

BEAVER CREEK ELEMENTARY SCHOOL DISTRICT #26
Local Wellness Policy (LWP)

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I. Wellness Policy Goals

Goals for Nutrition Promotion:

- Participating in the district meal programs will be promoted and encouraged to families while monitoring engagement with the promotional materials and events.
- School meal program menus will be posted on the district website as well as posting National School Breakfast Week, National School Lunch Week and Summer Meal events on Class Dojo and the website.
- Promotion of food and beverages will meet the USDA's (United States Dept of Agriculture) Smart Snacks in Schools standards.
- Promotion of the Fresh Fruit and Vegetable Program will be done using Class Dojo, flyers around campus, and on the school website.

Goals for Nutrition Education:

- To reinforce and support nutrition education efforts promoting water consumption and the understanding of USDA nutrition labels.
- Health education materials and workshops will be provided by district instructors, Yavapai County Health Department and MatForce several times throughout the year during Wellness Weeks.
- Provide free access to drinking water for all students during meal periods and class time which promotes hydration and healthy beverage choices. Ensuring potable water is available and accessible from bottle filling stations and drinking fountains throughout campus.
- Nutrition Education will be provided to students when serving produce for the Fresh Fruit and Vegetable Program (FFVP).
- Teachers will receive training in nutrition education at the beginning of each year.

Goals for Physical Activity:

- Encourage after-school sports programs and regular physical activity by offering opportunities for students to participate in classroom based physical activities, at least 20 minutes of recess before and after school and participate in sports programs during reasonable outdoor weather.
- Track student enrollment and participation in sports programs using lesson plans & class schedules reflecting physical activity at least two times per week by certified physical education teachers.
- Students will be provided with formal age appropriate physical education weekly for 90-149 minutes consistent with national & state standards and will be active for at least 50% of their PE class time.
- Ensuring safe and active environments by maintaining safe school grounds and facilities conducive to physical activity for all students and for community members using district facility use agreements.
- Designate safe or preferred routes to school using crosswalks on streets and crossing guards supporting active transport to and from school such as walking or biking.

- Participate in Walk to School Day annually.

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

- Conduct weekly playground safety assessments and address identified safety issues immediately.
- Participate in the USDA Fresh Fruit & Vegetable Program twice weekly each school year introducing all students to fresh produce including weekly nutrition education lessons.
- The school will continue relationships with community partners as appropriate such as Yavapai County Health Department and MatForce during Wellness Weeks, student health screenings and community-wide immunization clinics.
- Proper hand washing measures will be in place if recess is offered before lunch.
- The district will use electronic and non-electronic mechanisms to ensure that all families are actively notified of opportunities to participate in school sponsored activities and receive information about health promotion efforts.
- Implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors:
 - Designated on site staff workout room
 - On site mammograms scheduled annually through insurance network
 - On site vaccines through YCHD
 - Preventative care activities conducted by insurance network

II. Nutrition Standards

School Meals

The school meal programs aim 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.

- All schools in the district will participate in the National School Lunch Program.
- All meals will, at a minimum, meet the New Meal Pattern requirements.
- Free, potable water will be available to all students during meal periods. In addition, students will be allowed to bring and carry approved water bottles with only water in them throughout the day.
- Meals will be appealing and attractive to students and served in a clean & pleasant setting at an appropriate time of the day.
- Students will be allowed at least 10 minutes to eat breakfast and 20 minutes to eat lunch.
- Additional standards include:
 - Effective at the start of the 2026-2027 school year, House Bill 2164, or the Arizona Healthy Schools Act A.R.S. 15-242-01 prohibits public schools participating in federally funded or assisted meal programs from serving, selling or allowing a third party to sell ultra-processed food on the school campus during the regular school day. This does not prevent a student's parent or guardian from providing ultra-processed food to the student during the regular school day. The identified ultra-processed foods include:
 - Potassium bromate
 - Propylparaben
 - Titanium dioxide

- Brominated vegetable oil
- Yellow dye 5 or 6
- Blue dye 1 or 2
- Green dye 3
- Red dye 3 or 40

Competitive Foods and Beverages

- a. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. These guidelines apply to all foods sold in the following locations:
 - a. Beaver Creek Elementary School Campus
 - b.
 - c.
 - d.
- b. List any additional criteria the district has established for competitive foods here:
 - a. No competitive foods will be sold during the regular school day
 - b.

Celebrations and Rewards

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades PreK-8 must meet the USDA's Smart Snacks in Schools guidelines.

