Nosotros Academy K-12
Local Wellness Policy

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I. Wellness Policy Goals

Goals for Nutrition Promotion:

- *The district encourages participation in meal programs as appropriate to School Breakfast, National School Lunch, and Fresh Fruit and Vegetable Program*
- *Promote healthy food choices through cafeteria displays.*

Goals for Nutrition Education:

- *Foods not sold but provided by parent's/incentives/ classroom snacks: all participants will be provided with a list of Smart Snack approved items or directed to the Smart Snack calculator*
- *,Teachers and staff receive training in nutritional education*
- *Elementary and middle school - Nutrition education is offered at each grade level as part of a sequential, comprehensive standards-based health education curriculum.*

Goals for Physical Activity:

- *Health education will be required to be graded (k-12). Middle and high school students take at least one health educational course and are required to pass.*
- *Health Education curriculum will include the following topics for physical education*
  - *Physical, physiological, or social benefits of physical activities,*
  - *How P.A can contribute to healthy weight and academic learning*
  - *Differences between physical activities, exercise and fitness.*
  - *How an inactive lifestyle contributes to chronic disease.*
  - *Health- related fitness, includes cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition.*
  - *Phases of an exercise sessions include warm up, workout and cool down*
  - *Overcoming barriers to physical activity*
  - *Opportunities for physical activity in the community*
  - *Preventing injury during physical activities.*
  - *Dangers of using performance-enchancing drugs such as steroids*
  - *How to resist peer pressure that discourages physical activities*

- *Nosotros Academy (K-12) will foster community-wide health initiatives by establishing after-school Hiking Clubs, Bike Clubs, 5k Mini-Marathons, and at least one activity per month . To encourage lifelong fitness and strengthen family-school partnerships, these clubs will host regular physical activity meetups. All students, family members, and school staff will be invited to participate in collaborative community wellness events*

II. Nutrition Standards

School Meals

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

- *Nosotros Academy (K-12) will participate in the National School Lunch and Breakfast Programs, and will meet or exceed current USDA Nutrition Standards requirements established by local state and federal statutes and regulations*
- *When possible, Nosotros Academy will participate in the Fresh Fruit And Vegetable Program Grant.*
- *Meals will be appealing and attractive to students*
- *All meals will, at a minimum, meet the New Meal Pattern requirements.*
- *Water Access: Free, safe, unflavored drinking water will be available to all students throughout the school day at every campus site.*
- *Students are allowed and are encouraged to carry water bottles with only water in them throughout the day.*
- *Student will be allowed:*
    - *At least 10 minutes to eat breakfast.*
    - *At least 20 minutes of lunch.*
- *Additional standards include:*
    - *School meals will be prepared / reviewed by qualified registered dietitian, certified nutrition professionals.*
    - *Nosotros has partnered with Healthy Innovations, LLC. and Vertex Education (NSLP services) for school meals.*
    - *School meals will actively limit sodium, saturated fat, and trans-fat content according to federal targets.*
    - *Meals will be served in clean and pleasant settings.*
    - *Students will be allowed adequate time to eat (e.g., at least 20 minutes for lunch/breakfast after sitting down).*
    - *Meals will be accessible to all students.*

Competitive Foods and Beverages

- Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. *These guidelines apply to all foods sold in the following locations:*
    - *Snack Bars operated on the school grounds is permitted to sell after dismissal*

- *In-school fundraisers (or other school campus sales outside of the reimbursable meal during the school day)*

- *In compliance with federal and state nutrition standards, Nosotros Academy maintains a competitive-food-free environment. Students do not have access to vending machines, a school store, or à la carte lines on school grounds during the instructional day.*

- *Only products that strictly adhere to the USDA Smart Snacks in Schools guidelines may be marketed or advertised on the school campus during the school day.*

- *Food and beverages purchased or provided during off-campus school-sponsored activities, such as field trips, athletic competitions, are exempt from these campus-specific standards.*

Celebrations and Rewards

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.

