

New Horizon School for the Performing Arts Local Wellness Policies on Physical Activity and Nutrition

Approved and updated September 29, 2020

New Horizon School complies with Center for Disease Control (CDC) Guidelines regarding COVID-19 prevention, as well as the Arizona Executive Order 2020-51, dated July 23, 2020. Reference Policy to Reopen School August 2020, after School Closure March 16-May 21, 2020, adopted June 15, 2020.

SCHOOL HOURS

- **7:20-7:50 Breakfast for students who qualify through the NSLP program.**
- * **7:30 AM – 8:05 The Library is open**
- **7:50 AM TEACHERS MUST BE ON TIME 7:50 AM IN THE COURTYARD**
- * **8:10 AM East gate is locked.**
- **8:10-3:00 M-F Instruction time**
- **3:00-4:00 T W TH AFTER school tutoring**

REGARDING BREAKFAST AND LUNCH TIMES AND SERVICES

- **The school has set hours for breakfast and lunch**
- **Food will only be served during those times.**

The National Alliance for Nutrition and Activity encourages schools and school districts to have a Wellness Policy.

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 - I School Health Advisory Council “School Improvement Committee”
 - II Nutritional Quality of Foods and Beverages sold or served on campus during lunch or the Student Store.
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Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive:

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excess calorie intake predominate causes of obesity .

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the New Horizon School for the Performing Arts, School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the New Horizon School for the Performing Arts, School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-6 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat. PAGE 1

TO ACHIEVE THESE POLICY GOALS:

I. School Health Advisory Council “School Improvement Committee”

The school district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school site for implementing those policies. The school health council consists of a group of individuals representing the school and community, and should include a parent, a student, a member of the school board, school administrator, teacher, school lunch coordinator. New Horizon School for the Performing Arts the Advisory Council is part of the School Improvement committee, which meets once a month. The committee is comprised of an outside school consultant, school administrator, teacher, school board member, lunch committee member, and a parent. The School Improvement committee will discuss the NSLP program as needed and at least twice during the school year. Topics would be to identify resources for parents and teachers that will inform healthy choices. Advise School Administration regarding options for including physical activity within the school day. Work with the schools to coordinate school-wide wellness activities. Submit an annual summary of wellness activities to the school administration, who shall evaluate the effectiveness of the program on an annual basis.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

Meals served through the National School Lunch Program will:

- be appealing and attractive to children;
- be served in clean and pleasant setting;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer variety of fruits and vegetables,
- serve only low-fat (1%) and fat-free milk and nutritionally- equivalent non dairy alternatives (to be defined by USDA) ; ensure that half of the served grains are whole grains.
- The school will provide a monthly menu for parents and students.

Free and Reduced-priced Meals. The School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, the school has developed a system so as no student is identified differently than any other during the lunch process. **Meal times and scheduling:** lunch time is scheduled between 11:15 AM and 12:30 PM; should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities; will schedule lunch periods and following lunch there will be a recess periods; will provide students access to hand washing or hand sanitizing before they eat meals or snacks;

QUALIFICATIONS OF SCHOOL FOOD SERVICE STAFF AND STATE NSLP SCHOOL COORDINATOR COMPLIANCE

- In April New Horizon School Lunch Co-coordinator will obtain 3 bids for school lunches for the next year.
- Food Services who are bidding for the next year MUST meet all Arizona State NSLP standards.
- The school completes the State application and submits the application to the state.
- A food service company that we have chosen is contracted for the next year and must be approved by the State School Lunch and Nutrition Program Specialists.
- The food service company will provide all documents as needed to the school and the state and be in compliance with all rules and regulations.
- For New Horizon School the food service company provider must serve the bring, serve, and handle all food to be distributed to the students during the lunchtime.
- If the State does not approve the contract, the school will continue to get more bids and resubmit the Food Service contract for approval.
- The school NSLP Supervisor will be in compliance with all state regulations and work closely with the assigned NSLP STATE representative for our school. The school NSLP Supervisor and co-supervisor will take any and all classes to be in compliance to run the school lunch program for the school.
- The school NSLP Lunch Coordinator will be involved in keeping with all state regulations and work directly with the School NSLP Lunch Coordinator on a daily basis.
- All students before being dismissed to eat lunch will go to the bathroom, and wash their hands.
- Staff members are assigned positions at the lunch area to supervise, not serve any food.
- Students are in a safe environment.
- Students will be given adequate time to eat lunch.
- Students will raise their hand as they finish their lunch to be dismissed from the eating area.
- Students will be given ample time to have physical activity after they have finished their lunch

POLICY - School, Park and Playground

School Rules

- Notify an adult immediately if there are any problems on campus.
- Walk on school campus.
- When going from class to class, walk in a straight line without talking.
- Shoelaces are to be tied at all times.
- Stay off the grass.
- NO yelling on campus.
- NO play fighting, rough play, kicking, hitting, or biting.
- NO bad language, name calling, putdowns or degrading comments.
- NO harmful objects or weapons are ever permitted on campus or at the park.
- NO alcohol, drugs, or cigarettes are ever permitted on campus or at the park.
- NO personal toys, electronic items, game cards etc.
- NO cell phones, however if the student brings a cell phone it must be taken IMMEDIATELY to the Office secretary to give back at the end of the day.
- Students at recess are to play with the school's balls and jump ropes. (Don't bring from home.)
- Consequence for toys brought to school: The student MUST ask for the toy back on FRIDAY.

