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Purpose: Discover U is dedicated to providing a healthy eating environment and instilling the importance of physical activity.

Nutritional Services:

- The school will participate in the School Breakfast Program and the National School Lunch Program.
- School provides free meals to all students by operating Community Eligibility Program
- Breakfast meals served meet the new meal pattern requirements including minimum requirements for fruits/vegetables, whole-grain rich foods, and 2 varieties of milk.
- Lunch meals served meet the new meal pattern requirements including minimum requirements for fruits, vegetables (and subgroups), whole-grain rich foods, meat/meat alternates and 2 varieties of milk.
- Food service staff will 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.
- Students will have access to free, safe, and fresh drinking water throughout the school day.
- School does not sell competitive foods
- Students are encouraged to participate in the School Breakfast Program and the National School Lunch Program.
- Foods served to students meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).
- The school may allow infrequent, exempt fundraisers, where food sold on campus during the school day does not meet Smart Snacks guidelines and complies with the following:
 - The school submits the exemption request form to ADE for all food-related fundraisers, intended for consumption on the school campus during the school day, that do not meet the Smart Snacks guidelines.
- All foods and beverages advertised on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition guidelines
- The school will monitor food and beverages served at class parties and other school celebrations
- As the school, school nutrition services, physical education, PTO/PTA reviews existing contracts and considers new contracts, equipment and purchasing, decisions reflect applicable marketing guidelines established by the LWP.
- School will promote good handwashing for students and staff and provide hand sanitizers throughout the campus.

Arizona Healthy Schools Act Compliance

The requirements of the Arizona Healthy Schools Act apply to foods and beverages served or sold to students during the school day, including those provided through school meal



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programs, classroom activities, school stores, fundraisers conducted during the school day, booster organizations, student organizations, vending machines, and third-party vendors operating on campus during the school day. Foods brought from home by a parent or guardian for their own child are not subject to these requirements.

- Our school comply with the requirements of the Arizona Healthy Schools Act (A.R.S. § 15-242.01) by ensuring that foods and beverages served or sold to students during the school day do not contain any of the ingredients prohibited by state law, which include:
 - Artificial dyes: Red 40, Red 3, Yellow 5, Yellow 6, Blue 1, Blue 2, Green 3
 - Chemical additives: Potassium bromate, propylparaben, titanium dioxide, brominated vegetable oil

To maintain compliance, the district will:

- Review food and beverage products prior to purchase or service to verify they do not contain prohibited ingredients.
- Work collaboratively with food service vendors, suppliers, and school staff to identify compliant products and appropriate alternatives when product formulations change.
- Provide guidance and resources to School Leaders and staff regarding compliant food and beverage options.
- Monitor food and beverage offerings throughout the school year to ensure continued compliance with Arizona Healthy Schools Act requirements.
- Update purchasing practices and approved product lists as manufacturers reformulate products or new compliant options become available.
- Maintain documentation necessary to demonstrate compliance with Arizona Department of Education requirements.

While foods provided by parents or guardians for their own child are not restricted under A.R.S. § 15-242.01, the district encourages families to support student wellness by selecting foods and beverages that align with the goals of the Arizona Healthy Schools Act whenever possible.

The district is committed to promoting a healthy school environment that supports student wellness while maintaining compliance with all applicable federal and state nutrition requirements.

Education:

- The school will provide nutrition education through the use of the school's announcements, newsletters, and website.
- Nutrition education is offered as part of a sequential, comprehensive standards-based health education curriculum.
- All school nutrition program directors, managers, and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.



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- Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior
- The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence students' understanding, beliefs, and habits as they relate to good nutrition and regular physical activity

Physical Education & Physical Activity:

- The school encourages physical activity during recess by having the necessary sports equipment that requires physical movement.
- To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active.
- School ensures that inventories of physical activity supplies and equipment are known and, when necessary, works with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.
- Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.
- Recess is offered outdoors when weather is feasible.
- Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day on all or most days during a typical school week.

Promote Student Wellness:

- The school collaborates with the school health advisory council (SEAHEC), 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.
- The public is notified of their ability to participate in the district wellness committee.
 - Notices on district website
 - Newsletters
 - Social Media
- School has designated a wellness policy coordinator who will ensure compliance with the policy at the school level.
 - Position/Title of the designees is School Leader

Other Activities that Promote Student Wellness:

- School will include health and wellness tips monthly in the school newsletter to parents and students
- The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and the general community throughout the school year



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- Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts
- The district promotes staff member participation in health promotion programs.
- YMCA provides a before/after care program that serves children ages 3-12 in a safe, secure environment from 6:30 am to 8:00 am (Kinder-6th Grade) and then 3:15 pm to 6:00 pm (PreK- 6th Grade).
- The YMCA curriculum will appeal to kids while teaching confidence, encouraging self-expression, and enriching social development.
- The YMCA program follows a monthly lesson plan including homework assistance, STEM activities, group games and sports, art education, guest speakers, and more.
- The YMCA program provides all kids with a daily balanced snack and plenty of physical activity every day
- We encourage families to volunteer at Discover U. Volunteering can include time in your child's classroom, preparing materials at school or at home, attending PTO meetings, and working at school events. Please talk to your child's teacher, our P.T.O. President, or the front office to learn more.

Emotional and Social Learning

The school recognizes that emotional and social learning is essential to student learning, positive behavior, and healthy development. The district is committed to creating a safe, inclusive, and supportive school environment that fosters the mental, emotional, and social growth of all students and staff.

- The school will promote a Safe and Supportive School Climate
- Foster an environment where students feel safe, respected, and connected to the school community.
- Implement positive behavioral interventions and supports (PBIS) to encourage respectful relationships and reduce bullying, harassment, and exclusion.
- Provide Access to Mental Health Support Services
- Ensure students have access to school-based mental health professionals, including counselors/social workers.
- Establish clear referral pathways to community-based mental health services and crisis intervention supports.
- Engage Families and the Community
- Encourage family and community engagement in promoting emotional and social well-being.
- Provide families with resources and educational opportunities related to child and adolescent mental health.
- Foster a school culture that values staff input, collaboration, and work-life balance.

Policy Recommendations:



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- Policy recommendations are available via email and at the Local Wellness Policy meeting.
- All stakeholders will be provided the opportunity to give feedback on wellness goals through our website, email, or open house events.

Implementation and Monitoring:

- To ensure implementation of the LWP, the policy will be posted on the school's website. The Director of School Nutrition will be responsible for monitoring policy implementation and distributing pertinent information to the schools.
- District Wellness Committee meets annually and as needed.
- Policy is updated when appropriate
- At least once every three years, the district evaluates compliance with the wellness policy. The evaluation includes:
 - The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy.
 - The extent to which the district's policy compares to a model policy
 - A description of the progress made in attaining the goals of the district's wellness policy.
- The school actively notifies households of the availability of the triennial progress report, which is available on the school website.
- The school will retain documents to demonstrate compliance with the wellness policy.
- School informs families and the public each year of basic information about the policy, including its content, updates, and implementation status. Best practice is to include last revision date on LWP.
 - Notices on district website
 - Newsletters

Leadership:

To ensure our school follows the Local Wellness Policy, the district will assign one or more officials with the authority and responsibility to oversee compliance at both the district and school levels. These roles may include organizing the wellness committee and leading policy updates.

The NSLP Coordinator has been assigned to lead the District Wellness Committee (DWC) and manage updates to the wellness policy.

The Director of Student Services is responsible for making sure all schools follow the wellness policy.



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The school has appointed the [School Leader](#) to ensure the policy is followed at the school level.

[Click Here to View the Triannual Wellness Policy Assessment](#)

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