

## Happy Valley East Local Wellness Policy

Happy Valley East is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Happy Valley East will provide nutrition information and physical education opportunities that foster lifelong habits of healthy eating and physical fitness. Participation of the entire school community is essential to the development and implementation of successful school wellness policies.

### Wellness Policy Goals

#### I. Nutrition Education

- Nutrition education will be taught in the classroom as well as the cafeteria.
- Nutrition education will be taught in physical education class.
- Nutrition education will teach the benefits of eating vegetables, fruits, low fat items and whole grain products.
- Nutrition education will teach healthy living and proper portion sizes.

#### II. Nutrition Promotion

- .-Happy Valley East has water fountains in the cafeteria and around the campus to give the students an opportunity to drink more water.
- All items that are served look presentable to promote nutritious eating.
- All items served meet the USDA and ADE guidelines and are low in saturated fats, trans fats, sodium and sugar.
- Happy Valley East does not have vending machines available to staff or students to promote healthy nutrition.

### III. Physical Activity

-Happy Valley East provides a minimum of 20 minute daily supervised recess periods.

-All students have 2 days a week that they attend Physical Education class for 45 minutes.

-In Physical Education class, all students are required to participate. All students are encouraged to try their best.

-Happy Valley East has a Presidential Fitness Challenge that takes place in Physical Education class. This Presidential Fitness Challenge focuses on healthy eating and active lifestyle. Students participate in exercises that assess their aerobic capacity, muscle strength, endurance and flexibility. The students will be tested and receive a Presidential Fitness Achievement Award.

### IV. Other School Based Activities that promote student wellness

Happy Valley East offers a variety of after school clubs that promote physical fitness. Our goal is to offer fun after school clubs that will incorporate physical education and or promote healthy eating habits.

- Soccer
- Cheer
- Basketball
- Softball
- Volleyball

## **Nutrition Standards**

Happy Valley East participates in the National School Lunch Program. Happy Valley East follows the new meal pattern. All students have 20 minutes to eat their lunch and then are sent to the playground to play for 20 minutes. All students have a designated lunch time that is the same every day.

Happy Valley East ensures that all meals served look presentable and appealing to the eye. All meals will follow the new meal pattern guidelines. All meals will be served and eaten in a clean, safe and peaceful environment. Water fountains are in the cafeteria and made available to all students. Students are also able to carry a water bottle into the cafeteria with them.

## **Competitive Food and Beverages**

Happy Valley East does not have any vending machines on campus for students and or staff. We do not sell or promote and competitive foods or beverages.

## **Fundraising**

Happy Valley East does not sell any food or beverage items on campus during school hours to raise money.

## **School Wellness Committee**

Wellness Policy Committee Members

1. Jared Palmer-Principal
2. Shauna Dibret-Dean of Students
3. Sarah Azevedo-NSLP program director/wellness policy official
4. Daniel Azevedo-Kitchen Manager
5. Mrs. Higbee-School Nurse
6. Jessica Haller-Physical Education coach
7. Carmen Gonzalez-Parent

All wellness policy committee members will meet every year in May to cover current policy and talk about new goals.

The parents will be notified by email blast every year welcoming their participation in reviewing the goals and adding changes to the current policy. This meeting takes place in June.

### **Wellness Policy Implementation**

Happy Valley East will implement the new changes and goals to the policy in the upcoming school year. Happy Valley East will also assess the current plan every year. Happy Valley East will compare our policy to a model policy and make changes if necessary.

Happy Valley East will send an email blast to parents when there are changes made to the wellness policy. Happy Valley East will also post the wellness policy on the school website.