Playground/Park Rules

- Notify an adult immediately if there are any problems at the park.
 - Do not stand or sit on tables.
 - NO walking up the slides.
 - Swing rules: Only one person on a swing at a time; no twisting the chains; no throwing swings over the bar; no saving swings; no walking in the swing path; no jumping off; no standing on the swings.
 - No playing on the yellow glider – A BLUE slip will be given.
 - Stay out of irrigation and mud. - NO balls are to be used when the park is irrigated.
 - Playground equipment that is checked out (i.e. balls, jump ropes, etc.) must be shared.
 - Everyone who asks must be allowed to join a game.
 - Stay on the north side of the palm trees.
 - Stay away from strangers.
 - Do not leave the table without being excused, then you may throw away your trash.
 - If any game or activity is in question, get permission from a playground staff member.
 - Playground equipment must stay inside the fenced playground area. NO student is to retrieve a ball That has gone out of the park. Ask for a staff or lunch aide to go get the ball.
 - Stay at least ten feet away from the fenced areas.
 - Do not go beyond the cones.
 - Do not play near playground exits.
 - No dangerous stunts.
 - No climbing the trees.
 - Do not chase or feed birds
 - Shoes must be worn at all times.
 - Line up immediately when the aide or teacher calls for you/ stay lined up until your teacher comes.
 - **Parents may not take a student from the park.** Students must be checked out in the school office.
- *No student may go to or leave the park without staff permission and supervision.

POLICY at the Park for lunch standards:

- Students are to raise their hand when wanting to leave the table to be excused.
- Students are to clean off their own food area and take all trash to the black trash bags.

BREAKFAST/ LUNCH PROGRAM OVERVIEW

- * Breakfast is only served from 7:20 AM – 7:50 AM on school days.
- Student lunch orders are taken during morning flag salute and attendance at 8:00 AM.
- If you arrive after 8:45 AM, you **MUST bring a home lunch**.
- Lunchtime is between 11:15 AM and 12:30 PM and served by a catering company at the park.
- Lunches are to be paid for in the office ONLY on MONDAY'S in the front office for the following week.
- Lunches are sold in sets of 5 or more /CASH only is accepted.
- Subsidized lunch is available for qualifying families. Applications are available in the registration packet.
- Home lunches should be nutritious: sandwich, crackers, granola bar, fruit, cheese, yogurt, water, juice.
 - Do not include such items as: cookies, candy, soda, sugary snacks, hot cheetos, takis, or chips,
 - Do not include anything that needs to be heated or microwave.

Lunch Rules

- Each student is to use the bathroom and wash his/her hands prior to lining up for lunch.
- Students are to sit at the tables and eat their lunch.
- Students line up in alphabetical order to pick up their school lunches.
- Students must raise their hand to be dismissed or excused from the lunch table.
- Students are expected to clean up their lunch mess before being excused.
- No playing with or throwing food while eating lunch.
- All food must stay in the eating areas (tables under the Ramada's).
 - Trash cans are taken from the school to the park, by the school custodian.
 - 44-gallon trash bags for the school trash cans are taken to the park.
 - Students will put their trash into the school trash cans
 - Students are to handle only their own trash.
 - NO student is to pick up or collect trash from the park to be put into trashcans or bags.
 - Trash bags full of school trash will be bound and taken from the park by the custodian or an adult.
 - NO student is to transport any trash or trash cans back to school
 - School trash from the park will be disposed of in the school campus trash bins.

Qualifications of School Food Service Staff. Qualified nutrition catering professionals will administer the school lunch meals to the students. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification. Foods and portion sizes are determined by the NSLP and the Catering Company will be in compliance.

Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as, fundraisers, school student stores, etc.) These extra venues will adhere to the school wellness policy and standards.

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. If a snack is given to the students such as during State Testing it is in compliance such as: cut apples, oranges, pretzels, crackers, and water bottles etc. Birthday treats. The school discourages the celebration of birthdays at school. If any treats are brought it is encouraged to bring a nutritious snack such as a yogurt pop, sugar free popsicle etc. The birthday treats are only handed out after school as each student leaves the campus.