I. *All foods and beverages served or provided to K-8 students during the normal school day will meet or exceed the nutritional guidelines outlined by the USDA Smart Snacks in School standards and Arizona Revised Statute A.R.S. § 15-242. And Arizona Revised Statute A.R.S § 15-242.01 applies beginning in the 2026-2027 school year. To participate in federal funds or assisted meal programs. It prohibits serving, selling or allowing third parties to sell foods containing specified prohibited ingredients on campus during normal school days. It does not prevent a parent or guardian from providing such food to their own child.*

II. *Foods not sold but provided by parent's/incentives/ classroom snacks: all participants will be provided with a list of Smart Snack approved items or directed to the Smart Snack calculator.*

III. *Parents and staff are encouraged to provide healthy food options (such as fresh fruit, vegetables, or whole grains) or non-food items for classroom birthday parties, holiday celebrations, and school events. Remind message will be sent out one a monthly basis or healthy foo*

IV. *Teachers and campus staff are strongly discouraged from using food or beverages as a reward for academic achievement or positive behavior. Non-food incentives (e.g., extra recess, line-leader privileges, or wellness-themed stickers, toys) will be prioritized.*

These guidelines apply to (check all that apply):
☒School-sponsored events
☒Celebrations and parties
☒Classroom snacks provided by parents
☒Classroom rewards and Incentives

Fundraising

Describe your policy on food and beverage related fundraisers sold to students on school campus during the school day, including the frequency and duration of exempt fundraisers as appropriate:

I. *Food related fundraising will be marketed outside of school operating hours*
II. *Any food-based fundraisers held on campus during the school day must comply with USDA Smart Snacks rules or fall within state-approved exempt limits.*
III. *Direct Sales: The physical selling and handing over of food items happens entirely after school hours.*
IV. *Catalog or Vendor Sales: If students sell food using a catalog or order form, online, three party vendors, the actual food must be distributed after school or sent directly to the individual's home.*

Food and Beverage Marketing in Schools

Marketing for food fundraisers is permitted only outside of instructional school operating hours

III. School Wellness Committee

Committee Role and Membership

Nosotros Academy will convene a representative district wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

Describe frequency of meetings: *Committee Meeting will take place on a quarterly basis.*
Meeting Dates: November 9th, 2026
December 4th, 2026
March 5th, 2027
April 30, 2027 (Scheduled meeting dates will be established on this date for school year 2027-2028)

Complete assessment every three years

Nosotros Academy *i9i[/ to participate in the wellness policy process. (e.g. parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators):*

i. ***Family Representatives:*** *Parents and guardians of enrolled students.*
ii. ***Student Representatives:*** *Current students from various grade levels.*
iii. ***School Food Authority:*** *School nutrition directors, cafeteria managers, and food service staff. - Oyuki Fonseca, Vertex Education -*
iv. ***Physical Education Staff:*** *Paul Ponce,PE teachers. Michael Montoya, health educators. Joshua Robbins, Athletic Director.*

v. ***Mental Health Representative****: School Counselor, Carmen Hernandez. Schedule meeting M-Th 7:30am-3:00pm- email chernandez@nosotrosacademy.org*
vi. ***District Leadership:*** *School administrators, principals, and superintendents - Erika Fragozo, Assistant Principal. Carlos Armendariz, Principal. Jesus Perez, superintendent.*

Description of how the public is notified that their participation is permitted:

Public Communications: *Nosotros Academy Inc. notifies the public about their right to participate by posting announcements on the* ***official district website, through the Remind app, and on the front office bulletin board***

Join Public Participation -Contact Ruth Canez at info@nosotrosacademy.org for participation process.

Leadership

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

a. *The designated official for oversight of implementation at each school is Carlos Armendariz*
b. *The designated official for convening the wellness committee is Ruth Canez*
c. *The person designated to inform the public about the wellness policy is Ruth Canez*

IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of the Wellness Policy

Nutrition Education

Nosotros Academy Inc. will Incorporate Standards-Based Integration: Link nutrition education directly to science, health, or history curricula across grade levels rather than relying solely on periodic field trips.

