

CAFA INC.

LEARNING FOUNDATION “BACK TO BASICS”

LEARNING FOUNDATION AND PERFORMING ARTS ALTA MESA

LEARNING FOUNDATION AND PERFORMING ARTS GILBERT

LEARNING FOUNDATION AND PERFORMING ARTS WARNER

2015-16 IMPLEMENTATION OF WELLNESS POLICES ON PHYSICAL ACTIVITY AND NUTRITION

1. National School Lunch Program (NSLP)

- Learning Foundation “Back to Basics” offers NSLP Breakfast, Lunch and afterschool snack program
- Learning Foundation and Performing Arts Gilbert offers NSLP Breakfast and Lunch
- Learning Foundation and Performing Arts Warner offers NSLP Breakfast and Lunch
- Learning Foundation and Performing Arts Alta Mesa offers NSLP Breakfast, Lunch and afterschool snack program

The schools have successfully implemented the National School breakfast, lunch and snack programs. Several of our schools have high poverty rates and these programs provide the nutrition that students need to learn and succeed in their classes. The Gilbert Junior High/High School implements a salad bar during the lunch hour which has increased their consumption of vegetables and fruit by offering a wide variety to choose from.

2. Physical Activity

There are many opportunities that encourage physical activity during the school day. The activities vary at each site but district wide include basketball, soccer, ultimate Frisbee, weight lifting, Physical Education, dance, aerobics, playground activities etc. Each school has a physical education teacher to oversee the activities in exercise, health and nutrition.

3. Parent Communication.

Parent communication is provided through Jupiter online program, menus, newsletters and our Ifapa.org web site. Parents who wish to be involved in the Wellness Policy yearly updates may contact the CAFA Inc. District Office at 480-635-1900.