

# School Wellness Policy Building Annual Progress Report

School Name: Lake Havasu School District

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This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<b>Nutrition Guidelines</b>					
1. All foods/snack available in each school will have as a primary goal the promotion of student health and the reduction of childhood obesity.	X			LHUSD has partnered with Taher Nutrition Services to ensure quality of all meals. This is accomplished by meals being approved by a dietician, menus are pre-approved, and are in compliance with the National School Lunch/ Breakfast program. All foods served go through a food nutrition calculator to ensure appropriate nutrition.	No further action required at this time.
2. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.	X			Claims processed for Free & Reduced Lunches occur on a monthly basis and this process will continue through the school year to ensure timeliness is maintained.	No further action needed at this time.
3. All Nutrition programs will comply with federal and state requirements.	X			Free potable water will be available to all students during meal periods.	No further action needed at this time.

<p>4. Arizona Law (ARS 15-242) states that all food and beverages sold to students in grades K-8 must meet USDA's Smart Snack in Schools guidelines</p>	<p>X</p>			<p>Individual classroom celebrations are exempt from AZ Nutrition Standards but the district emphasizes the importance of nutritious celebrations or those where food is not brought into the classroom.</p>	<p>The LHUSD Catering Dept. encourages the purchase of prepackaged healthy food items for class celebrations.</p>
<p>5. Student Fundraising Activities</p>	<p>X</p>			<p>As per ADE memo HNS #04-2015 all fundraisers will be exempt from the federally required Smart Snack Standards. All fundraisers will comply with Title 7 of the CFR section §210.11(b)(4).</p>	<p>No exempted fundraiser foods/beverages will be sold in competition with school meals and/or in the food service area during meal times.</p>
<p><b>Nutrition Education</b></p>					
<p>1. The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages, reflects students' cultures, is integrated into health education or core curricula and provides opportunities for students to practice skills and have fun.</p>	<p>X</p>			<p>LHUSD website features "Harvest of the Month" tips and promotion of healthy eating behaviors. Schools also feature posters promoting healthy eating habits which are located throughout the school. Also available are food and nutrition links to teach and encourage students, parents and community partners about eating healthy. These links are designed to make learning fun and exciting. Health classes provide an opportunity to continue learning and practical application of content to assist students in developing lifelong healthy eating habits. Nutrition education activities are incorporated into classroom curriculum and are part of health, reading and writing about food and nutrition.</p>	<p>District will continue to identify resources available in the community regarding individuals or companies who may be able to help implement a gardening program. A monthly "Nutrition Nuggets" newsletter will be distributed to grades K-6 to assist parents in building healthy eating and exercise habits at home.</p>

<b>Physical Education and Physical Activity Goals</b>					
1. To provide opportunities for every student to develop the knowledge and skills for specific physical activities.	X			LHUSD provides physical education courses where students practice, learn, and are assessed on developmentally appropriate motor skills, social skills and knowledge.	District will maintain compliance of all PE classes which are directed by the Arizona Comprehensive Health Education Standards teaching standards
2. Ensure that State-certified physical education teachers teach all physical education classes.	X			District hires only state certified physical education teachers.	No further action required at this time.
3. To ensure students' regular participation in physical activities that lay the foundation for lifelong physical benefits of a healthy lifestyle.	X			Schools have extreme weather protocols in place to enable play/exercise in all climates (indoor/outdoor) for the safety and well-being of the children. Playtime and Physical Activity is encouraged and supervised. Therefore, physical activity is available even in inclement weather through safe options.	No further action required at this time.
4. Students will be provided daily recess periods for all elementary school students. Encourage physical activity as appropriate during the school day.	X			District encourages lifetime physical activity through providing safety and appropriate environment for recess available indoor and outdoor for all activities.	No further action required at this time.
5. Offer after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically gifted or may have special health care needs.	X			LHUSD will continue to offer clubs that have supervision and a safe environment to promote healthy physical activity. District will collect input and feedback from students and parents through coaches and mentors.	District will continue to review feedback and make appropriate changes to ensure quality programs are being offered.
6. Encourage parents and community members to institute programs that support physical activities.	X			District provides website with a variety of ideas to motivate and encourage physical activity as well as healthy eating ideas.	No further action required at this time.

