



South Ridge High School

Local Wellness Policy

American Charter School Foundation d.b.a. South Ridge High School is dedicated to providing a healthy eating environment and instilling the importance of physical activity.

Nutritional Requirements:

- The school will participate in the National School Lunch Program and School Breakfast Program. School received fresh fruit and vegetables through the DoD program.
- Food served on campus will meet all Nutritional Standards designated by the USDA.
- All students will be offered a healthy, well balanced meal at minimal/no charge.
- 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.
- Soda will not be available for sale on school grounds.

Educational Requirements:

- Nutrition education shall be integrated within the comprehensive health education curriculum and be taught at every grade level.
- The school, not just the classroom, shall support the nutrition education program and be linked to the school meal program through sports offered through the AZCAA. Sports offered are Boys & Girls Volleyball, Boys & Girls Basketball, Co-Ed Soccer, Boys & Girls Track & Field, Girls Softball, Boys Baseball, Boys Football, and badminton tournaments.
- The school will provide nutrition education through the use of the school's website.

Physical Education & Physical Activity:

- Physical Education classes are available for all students in all grade levels.
- Students enrolled in our Wellness class, Grades 9-12 will receive 90 minutes a day of physical education instruction.
- Students are able to take Latin Dance class 90 minutes per day.
- Student vs staff volleyball tournaments.
- Arts night- students perform skips & read poetry.

Promote Student Wellness:

- The school will create/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, Physical Education Instructors, Health Education Instructors, Board Members, will serve as a resource for the school for implementing these policies.

Policy Recommendations:

- Policy recommendations are available via e-mail and 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. Shirley Barton, NSLP Coordinator will be responsible for monitoring policy implementation and distributing pertinent information to the schools.