III. Nutrition and Physical Activity

New Horizon School for the Performing Arts School District aims to teach, encourage, and support healthy eating by students.

IV Integrating Physical Activity into the Classroom Setting. Students at New Horizon School for the Performing Arts have physical activity for 35 minutes a day for dance or PE, as well as another 35 minutes after lunch on every day. Teachers do integrate physical education and health into their curriculum.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. New Horizon School does not offer any before or after school sports or physical activities. However, we do have after school tutoring. We also have a performing group “ The Kids Next Door” who rehearse before school twice a week, and dance and sing. They have an hour performance that is presented to several RV Parks, and community events through out the year. All of our students perform in several productions throughout the year that include extra dance rehearsals. Our 4-6th graders participate in a Music/ Dance camp in the Spring for 3 days at Tonto Rim Camp, Payson , Arizona.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

Safe Routes to School. The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. 98% of our students at New Horizon School for the Performing Arts are driven to and from school, either with a parent or day care. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

Use of School Facilities Outside of School Hours. School spaces and facilities should be available to students, staff, and community members before, during, and after the school day upon approval of the administration. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times

V. Monitoring and Policy Review

Monitoring. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal).

The school Lunch coordinator will give a summary of any concerns on a daily basis and a report will be given as needed. Also the school Lunch Coordinator will participate in two meetings , but not limited to, of the School Improvement committee and give a report on the school lunch program at the school level.

Policy Review. Every spring members of the School Improvement committee will review the school policies and procedures for the school lunch program. The New Horizon School for the Performing Arts will also review the wellness policies and procedures. The committee will also review any concerns or changes that may need to be made to the Wellness Policy, and the Physical Activity to include all matters listed in this Wellness Policy. This will be conducted to maintain and improve the school lunch program at New Horizon School for the Performing Arts.

BREAKFAST AND LUNCH PROGRAM

Aug. 2020

- * **NO** students are to help with any part of the breakfast or lunch duties, trash or table.
- * **VISITORS** or parents who want to come during breakfast or lunchtime must go to the office, sign in , obtain a visitors pass, and then proceed to the breakfast or lunch area.
- * The Visitors **PASS MUST** be worn at all time while the visitor is on campus or at the park.
- * **ALL STAFF** members are to wear a whistle and their school identification at all times.

BREAKFAST SCHEDULE:

- 7:15 AM** Caterers enter on the **WEST** side of the school by the computer lab, and come in and set up to distribute food.
- 7:20 AM** Back gate is open / students put their backpacks on the ground / 4-6th put their violins away.
- 7:20 -7:50** Caterers serve the food/ Tania or Adriana will mark student's names off as they are served. Students who are **NOT** eating breakfast will sit in their class lines in the courtyard.
- 7:55 AM** Caterer leaves.
- 8:10 AM** Gate Closes / Song, Pledge, and announcements begin.
- 8:15 AM** Students walk to class

LUNCH SCHEDULE:

- **10:55 -12:30** Adriana & Sandra B. **Set up: Take the cart out to the park :**
 - Lunch cart supplies:**
 - Paper Towels, Trash Bags, Orange Cones
 - Hand sanitizer, tissues, first aid kit
 - Spray bottles , sponges,
 - Walkie Talkies and Cell phone (from the teachers work room)
 - Take 4- trashcans from the school to the park**
 - Put lined trashcans next to each other near the sidewalk for trash.**
 - When the trash is full take out the liner, tie it and replace it.**
 - Set out the cones along the west side of the park, put table cloths on....**
- Adriana: Supervise WEST Ramada and Playground**
- Sandra B: Supervise NORTH side of the park**

- 11:15-12:30** Adriana **Supervise EAST Ramada**
- 11:15-12:30** Tania **Take Lunch roll**
- 11:15-12:00** Kim **Crossing Guard / and student line up lines**
Supervise Basketball court & Soccer Field
- 11:40-12:25** Raquel **Supervise the Soccer Field and Crossing Guard**
- 12:15-12:25** Clean up **Adriana and Sandra B. , clean tables, put thing on cart.**

