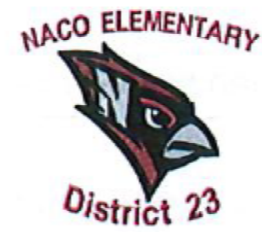


# Naco Elementary School District # 23

1911 W. Valenzuela St.  
PO Box 397  
Naco, AZ 85620  
(520) 432-5060



# Wellness Policy

## I. Preamble

Our district is committed to fostering a school environment that promotes student health, well-being, and the ability to learn by supporting healthy eating, physical activity, and emotional wellness. This policy aligns with the Whole School, Whole Community, Whole Child (WSCC) model.

## II. District Wellness Council

- **Membership:** Includes district administrators, school nurses, food service staff, PE teachers, parents, students, and community health professionals.
- **Responsibilities:**
  - Develop and revise the wellness policy
  - Monitor implementation and compliance
  - Conduct triennial assessments
  - Report findings to stakeholders

## III. Accountability and Oversight

- Designate a Wellness Coordinator to oversee policy implementation
- Each school site will appoint a Wellness Champion
- Annual progress reports will be submitted to the school board and posted publicly

## IV. Nutrition Services

- All meals and snacks must meet USDA nutrition standards
- Promote fresh fruits and vegetable program initiatives and local sourcing
- Prohibit marketing of unhealthy foods on campus
- Ensure access to free drinking water throughout the day

## V. Physical Activity Opportunities

- Provide at least 225 minutes for middle school PE
- Integrate movement breaks into classroom instruction
- Offer extracurricular physical activities and intramural sports
- Ensure recess is not withheld for disciplinary reasons

## VI. Mental and Emotional Wellness

- Provide access to school counselors, psychologists, and social workers
- Implement trauma-informed practices and SEL programs
- Promote mindfulness and stress-reduction strategies
- Establish referral protocols for students in crisis

## VII. Employee Wellness

- Offer health screenings, fitness programs, and mental health resources
- Encourage staff participation in wellness activities
- Provide ergonomic workspaces and promote work-life balance

## VIII. Family and Community Engagement

- Host wellness nights, cooking classes, and fitness events
- Share wellness tips and resources via newsletters and social media
- Partner with local health organizations and tribal wellness programs

## IX. Physical Environment

- Maintain clean, safe, and inclusive facilities
- Ensure access to outdoor spaces for physical activity
- Promote sustainability through recycling and green initiatives

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*To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:*

*mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;*

*fax: (202) 690-7442; or*

*email: [program.intake@usda.gov](mailto:program.intake@usda.gov).*

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