

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

Nutrition Promotion

Happy Valley East will encourage participation in school lunches.

Happy Valley East lunch menus are available in the office, posted on website and in the cafeteria.

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.

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.

Eating fruits and vegetables, whole grain products and low-fat dairy will be promoted.

We will promote low nutrition foods including soda, sweets, candy, chips, cakes and cookies.

We will promote choosing foods that are low in saturated fat and cholesterol.

We will be promoting choosing foods and beverages that are low in sugar.

We will be promoting the importance of water consumption.

Staff will be encouraged to model healthy eating and physical activity as well.

Food intake and energy expenditure will be taught.

Physical Activity

Happy Valley East provides 30 minutes of physical education class 4 days a week.

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.

Physical education provides a safe environment with adequate space and equipment that conforms to safety standards.

Physical education teachers are required to attend staff training and development.

Recess will be offered outdoors if weather permits.

Happy Valley East provides 20 minutes lunch recess on Monday, Tuesday, Thursday and Friday.

Happy Valley East provides 15 minutes recess on Wednesday.

Recess monitors encourage students to be actively playing during their recess time.

Extra recess time is available to students daily from 7:30 am to 7:55 am. We encourage all students to attend and participate before the pledge of allegiance at 7:55 am.

Happy Valley East has recess monitors to ensure the students are safe and supervised.

Happy Valley east supports and encourages bike riding and or walking when within distance to and from school.

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 promote healthy eating habits.

- Soccer
- Cheer
- Basketball
- Softball
- Volleyball

All school sponsored events will support wellness and activity.

Families are informed about clubs and school sponsored activities and events.

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 for 20 minutes of physical activity. 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 staff. We do not sell or promote competitive foods or beverages.

Classroom celebrations and snacks- A list will be provided to the parents of smart snacks that can be used for birthday celebrations.

Food and beverages that do not meet the smart snacks guidelines will not be used as a reward.

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. David Haller-Dean of Students
3. Sarah Azevedo-NSLP program director/wellness policy official
4. Daniel Azevedo-Kitchen Manager
5. Angel Nugent-School Nurse
6. Grace McWilliams & Allie Rozell-Physical Education coach
7. Lexi Higbee-Parent

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

The parents will be notified by email welcoming their participation in reviewing the goals and adding changes to the current policy.

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

Recordkeeping

The local wellness policy is available on our school website.

The local wellness policy is also available in the office.

Public notification

Happy Valley East will post the local wellness policy on the website,

The wellness policy updates and meetings will be put on the community board in the front office.

Revisions and updating the policy

Happy Valley East will meet every year to go over the changes that need to be made and implemented.

Once changes have been made the parents will be notified. The new Local Wellness policy will be added to the school's website.

