

Highlights of the Wellness Policy

- School provides nutritional Education to all students
- School has daily P.E. classes for all students
- School lunch and breakfast program provides students with healthy food and beverage choices to encourage healthy behaviors
- Breakfast provided by district to all Middle School students to promote healthy eating habits



Wellness Policy Goals:

- Physical Activity daily for all students
- Health & nutrition Classes every week
- Breakfast for ALL Middle School Students
- Choose my Plate choices for students at every meal

Nutrition & Standard Guidelines for all foods:

- No food items to be sold to students

Nutrition & Standard Guidelines for food given to students:

- Only Smart Snacks in School will be provided
- All meals to comply with state nutrition standards

Food & Beverage Marketing:

- Marketing only allowed for foods that meet Smart Snacks in school nutrition standards

Public Involvement:

- Policy to be updated every 3 years
- Policy to be assessed by all policy wellness participants
- Plan to be evaluated by all stakeholders

Wellness Leadership Team:

- Kathy Romero
- Dora Meza

Public Involvement:

- All participants are welcome
- Participants include; students, teachers, P.E. teacher, coaches, school board, and principal.
- Participants develop, change, and implement

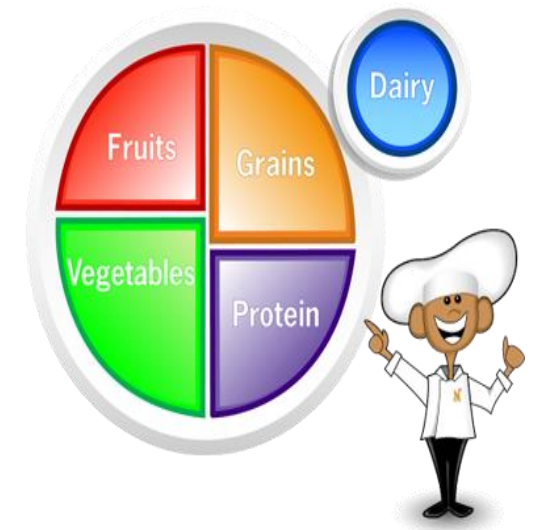
Public Notification:

- School web-site, student handbook, postings around school

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**LITTLE RED
SCHOOL**

Wellness Policy



Healthy Eating Laws at Schools

The new federal legislation requires each school district that participates in the National School Lunch Program to establish a local school wellness policy.

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell national School Lunch Act (42 USC 1758b), Local School Wellness Policy Implementation. The provision set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

These laws are intended to strengthen local school wellness policies in establishing and maintaining healthy school environments that include proper nutritional lunches, regular physical activity, and adequate nutritional education.

The nutritional policy only affects the regular school day. Special school events such as Halloween, Fall Festival, Christmas parties, Valentine's Day parties, and special school events can continue to operate as they have in the past.

Healthy Learning

Nutrition Education

Students will receive nutrition education on a weekly basis during their Physical Education class. The lessons will be age appropriate nutritional information that include the benefits of eating healthy, planning a healthy meal, understanding food labels, nutritional value, and making healthy choices.

"A balanced diet and physical activity are vital to academic performance. A healthy diet has a direct link to increased cognitive function and memory skills, decreased absenteeism from school, and improved mood. These advantages can help students stay focused and complete their coursework." Matt Cartwright

Fun Websites to visit:
Choose My Plate
<http://www.choosemyplate.gov/>

PBS Kids: Fizzy's Lunch Lab
<http://pbskids.org/linchlab/>



Physical Activity

Our School district has Physical Education classes for all of our students on a daily basis. Students are exposed to a variety of activities during their P.E. classes ranging from warm-ups, sports skill activities, physical activity games, and sport games. Students engage in moderate to vigorous physical activity for at least half of their PE period.