K-5th graders have participated in the Fresh Fruit and ***Vegetable Program (FFVP), which*** *introduced a wide variety of fresh, unprocessed fruits and vegetables. Students are offered bite-size unfamiliar fruit/vegetables to introduce exposure and encourage healthy eating habits. Teachers are given lessons of agriculture origins, how to produce is grown and the process it takes from farm to school. Our teachers are encouraged to eat alongside the students to role model good eating habits.*

Educational Lessons will promote Fruits, vegetables, whole grain products, low/fat free dairy, and healthy preparation Methods such as taste testing and

High School Gardening participates in nutrition education that includes enjoyable and developmentally appropriate participatory activities including (but not limited to):

- *Taste testing*
- *Promotion of new items exotic fruits and vegetables*

- *Full access to school garden*
- *Field trips to farms, hydroponic gardens,*

Nutrition Promotion

Positive Cafeteria Environment: Design cafeteria spaces to be vibrant and welcoming, utilizing creative signage, menu boards, and student-designed posters to highlight healthy food choices.

I. *Smarter Lunchroom Techniques:*
Implement behavioral economics strategies in the cafeteria, such as placing fruits and vegetables at eye level, giving creative names to healthy dishes, and ensuring white milk is displayed prominently.

II. *School Gardens: Utilize the school garden (or classroom planting kits) as a hands-on learning tool to teach students about food origins, agriculture, and the nutritional benefits of fresh produce.*

III. *Community Partnerships: Collaborate with local nutrition programming such as health corps to promote*

Physical Education:

- *Nosotros Academy will provide sequential, evidence-based physical education (PE) taught by certified instructors, adhering to state standards.*
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- *Physical educational teachers will be required to participate in a professional development in education at least once a year.*
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- *The school provides a standards-based physical education program tailored to its unique infrastructure. By maximizing both on-campus and community spaces, the curriculum ensures all students develop essential health and wellness habits.*

I. *Community Partnerships: Menlo Neighborhood Park, El Rio Neighborhood Center, YMCA, and Oury Recreation Center.*

II. *Curriculum Focus: Lifetime fitness skills, cooperative games, and personal health tracking.*

III. *Our community partnerships ensure a shared-use of their ground and facilities. Areas are safe and their equipment is available for Nosotros Students.*

IV. *Nosotros Academy ensures that inventory of physical activity supplies and equipment are known and will work with our community partnerships to ensure there is sufficient quantities available to as many students as possible.*

- *Nosotros Academy Elementary and Middle School students will receive physical education for a minimum of 60-89 minutes per week.*

- *Nosotros High School Students are required to take more than one academic year of physical education.*
- *Nosotros Academy will provide all students with formal, age- appropriate physical education that consist with national and state standards of physical education. Physical fitness and activities will be assessed at the beginning of the year and reassess at the end of the school year. With appropriate assessment tools. Students will at least be active 50% of the time during all physical education class sessions.*
- *Nosotros Academy offers opportunities for students to participate in physical activities after school.*
- *Students are periodically being physically active walking classes to class and given the opportunity to stretch throughout the day and week.*
- *Nosotros Academy provides resources, links,tools and technology with classroom physical activity breaks*
- *Nosotros Academy Supports active transport such as walking and bikes*
- *Nosotros Academy has partnered with communities to offer bikes, helmets and bike lessons to middle school and high school students.*
- *Nosotros has encouraged students by offering lessons, bikes, helmets, a secure storage for bikes and helmets, instruction on bicycling safety., and promoting safe routes through the neighborhood..*
- *Students are taken on a weekly basis to surrounding neighborhood bike routes with instructional staff members.*
- *Nosotros has worked with the ward to provide a crosswalk and Nosotros has ensured*
- *Nosotros will provide a crossguard for morning arrival and dismissal.*

