Burke Basic School

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Local Wellness Policy

Updated: August 2026

I. Wellness Policy Goals

***Goal for Nutrition Promotion**:*

Burke Basic School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

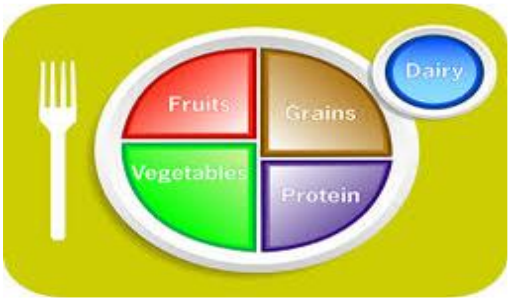
Burke Basic School will provide nutrition information and physical education opportunities that foster lifelong habits of healthy eating and physical fitness.

Good health fosters student attendance and education.

Children need access to healthful foods and opportunities to be physically active to grow, learn, and thrive.

A healthy diet should consist of the five main recommendations from the Food Guide Pyramid.

Participation of the entire school community is essential to the development and implementation of successful school wellness policies.



Goal for Nutrition Education:

Nutrition and healthy living skills shall be taught as part of the regular instructional program. Opportunities will be provided for all students to understand and practice the concepts and skills related to good nutrition, health promotion, and disease prevention.

- Promote fruits, vegetables, whole grain products, low fat dairy products, healthy food preparation methods, and health enhancing nutrition practices.
- Avoid low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.
- "MyPlate" is used as training tools to build and promote healthy eating habits.
- Safe Food Handling
- Promote healthy hydration and importance of water.

Food and beverages served at school meet the nutrition standard set forth by Arizona Department of Education. School will provide parents/guardians with information regarding healthy food/beverages. Teachers will be encouraged to use non-food items as rewards.

Goal for Physical Activity:

Students in Kindergarten through 6th grade shall participate in daily physical activity that enables them to achieve and maintain a high level of personal fitness. Under A.R.S. 15-118. Burke Basic School shall provide two daily supervised recess for KG-5th grade. Participation in a physical education course during the school day may count as one of the required recess periods. For this policy, recess is a period during the regular school day during which a student is able to engage in physical activity or social interaction with other students.

The school will ensure that all the recreational amenities are safe, clean, and accessible to all students. Faculty, staff, school administrators, food service professionals, parents, and students will be encouraged to serve as role models by practicing healthy physical activity habits.

Physical Activity and Discipline:

Burke Basic School discourages the use of physical activity as punishment and the withholding of physical education as punishment.

***Goals for Other School-Based Activities that Promote Student Wellness**:*

- Students will have adequate time to eat lunch, relax, and socialize
- Students are not allowed to leave the school grounds during lunch, unless checked out by their guardian.
- The teachers will be encouraged to use non-food items or healthy snacks as a reward in the classroom
- Food safety will be a key part of School Nutrition operation
- Dining area will be clean, safe, and attractive
- Students are encouraged to wash hands often

II. <u>Nutrition Standards</u>

Arizona Healthy Schools Act: Burke Basic School will comply with A.R.S. 15-242.01 and applicable Arizona Department of Education requirements regarding foods served or sold on the school campus during the regular school day, including restrictions applicable to ultra processed foods as defined by Arizona law.

The school meal program (NSLP) aims 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.

- **School meals:** All meals will comply with the National School Lunch Program (NSLP), Summer Food Service Program (SFSP) where applicable, and current USDA meal pattern requirements; menus will be posted online with nutrition highlights and allergen information. Free, potable water will be available to all students during meal periods.
- Outside of school lunches, other food & beverages are not sold or marketed on campus.
- National School Lunch/Summer Food Service Program meals are provided by the caterer. Menus are posted monthly. The menu meets all NSLP/SFSP guidelines. No additional marketing to students or families takes place.
- Celebration & Rewards: Foods served to students meet the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (A.R.S. 15-242).

III. Wellness Policy Committee, Implementation, Monitoring, Accountability and Community Engagement

Nutrition standards & goals

- **School meals:** All meals will comply with the National School Lunch Program (NSLP), Summer Food Service Program (SFSP) where applicable, and current USDA meal pattern requirements; menus will be posted online with nutrition highlights and allergen information.

Nutrition promotion and education

- **Education integration:** Deliver at least one nutrition lesson per grade per quarter; use MyPlate and current evidence-based resources.

Implementation, Monitoring, Accountability, and School Wellness Committee

Committee Role and Membership
The school will convene a wellness committee annually 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.

Committee membership:

- **Principal** — Erika Bello
- **NSLP Lunch Coordinator/Cafeteria Manager** — Francisca Aguirre
- **Principal's Secretary**— Linda Hernandez
- **Physical Education Teacher** — Desmond Beard
- **Teacher** — Kandice Tomanek
- **School Nurse** — Beatriz Morales
- **Parent** – Paulina Garcia
- **Student** – Lucian Garcia
- **Student** – Javier Licona Guerrero

Leadership and designated officials (as listed):

- **Designated official for oversight of implementation:** Erika Bello
- **Designated official for convening the wellness committee:** Francisca Aguirre
- **Person designated for informing the public about the wellness policy:** Linda Hernandez (posted on BBS website)

Annual monitoring: The committee will review progress on measurable objectives annually, update owners and timelines as needed, and prepare an annual wellness report for the school board and public.

Revisions, Updates, and Review of the Policy

The school will update or modify the wellness policy as appropriate. LEA will update or modify the wellness policy annually unless needed sooner.

Regulatory review: At each update, review USDA LWP regulations, and any new state laws; NSLP Director will present regulatory changes at the annual meeting.

Notification of Wellness Policy Meeting

The school will inform families and the public each year of any updates to the wellness policy and any committee meetings via school website.