

Local Wellness Policy

Purpose: American Charter Schools Foundation dba Desert Hills High School is dedicated to providing a healthy eating environment and instilling the importance of physical activity.

Nutritional Services:

- The school will participate in the National School Lunch Program, School Breakfast Program and Summer Foods Service Program.
- Nutrition staff provides the NSLP application to all families on-line, in both English and Spanish.
- Food served on campus will meet all Nutritional Standards designated by the USDA.
- All students will receive healthy, well balanced meals at minimal to no charge.
- Food service staff will make every effort to ensure that there is no overt identification of students who receive free or reduced priced meals.
- Students will be given adequate time to eat lunch.
- Foods sold and served during the school day must comply with the Smart Snack standards established by the USDA.
- Students will have access to free, safe, and fresh drinking water throughout the school day.
- The school will provide skim and 1% milk to students and staff.
- School will provide hand sanitizers throughout the campus.
- Food service staff encourages participation in the National School Lunch Program (NSLP).

Education:

- Nutrition education shall be integrated within the comprehensive health education curriculum and be taught at every grade level.
- Nutritional education course will include
 - Wellness- Mental Health
 - Nutrition- Eating disorders
 - Substance abuse
 - Growth & Development
 - Abuse & Violence Prevention- Sexual Harassment
 - Consumer Health decisions
 - Sex Ed (sexual health & disease prevention)
- The school, not just the classroom, shall support the nutrition education program and be linked to the school meal program.
- The school will provide nutrition education through the use of the schools announcements, newsletters and website.
- All stakeholders will be provided the opportunity to give feedback on wellness goals through our website, e-mail or open house events.

Physical Education & Physical Activity:

- Health & Nutrition classes are available, by either a teacher or on-line, for all students in all grade levels, this course will promote the importance of daily physical activity
- Students in grades 9-12 will receive 440 minutes per week of health education instruction.
- All students in grades 9-12 shall receive a daily supervised lunch break to provide 25 minutes of physical activities chosen by the student.
- School offers competitive sports programs for all students through CAA.

Promote Student Wellness:

- The school will work with the school health advisory council (SHAC), to develop, monitor review and revise the Local Wellness Policy annually. The SHAC, which may consist of NSLP coordinator, parents, students, school administrators, athletic coaches, Health Education Instructors, Career Counselor, Board Members, and community members who will serve as a resource the school for implementing these policies.

Policy Recommendations:

- Policy recommendations are available via e-mail and at the Local Wellness Policy meeting.

Implementation and Monitoring:

- To ensure implementation of the LWP, the policy will be posted on the school website. Anai Martinez/ NSLP Coordinator will be responsible for monitoring policy implementation and distributing pertinent information to the schools.