- a. Describe your standards for all foods and beverages provided, but not sold, to students during the school day:
 - Only food prepared or obtained by the District's food services program should be served during the regular school day. This includes classroom reward or incentive programs involving food items such as the Accelerated Reader (AR) Program.
 - Birthday celebrations will be allowed. Foods are to be store purchased and individually wrapped when possible. Alternatives to minimally nutritious foods will be encouraged.
 - Two classroom parties will be allowed per school year. Alternatives for healthy classroom snacks include: pretzels, raisins, string cheese, popcorn, yogurt, granola, peanut butter, whole grain crackers, humus, nuts, trail mix, raw fruits & vegetables, applesauce, fruit cups, deli meat and cheese roll ups.
- b. These guidelines apply to (check all that apply):
 - School-sponsored events
 - Celebrations and parties
 - Classroom snacks provided by parents
 - Classroom rewards and Incentives

Fundraising

- a. Foods of minimal nutritional value as defined in federal regulation shall not be served or sold during the normal school day on any campus unless expressly permitted by state or federal exemption, such as for the sale or distribution of any food or beverage item through fund-raising activities of students, teachers, or educational groups when the items are intended for sale off the school grounds.
- b. The district will submit the ADE (Az Dept of Education) exemption form for all food related fundraisers when the foods do not meet the USDA's Smart Snacks in Schools Standards. One fundraiser per semester will be allowed for no longer than 8 days.

Food and Beverage Marketing in Schools

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks in School nutrition guidelines. These guidelines apply to:

- Brand names, trademarks logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays such as on vending machine exteriors.
- Corporate brand, logo, trademark, or name on school equipment such as marquees, message boards, scoreboards, etc.
- Corporate brand, logo trademark or name on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment, as well as on posters, book covers, school supplies displays, etc.
- Advertisements in school publications or mailings.
- Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product.

III. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee 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.

- a. Describe frequency of meetings:
 - Annually
- b. Description of who the LEA (Local Education Authority) permits to participate in the wellness policy process. (e.g. parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators):
 - The District shall permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Board, school

administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy and written plan

- c. Description of how the public is notified that their participation is permitted:
- Inform the public about the content and implementation of the local school wellness policy and written plan, and make the policy, written plan and any updates to the written plan available to the public on an annual basis.
 - Inform the public about progress toward meeting the goals of the local school wellness policy and compliance with the wellness policy and written plan by making the triennial assessment available to the public.

Leadership

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

- The Food Service Director and Wellness Coordinator are responsible for the implementation and oversight of the wellness policy and the written plan.

IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of the Wellness Policy

- a. Describe the District's plan for implementation to manage and coordinate the execution of this wellness policy.
- The District shall create a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum federal nutrition standards. The written plan shall contain:
 1. Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing these goals, the District must review and consider evidence-based strategies and techniques;
 2. Standards for all foods and beverages provided, but not sold, to students during the school day on each participating school campus;
 3. Standards and nutrition guidelines for all foods and beverages sold to students during the school day on each participating school campus;
 4. Goals that promote student health and reduce childhood obesity;
 5. The method by which parents, students, physical education teachers, school health professionals, school administrators and the general public will be involved in the creation of the written plan;

6. A description of the plan for measuring the implementation of the wellness policy and plan; and
7. How the District will report on content and implementation of the wellness policy and plan to the public.

Triennial Progress Assessments

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the District will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the District will compare their policy to the ADE model wellness policy.

- a. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
 - i. Provide a description of how the District will assess the progress made in attaining the goals of the District's wellness policy:
 - When the LWP committee meets annually the outcomes of the goals will be reviewed and discussed.
 - ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.
 - Reviewing student enrollment, lesson plans and class schedules for compliance with physical activity.
 - Monitoring nutrition standards, keeping up to date with trainings and communications.
 - Review inspection sheets from playground inspections and FMX (school facility & Maintenance tracking software) requests.
- b. The District will assess how their wellness policy compares to model wellness policies.
 - i. Provide a description of how the District will compare their policy with the model policies.
 - During the annual meeting of The Wellness Committee will compare the LWP with other districts in area and the Alliance for a Healthier Generation's model wellness policy.

Revisions and Updating the Policy

The District Wellness Committee will update or modify the wellness policy based on the results of the annual meeting and triennial assessments when appropriate.

- a. Describe how often the LEA will update or modify the wellness policy:
 - Annually when priorities change, goals are met or new state or federal guidance/standards are issued.

Notification of Wellness Policy, Policy Updates and Triennial Assessment

The District will actively communicate to inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy. The District shall permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Board, school administrator, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy and written plan on an annual basis.

- a. Describe how the LEA will make the district wellness policy available to the public:
 - The wellness policy, policy updates, assessments, meeting agendas & meeting minutes will be posted on the district website www.bcs.k12.az.us. Hard copies are available at the school site.

- b. The annual progress reports and updates can be found on the school website at:
 - www.bcs.k12.az.us

- c. The District will make the Triennial Assessment available on the school website at:
 - www.bcs.k12.az.us

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