

Local Wellness Policy

Purpose: Kaizen Education Foundation d.b.a. Tempe Accelerated High School is dedicated to building students' nutritional knowledge while stressing the importance of a daily exercise routine. Quest High School believes a good nutritional program will provide students with healthier living behaviors and choices.

Nutritional Services:

- The school will participate in the National School Lunch Program.
- Food served on campus will meet all Nutritional Standards designated by the USDA.
- All students will receive healthy, well balanced meals, that include the five main food groups, at no charge.
- Students will be given adequate time to eat lunch.
- No other foods are sold during the school day.
- 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.
- School will provide hand sanitizers throughout the campus.
- Food service staff encourages participation in the National School Lunch Program (NSLP).

Education:

- Nutrition education shall be integrated within Food Rules Program, provided by caterer.

Physical Education & Physical Activity:

- Health & Nutrition classes are available for all students in all grade levels, this course will promote the importance of daily physical activity.
- Students will receive 440 minutes per week of health education instruction.
- All students shall receive a daily supervised breaks to provide at minimum 25 minutes of physical activities chosen by the student.

Promote Student Wellness:

- The school is working on developing a 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, Board Members, and community members who will serve as a resource the school for implementing these policies.

Policy Recommendations:

- Policy recommendations are available via e-mail and at the Local Wellness Policy meeting.
- All stakeholders will be provided the opportunity to give feedback on wellness goals through our website, e-mail or open house events.

Implementation and Monitoring:

- To ensure implementation of the LWP, the policy will be posted on the school website. Eddie Wheeler, Direct of Food Service will be responsible for monitoring policy implementation and distributing pertinent information to the schools.