

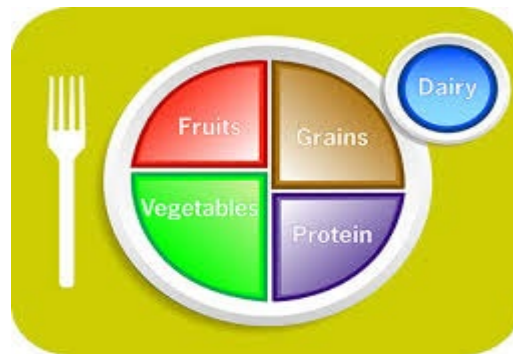


BURKE BASIC SCHOOL

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SCHOOL WELLNESS POLICY 2021-2022

Burke Basic School adopts this school wellness policy with the following commitments to nutrition, education and physical activity.



Nutritional Education:

- Nutrition education is taught to all grade levels as part of the Physical Education Curriculum. Students receive the skills necessary to make nutritious choices.
- Nutrition is promoted through breakfast/lunch menus and a poster in the cafeteria.
 1. Promote fruits, vegetables, whole grain products, low fat dairy products and healthy food preparation methods.
 2. Avoid low-nutrition foods and beverages such sodas, sports drinks, imitation fruit juices, chips, cookies and cakes.
- Staff will be encouraged to model healthy eating and physical activity for students.

- Participating in the National School Lunch and School Breakfast Program called the Community Eligibility Provision (CEP). This program allows student to receive a healthy breakfast and lunch at no charge.



Physical Education and Physical Activity:

- Students in grades K-6 received 30 minutes of Physical Education Instruction per week.
- The Physical Education program provides adequate space and equipment and conforms to all applicable safety standards.
- Students are given daily time for supervised physical activity.
- Physical Education instructors receive professional development and training.



Activities to Promote Student Wellness:

- The school will create a school health advisory council to develop, monitor, review and revise the Local Wellness Policy.
- The cafeteria is clean, attractive, safe, spacious dining area with accessible drinking water and adequate room flow.



Student Wellness Agreement:

- Coach Vaughan and I, Linda Hernandez, Lunch Coordinator and Office Assistant at Burke Basic School will work hard to ensure that our policy is up to date and that the standards of the local wellness policy have been met.



Public Notification:

- Burke Basic School will post the Local Wellness Policy on our public community board where information such as school lunch menus, events and particular activities are listed.
- Burke Basic School plans on measuring implementation by meeting on a yearly basis to discuss revision changes and implementations such as health and fitness awareness.



Wellness Committee Members:

Mike Gaddie	Principal
Erika Bello	Vice Principal
Linda Hernandez	Lunch Coordinator
Amayelit De Rosas	Cafeteria Manager
Katina Fox	Special Education Director
Shelagh Reyes	School Nurse
Dillon Vaughan	P.E. Coach