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Nosotros Academy

Local Wellness Policy

Introduction:

Nosotros Academy adopts this school wellness policy with the following commitments to nutrition, education, and physical activity.

Wellness Goals:

Nosotros Academy will encourage students to participate in the national School Lunch Program (Breakfast B.I.C. (Breakfast in the Classroom) & Lunch.

Meals served will meet the meal pattern requirement including fruit, vegetables whole grain rich foods, meat/ meat alternates and two varieties of milk.

- Meals are served in a clean and pleasant setting.
- Fresh fruits and vegetables are served five times per week.
- Nosotros Academy offers low fat and fat free variety of milk.

Nutrition Education

Nutrition Education will consist of students taking field trips to local community gardens, visiting Tucson Village Farms, and/or Shamrocks Farms Farm Tour. Students will get a firsthand look as to how healthy foods/drinks are made and why it is important to make them a priority for their health and well-being. In addition, teachers will show books, videos, movies, and songs to help students understand the importance of nutrition. Students will fill out a “MyPlate Pledge” to be reminded of what they pledge to do to better their health. “The Kids; Corner” on Nutrition.gov will be used by both teachers and students.

Nosotros Academy Smarter Lunchroom Techniques:

- Sliced or cut fruit will be offered.
- Vegetables are offered on all service lines.
- Milk coolers are kept full throughout lunch service.
- 1% Low Fat Milk and Fat Free Chocolate Milk will be offered.
- School B.I.C.(Breakfast in The Classroom)
- Menus will be posted on website and at point of meal service.
- Attractive healthful food posters are displayed in Cafeteria.
- Cafeteria staff smile and greet students upon entering the service line.
- Cleaning Supplies or broken equipment are not visible during service.
- All lights in the dining and serving areas work and are turned on.
- Trash cans are emptied when full.
- Free, portable water is available throughout the campus to all students any time.



Get Moovin'

Physical Activity

Physical Activity is made available to all students by going to Menlo Park. All grades participate in physical education Monday through Friday for at least 120 minutes per week. In case of unpleasant weather conditions, physical activity can still be followed inside the classroom. Either through GoNoodle videos, class games or physical activity videos on YouTube. Lastly, Nosotros Academy will host a Field Day at the park every semester. Field day will consist of school wide organized games, sports, and community outreach programs.

Other School-Based Activities

Other School-Based Activities are made available to all students by attending the school garden. Students can plant fruits and vegetables and become responsible for their growth. They water them when needed and participate in the upkeep of the garden. For example, taking out harmful weeds and making sure they have shade if needed. Once their fruit/vegetables are grown, students can enjoy what they helped grow. In addition, teachers go out to P.E. with their students and play alongside them. They serve as role models to students not only in being active but also in what they are eating. Our teachers eat lunch with their students every day and can remind them to eat their fruits and vegetables.

Relationships with Community Organizations

Drama Kids International offers a drama program on site for elementary students Ironwood Tree Experience, a youth outdoor experience program. Made it possible for our high school students to engage with nature and participate urban hiking. Lastly patterning with Pima County DOT Bicycle and Pedestrian Program, showing elementary students the importance of safety for walkers and cyclists. Lastly students had hands-on training on riding a bicycle, with proper helmet usage.

- **Completive Food and Beverages**
No completive food or beverages are sold at the school, Any sugar drinks or fast-food meals will be left in the office and picked up at the end of the day. Only Clear liquid (water) is allowed in the classroom.
- **Celebrations and Rewards**
A list of all celebrations rewards can be found on info@nosotrosacademy.org or you can ask the front office for a copy
- **District Policy: Food and Beverage Marketing**
Exempt from food and beverage marketing.
- **Fundraising**
Nosotros Academy dose not conduct any fundraisers.



**Nosotros Academy
and Bicycle &
Pedestrian Program**

Committee Role and Membership

The committee will establish goals and oversee the school's health and safety policies, and program. Notices of becoming a member or participating on our local wellness policy will be posted on school's website. In addition, information on joining the local wellness committee will be posted in main office building.

General Program Compliance: Local Wellness Policy

Nosotros Academy will update its policy by using the Local Wellness Policy Activity and Assessment tool from ADE's website. By using this tool, our local wellness committee will ensure all the elements are covered. The committee will oversee updating the LWP by June 30, 2022. In addition, the committee will meet once a semester to make appropriate changes to the LWP.

Classroom Celebrations/Rewards/ Healthy Food and Beverage Options A list of healthy food and beverage options for parents and teachers can be found on our website.

Find monthly menus our local wellness policy, along with the local wellness policy assessment tool food program tab. By visiting our website at Nosotrosacademy.org.

Nosotros Academy Wellness Policy was approved at the meeting on

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