

Purpose: South Ridge 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 School Breakfast Program and the National School Lunch Program.
- Nutrition staff provides the Free & Reduced meal applications to all families online, in both English and Spanish.
- Breakfast meals are served to meet the new meal pattern requirements including minimum requirements for fruits/vegetables, whole-grain-rich foods, and 2 varieties of milk.
- Lunch meals are served to 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.
- Foodservice 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.
- Students are encouraged to participate in the School Breakfast Program and the National School Lunch Program.
- Foods and beverages sold outside the school meal programs will meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day (midnight to thirty minutes after the end of the school day). This applies to foods sold:
 - In student stores
- The school allows 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
- As the school, school nutrition services, physical education, PTO/PTA review existing contracts and consider new contracts, for equipment, and purchasing, decisions reflect applicable marketing guidelines established by the LWP.
- The 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 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 complies 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.

Physical Education & Physical Activity:

- The school encourages physical activity during recess by having 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.
- The 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 an NSLP coordinator, parents, students, school administrators, athletic coaches, Health Education Instructors, Career counselors, Board Members, and community members who will serve as a resource for the school in implementing these policies.

- The public is notified of their ability to participate in the district wellness committee.
 - Notices on the district website
 - Newsletters
 - Social Media
- The school has designated a wellness policy coordinator who will ensure compliance with the policy at the school level.
 - Position/Title of the designees is Elsa Rodriguez

Other Activities that Promote Student Wellness:

School will include health and wellness tips monthly in the school announcements 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
- 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.

Policy Recommendations:

- 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 the implementation of the LWP, the policy will be posted on the school's website. Jim Sigman, the Principal will be responsible for monitoring policy implementation and distributing pertinent information to the schools.
- 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 policy is updated when appropriate
- 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

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