<b>Other School-Based Activities</b>					
1. To create a school environment that is conducive to healthy eating and physical activity.	X			<p>District continues to utilize “Smart Snacks” program which was adopted on 7/1/15.</p> <p>All food products available on campus do comply with the current USDA Dietary Guidelines for Americans. They go through a health calculator system to ensure minimum health criteria is being met.</p> <p>LHUSD implemented the Arizona Nutrition Standards (2006) to ensure students have access to healthy food choices.</p> <p>Students are provided with access to a variety of affordable and appealing foods.</p>	<p>Nutrition Service values feedback and will continue to make healthy improvements to better serve students’ health and well-being needs.</p> <p>No further action required at this time.</p>
2. Oral Health Instruction through River Cities United Way and LaPaz/Mohave Oral Health Coalition	X			<p>Assists LHUSD in teaching and providing supplies for preventative oral healthcare. A free 2-week oral healthcare program is offered to all Kindergarten students in February, which provides oral health supplies, education, literature, and family support.</p>	<p>Fully implemented at current funding levels.</p>
3. Kids Bright and Healthy - District Partnership through River Cities United Way.	X			<p>Provides dental exams, x-rays and cleanings. Vision screenings, glasses and referrals to medical practitioners at reduced or no fees.</p>	<p>Fully implemented at current levels.</p>

<b>Evaluation/ Implementation</b>					
1. School Health Advisory Committee (SHAC) group will meet bi annually to evaluate the effectiveness of the School Wellness Policy in promoting healthy eating and changing the program as appropriate to increase its effectiveness.		X		SHAC is currently scheduling/recruiting members for SY2017-2018 and will be meeting in September 2017 (cancelled) 2/2018	District holds bi-annual meetings and will continue to increase council members by promoting and inviting the Governing Board, school administrators, teachers, staff, parents and community members. Invitation is posted on District website.
2. Such evaluation will be measureable through ongoing collection of data and surveys. In addition, pre and post tests can be utilized to demonstrate students' knowledge level before and after school year.		X		Documentation of evaluations of meetings are kept at district level. Results of data will be included in the annual progress report and available on LHUSD website.	Development of survey to capture critical data will be developed in the future. District will continue to expand ideas and gather information to demonstrate success of Wellness Policy.
3. Physical education and health teachers, and other school health professionals shall have the opportunity to participate in the evaluation and implementation of this policy.	X			District Nutrition Supervisor and Food Vending Manager will continue ongoing dialog with physical education and health teachers as well as the school nurse about how to improve LHUSD Wellness Policy to ensure students health and wellness is being met through the current practice and policy.	Continue researching best practice for school nutrition programs. No further action required at this time.
<b>Parent, Community &amp; Staff Involvement</b>					
1. To engage family members, students and representatives of the school food authority, the Governing Board, school administrators, and the public in development and regular review of this school policy.	X			Parents, family members, students, staff, administrators and community stakeholders will be provided the opportunity to give feedback on wellness goals through the School Health Advisory Council (SHAC).	No further action required at this time.

<b>Staff Wellness</b>					
1. LHUSD promotes healthy lifestyles through wellness program (WOW), educational opportunities, physical activity and healthy eating options.	X			Staff members are encouraged and provided with support to model healthy lifestyles and eating behaviors through the LHUSD EBT Wellness Center.	No further action required at this time
2. District will comply with Nutrition Guidelines to allow staff access to healthy food items.		X		District offers staff healthy menu option in the cafeteria	Food Services will continue to improve healthy eating choices to encourage participation by staff.