

# Prescott Valley School Wellness Policy

## **Mission Statement:**

Prescott Valley School (PVS) is committed to building students' nutritional knowledge along with stressing the importance of a daily exercise routine. Our school believes that a good nutritional and exercise program will help to provide students with healthier living behaviors and choices, now and in the future.

## **Nutritional Education:**

Students in grades K-12 will receive nutritional education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Students will receive consistent nutritional messages throughout the school and classrooms. The importance of good nutrition will also be integrated into the school's health and wellness program and/or core curricula (e.g., math, science, language arts). Students will also take part in taste testing of healthier foods to learn about new foods and introduce new food to their family.

## **Nutritional Standards:**

PVS will strive to eliminate all foods that are at or below Food Minimal Nutrition Value as defined by the US Department of Agriculture. The school meal program will make available to all students a variety of healthy choices that include the five main food groups of MyPlate. Food safety is a priority and hot meals will be served hot, while cold meals will be served cold. Vending machines will consist of water, 100% juice, and milk ONLY. Parents will be encouraged to provide healthy food choices for parties, celebrations, and bag lunches brought from home. Candy and snacks with minimal nutritional value will not be used as part of classroom rewards for students. Bake sales will NOT be included as a possible option for school fundraisers. Foods of low nutritional quality will NOT compete with the healthy foods offered by the school lunch program to avoid sending mixed messages to students.

Along with meeting nutritional standards, the school will provide students with a positive and relaxed eating environment.

- Meals will be scheduled at appropriate times – for example, lunch is scheduled between 11:20 a.m. and 1:10 p.m. and breakfast will be served between 7:45am and 9am
- Students will have time to eat and socialize with their friends.
- Adequate and comfortable eating areas will be provided.

## **Physical Fitness Program:**

- Grades K –8 will have a minimum of 110 minutes of structured physical activity per week in dance or PE class.
- The school will offer a Physical Education related course as an elective for grades 9-12.

- All Physical Education class lessons will be designed to meet and/or exceed Arizona State Standards. Lessons will also be designed to help develop physical skills, flexibility, and agility when performing tasks. Most importantly, the activities will be designed to encourage participation by all students thus motivating them to exercise.
- After school sports will also be offered to all students in grades 7-12. Sports available include volleyball, basketball, soccer, archery, ultimate frisbee, and golf.

**Additional definitions for an effective wellness plan:**

- Drinking fountains will provide students with access to water throughout the school day.
- Hand washing equipment and supplies are in a convenient place so that students can wash their hands before eating.
- Red Ribbon Week – Each year the school dedicates one week to promoting healthy choices through a “Say No to Drugs Program” implemented by the high school Peer Assisted Leadership class.
- Increase parental awareness and involvement through informative newsletters and invitations to attend special school events concerning health and fitness.

**School Health Advisory Council**

Prescott Valley School will create, strengthen, or work to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource to school site for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and will include an administrator, a parent, a teacher, a student, a community member and the lunch coordinator.)

To assist in the creation of a healthy school environment, the District has established a School Health Advisory Council that will provide ongoing review and evaluation of the Prescott Valley Charter School Local Wellness Policy. A comprehensive annual evaluation of the LWP will be conducted using the Robert Wood Johnson Foundation School Wellness Policy Evaluation Tool.

The school will provide a copy of the LWP to the public and provide assessment data on the Policy via the school’s website.