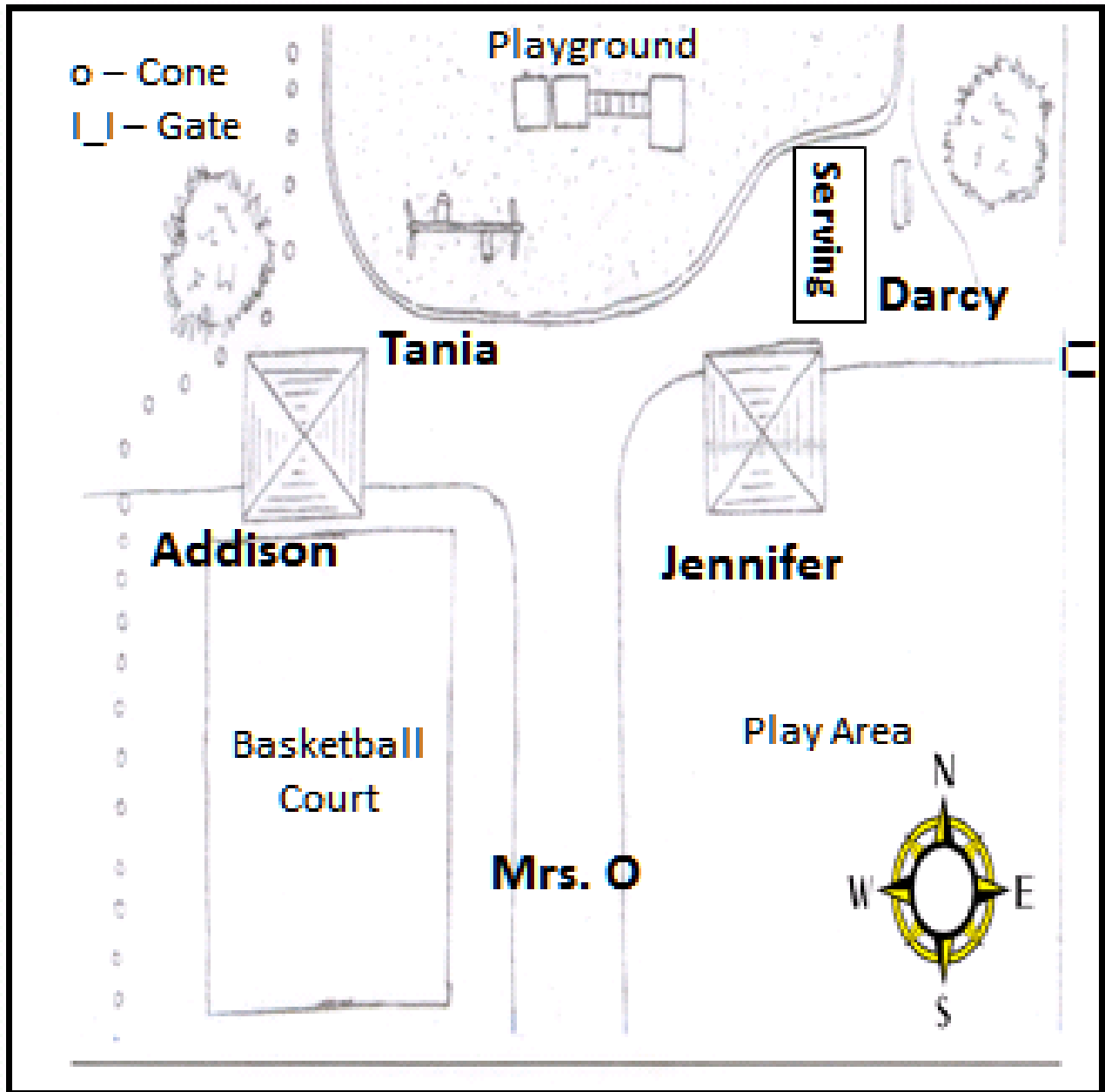
- * **Before leaving the park check for students lunch boxes, jackets.**
- * **Put them on the cart, then the Lost and Found.**
- * **Throw away any food/trash left on cart.**
- * **Take lunch cart to school, wash sponges and clean the cart.**
- * **Take bundled trash to the Dumpster**
- * **Put walkie-talkies and cell phone on designated chargers.**

LINE UP TIME – Staff will blow a whistle for students to line up on the park basketball court

- * **11:50 AM** K Blow the whistle for Kindergarten to line up pick up **11:55**
- * **12:05 PM** 1st Blow the whistle for 1st graders to line up pick up **Noon**
- * **12:18 PM** 4th, 5th, 6th Blow the whistle for 4th, 5th, 6th graders to line up. pick up **12:20**
- * **12:27 PM** 2nd & 3rd Blow the whistle for 2nd and 3rd graders to line up pick up **12:30**

TEACHERS: 1) Will meet their class at the park basketball courtyard 2) walk across the street to the school side, 3) take **AFTERNOON ROLL**, 4) have a student **BRING** the afternoon roll to the office **IMMEDIATELY**.

Stapley Park



Lunch Hours:

K & 1st – 11:15am-11:55am
4th, 5th & 6th – 11:40am-12:20pm
2nd & 3rd – 11:50am-12:30pm

Times to Blow the Whistle:

K & 1st – 11:55am
4th, 5th & 6th – 12:15pm
2nd & 3rd – 12:24pm