual basis
  - Annual progress report
  - Triennial assessment

# DHCS Local Wellness Policy 2020

## Health and Wellness Policy Committee Members

Sydney Pisano  
Food Service Director

Katherine Miller  
Principal DHCS  
Parent

Courtney Martin  
High School Dean  
Athletic Director  
Parent

Ruth Doyle  
Health Assistant DHPA

Vanessa Gonzales  
Office Manager DHCS  
Parent

Marissa Robles  
Event Coordinator DHCS

Gloria Aparicio  
Health Assistant DHCS

Beth Gue  
Director of Federal Programs

If you would like to participate in our Wellness Committee, or have input that you would like to share, please contact Sydney.pisano:

[Sydney.pisano@dhschools.org](mailto:Sydney.pisano@dhschools.org)

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## Nutrition Promotion Goals

### Nutrition promotion

- 100% of promotional marketing or advertising of food and beverages will be submitted and reviewed by the Local Wellness Committee prior to posting on school as measured by log sheets and walkthrough data.
- 100% of promotional marketing or advertising of food and beverages will meet the Smart Snacks Nutritional Standards and the My Plate nutritional guidelines as measured by school walkthroughs completed by a member of the Local Wellness Committee on a quarterly basis.

### Nutrition Education

Desert Heights Charter Schools Local Wellness Committee consists Food Service Director, Athletic Director, Director of Federal Programs, Teachers, Principals, and Parents. This taskforce meets every year to evaluate the progress of our Local Wellness Policy. Our Local Wellness Policy was developed with goals and programs addressing physical activity (P.E. programs and extra-curricular), nutrition education, and nutrition standards for the school. The agenda and minutes of these meetings will be made available to parents and students in a public forum for review and comment. This may include a school board meeting or if needed a separate meeting may be scheduled to accommodate stakeholder needs.

The Local Wellness Policy will be approved by the Schools Board of Directors every three years as measured by board meeting minutes.

- 100% of students will demonstrate knowledge of nutrition, health, and physical activity through successful completion (i.e. obtaining 70% or higher) on school-based nutritional education during scheduled physical education and health courses as part of the K-12 student curriculum.
- The K-12 student health curriculum will be reviewed and approved by site principals.

### Physical activities

- 100% of students K-8 will participate in a physical activity course as part of required yearly instructional minutes. 9-12 students will participate in a physical activity course as part of required yearly instructional minutes as measured by student schedules.

### Other school based activities that promote student wellness

Desert Heights Charter Schools promote student wellness by providing opportunities for all students K-12 to participate in extra-curricular physical activities. The goal is to encourage all students to be physically active every day. A wide variety of activities, sports, clinics, and clubs that support and encourage physical activities are available on each campus.

- Provide teachers with information that encourages activity in the classroom through inter-curricular lesson plans, including but not limited to:
  - Center's For Disease Control VERB campaign at [www.cdc.gov/youthcampaign/](http://www.cdc.gov/youthcampaign/)
  - Brain Breaks [www.emc.cmich.edu/brainbreaks/default.htm](http://www.emc.cmich.edu/brainbreaks/default.htm)
  - Planet Health [www.humankinetics.com/products/showproduct.cfm?isbn=0736031057](http://www.humankinetics.com/products/showproduct.cfm?isbn=0736031057)
  - Healthy Schools/Healthy Youth [www.cdc.gov/healthyyouth/physicalactivity/publications.htm#1](http://www.cdc.gov/healthyyouth/physicalactivity/publications.htm#1)
  - National Association for Sport and Physical Education 800-321-0789 for more information
  - United States Navy: Run, Jump, 'n Throw [www.runjumpnthrow.org/contact.html](http://www.runjumpnthrow.org/contact.html)

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- SPARK (School Based Sports, Play, and Active Recreation for Kids)  
[www.sparkpe.org/index.jsp](http://www.sparkpe.org/index.jsp)
  - Nutrition 101: A Taste of Food and Fitness  
[www.nfsmi.org/information/blt2005index.htm](http://www.nfsmi.org/information/blt2005index.htm)
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- 100% of students will receive notification with a minimum of one of three different forms of communication (e.g. Facebook posts, website, hard copy sent home) of the opportunity to be physically active through other school based activities as measured by wellness documentation.