

Hackberry Elementary School District #3

Cedar Hills School

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Hackberry Mustangs

Policies on Nutrition and Fitness Wellness Policy

The Hackberry Elementary School District #3 is committed to providing a school environment that enhances learning and development of lifelong wellness practices. To accomplish these goals the HESD#3 will implement the following practices.

- All Child Nutrition programs will comply with Federal and State requirements.
- All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:
 1. Beverage contracts
 2. Fundraisers
 3. School parties/celebrations

Principal shall from time to time have the discretion to allow for certain celebrations that do not follow the guidelines.

Eating Environment:

- District will provide a clean pleasant eating environment.
- Lunch periods will be scheduled between 10:00 a.m. and 2:00 p.m.
- Eating area will include enough space for students to sit and consume meals.
- Students are given enough time to enjoy eating a healthy meal with friends.
- Recess is scheduled after mealtime so meal time is not competing with play time.
- Food or physical activity is not used as a reward or punishment.

Food Safety/Food Security:

- All foods made available on campus comply with State and Local food safety and sanitation regulations. HACCP plans and guidelines are implemented to prevent food illness in school.
- For safety and security of the food and facility access to the food service operation are limited to Child Nutrition Staff and authorized personnel.

Nutrition Education:

- The District will set forth nutritional education that is age-appropriate in both skill and knowledge.
- Staff responsible for nutrition education will be adequately prepared to deliver an accurate nutrition education program as planned.
- To have a broader impact nutrition education will involve sharing information with families and the community at large.
- Nutrition education should be integrated into other areas of the curriculum such as math, science, language arts and social studies.

Physical Education:

- The District goal for physical activity is to provide every student with the skills to maintain physical fitness, and regularly participate in physical activities. Each student should be given skills to understand the benefits of a healthy lifestyle in which physical activity is a key component.
- Daily physical education for all students will comply with State and District policy.
- All students will participate in the level of activity appropriate for the age, skill or physical limitations of each student.
- Where appropriate students will be given recess period which is not used for punishment or reward. Consider planning recess after lunch.
- Physical activity should be integrated across the curriculum and implemented through the day.
- District curriculum should include activities that are competitive and non-competitive team sports, as well as individual instruction.
- The District should provide a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.

Policy Review:

The District will monitor the nutritional and physical policies set forth.

- The Administrator/Superintendent or designee will report to the District School Board on the compliance of the school.
- The Foodservice Staff will insure compliance with nutrition policies within school food service areas and report to the Administrator/Superintendent.
- The District will revise the policy as necessary to meet the Federal and State mandates for nutrition and physical activity.