Community & Family Engagement

a. *After-School Sports: Maintain a robust after-school competitive athletics program offering seasonal sports—including flag football, volleyball, soccer, and basketball—ensuring equal access, structured coaching, and inclusive participation opportunities for all eligible students.*
b. *Providing Experiential Cycling & Safety Education: Offer a specialized* ***Bike Club*** *open to students that provides structured instruction on bicycle mechanics, riding skills, and essential community road safety.*
c. ***Saturday Community Bike Meets:*** *Host regular, school-sponsored* ***Saturday Bike Meets*** *that invite students, families, and the broader neighborhood community to participate together, promoting cross-generational physical fitness and local community cohesion.*
d. ***Hike clubs-*** *host after school meet up, invite students families and staff to participate in walking Tumamoc Hill*

Other School-based strategies for wellness

Nosotros Academy will (develop, enhance or continue) relationship with community partners

- *Menlo Neighborhood*
- *Park El Rio Neighborhood Center*
- *Boys and Girls Club* of Tucson | Steve Daru Clubhouse
- *YMCA, and*
- *Oury Recreation Center.*

- *University of Arizona*
- *Arizona State university*

1. **Mental Health Support Access:** Provide students with clear, age-appropriate access to mental health resources, school counselors, or peer support strategies to address stress, anxiety, and social-emotional growth.
2. **Saturday Bike Meet Family Outreach:** Utilize the school's **Saturday Bike Meets** as a holistic wellness hub.
3. **Adequate Time to Eat:** Structure the school lunch schedule to provide students with at least 20 minutes of "seat time" to eat their meals in a relaxed, unhurried environment once they have received their food.
4. **Unrestricted Water Access:** Provide all students with free, safe, and unrestricted access to drinking water throughout the school day, including in the cafeteria, classrooms, and near athletic practice areas, allowing students to carry refillable water.

Implementation and Execution of Wellness Policy

a. Describe the District's plan for implementation to manage and coordinate the execution of this wellness policy.
    1. NSPL personnel and principal will ensure with federal smart snacks in School nutrition guidelines

    1. All K-12 students are assigned physical education for 2-3 days out of the week.

Triennial Progress Assessments

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the District will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the District will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

The District will assess compliance and progress of their local wellness policy at least once every 3 years.

Nosotros Academy designates the [Principal / Wellness Coordinator / Food Service Director] and the School Wellness Committee to assess compliance with Sections I–IV of this wellness policy. Annually, the School will evaluate campus implementation and progress toward wellness goals by completing a Wellness Report Card, supplemented by internal reviews of meal menus, physical education schedules, and campus food practices.

At least once every three years, the School will conduct a formal Triennial Assessment using the Model Policy Comparison Tool to score our existing policy against model standards, identify gaps, and revise and update the policy as needed. All assessment results, Wellness Report Cards, and policy updates will be presented to the Governing Board and posted publicly on the school website.

Notification of Wellness Policy, Policy Updates and Triennial Assessment

The District will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

Nosotros Academy will make the district wellness policy available to the public:

- **Digital Publishing:** Posting the complete written wellness policy, annual updates, and the triennial assessment directly on the main district website. https://nosotrosacademy.com/lunch-program/
- **Physical/Office Access:** Keeping hard copies available for public review at the Front Office/ 440. N Grande Ave.
- **Direct Notifications:** Distributing annual notifications or summaries to households (via student enrollment packets and Remind app) explaining how to access the full policy and request additional details.

The annual progress reports and updates can be found at:

- **Digital Publishing:** Posting the complete written wellness policy, annual updates, and the triennial assessment directly on the main district website. https://nosotrosacademy.com/lunch-program/
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Nosotros Academy will make the Triennial Assessment available at:

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- Office/ 440. N Grande Ave. Tucson Az, 85745
- **Direct Notifications:** Distributing annual notifications or summaries to households (via student enrollment packets and Remind app) explaining how to access the full policy and request additional details.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

Date: 11/06/2026

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

fax: (202) 690-7442; or

email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Date: 11/06/2026