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STUDENT WELLNESS

The School District strives to make a significant contribution to the general well being, mental and physical capacity, and learning ability of each student while affording them the opportunity to fully participate in the educational process.

The District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.

To ensure the health and well-being of all students, the Board shall promote and monitor student wellness in a manner that the Board determines is appropriate in the following areas:

A. *Nutrition Guidelines:* All foods available in each school during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.

B. *Nutrition Education:* The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into health education or core curricula; and provides opportunities for students to practice skills and have fun.

C. *Physical Activity:* The goals for physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

D. *Sunscreen:* The goal is to emphasize skin health and promote the application of sunscreen products and to inform students that a student who attends school in this District may possess and use a

topical sunscreen product while on school property or at a school-sponsored event without a note or prescription from a licensed health care professional.

E. *Other School-Based Activities*: The goal is to create a total school environment that is conducive to healthy eating and physical activity.

F. *Evaluation/Implementation*: A primary goal will be to regularly (at least annually) evaluate the effectiveness of this policy in promoting healthy eating and changing the program as appropriate to increase its effectiveness. Such evaluation will be measureable. The results of each evaluation, including the extent to which schools are in compliance with District policy, the extent to which the District policy complies with federal regulations, and a description/summary of the progress made in attaining the goals of the District, shall be made available to the public. Physical education teachers and school health professionals shall have an opportunity to participate in the evaluation and implementation of this policy.

G. *Parent, Community and Staff Involvement*: A primary goal will be to engage family members, students, and representatives of the school food authority, the Governing Board, school administrators, and the public in development and regular review of this school policy.

The Superintendent is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, after-school programs, and funding-raising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation. The Superintendent shall institute and clearly communicate a meal charge policy to all District households and District staff responsible for policy enforcement that is consistent with aspects of the Healthy Hunger-Free Kids Act of 2010 applicable to the District. Regulations and exhibits created for the purpose of implementing this policy shall be considered, in effect, to be an extension of this policy subject to Governing Board review.

Adopted: October 3, 2017

LEGAL

REF.:

A.R.S.

[15-158](#)

[15-242](#)

42 U. S. C. 1751 *et seq.* (National School Lunch Act)

42 U. S. C. 1771 *et seq.* (Child Nutrition Act)

CROSS

REF.:

[ABA](#) - Community Involvement in Education

[ABAA](#) - Parental Involvement

[BBA](#) - Board Powers and Responsibilities

[EF](#) - Food Services

[EFDA](#) - Collection of Money/Food Tickets

[EFE](#) - Competitive Food Sales/Vending Machines

[IA](#) - Instructional Goals and Objectives

JL-RA

REGULATION

STUDENT WELLNESS

An annual report shall be made to the Board on the District's compliance with law and policies related to student wellness. The report may include but not be limited to:

- A. Evaluation of the food services program.
- B. Recommendations for policy and/or program revisions.
- C. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- D. Assessment of school environment regarding student wellness issues.
- E. Listing activities and programs conducted to promote nutrition and physical activity.
- F. Providing feedback received from District staff, students, parents/ guardians, and community members.

In accordance with the National School Lunch Act (42 U. S. C. 1751 *et seq.*) and the Child Nutrition Act (42 U.S.C. 1771 *et seq.*), as amended, an assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually. The Superintendent shall receive assurances from all appropriate administrators and supervisors prior to making the annual Board report.

Nutrition Education

Nutrition education shall focus on students' eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local District health education standards. Nutrition education at all levels of the curriculum shall include, but not be limited to, the following essential components designed to help students learn:

A. All nutrition education shall focus on students' eating behaviors, and provide the basic foundation for students to acquire the critical skills needed to adopt, practice, and maintain a healthy lifestyle.

B. Nutrition education will be provided through many outlets, including but not limited to: school lunch menus, district webpage, and school staff.

***Nutrition Guidelines and
Services Operations:***

Food

A. Nutrition and Wellness Department:

1. All foods and beverages made available on campus during the school day will meet nutrition standards mandated by United States Department of Agriculture (USDA), as well as the Arizona Nutrition Standards:

a. Arizona School Meal Nutrition Standards
<http://www.azed.gov/health-nutrition/files/2014/02/hns-06-2014-letter-response-to-hhfka-competitive-food-standardsupdated.pdf>

b. USDA Competitive Food Standards
http://www.fns.usda.gov/sites/default/files/allfoods_summarychart.pdf

B. Reimbursable Meal:

1. All guidelines for reimbursable school meals shall not be less restrictive than regulation and guidance issued by the United States Department of Agriculture (USDA), as those regulations and guidance apply to schools participating in the National School Lunch and School Breakfast Programs (NSL&BP).

2. The purpose of the National School Lunch Program is to serve school meals of optimum nutritional value at a minimum cost to the child. This is accomplished by providing a daily meal that meets one-third (1/3) of the Recommended Dietary Allowances (RDA).

C. All Foods and Beverages Sold in Schools:

1. All foods exempt from reimbursable meals must meet The Arizona Nutrition Standards for snack foods.
<http://www.azed.gov/health-nutrition/files/2014/02/hns-06-2014-letter-response-to-hhfka-competitive-food-standardsupdated.pdf>

2. Smart Snacks only applies to the following foods sold/served throughout the District:

a. A la carte items:

i. Food for fund-raisers.

ii. Food for vending or snack bars.

iii. Foods sold at school stores.

3. Check the Alliance Smart Snacks Product Calculator to see if your food item is allowed under the Smart Snack guidelines.

<http://www.azed.gov/health-nutrition/the-arizona-nutrition-standards-and-competitive-foods/>

These standards are to be upheld from midnight before, to thirty (30) minutes after the end of the official school day per USDA regulations, with the exception of classroom parties.

D. Celebrations:

1. The District encourages a healthy environment at celebrations. The child nutrition department can supply food and beverages for celebrations as well as a list of healthy classroom snacks.

2. Food and beverages provided for parties, celebrations, and meetings must comply with the local food safety and sanitation guidelines. Parents, teachers, and community members will be directed to contact the school nutrition department for guidance.

3. Arizona Department of Education Food Safety Code
<http://www.azed.gov/health-nutrition/nslp/operate-nlsp/food-safety/>

4. Maricopa County Environmental Health Code
<http://www.maricopa.gov/EnvSvc/AboutUs/HealthCode.aspx>

E. Fund-raising:

1. School organizations are encouraged to raise funds through the sale of non-food items as part of the school sponsored fundraising activities.

2. All food items served/offered to students during the school day (from midnight before, to thirty [30] minutes after the end of the official school day) will meet federal, state and local standards.

3. USDA Fundraiser Standards
<http://www.azed.gov/health-nutrition/files/2015/07/fundraisersfactsheet.pdf>

Other School Based Wellness Activities:

A. Eating Environment:

1. The eating environment is safe, comfortable and allows ample time and space for eating meals.

2. Food is not used as reward or punishment

3. Students and staff will have access to free, safe water at all times throughout the school day.

B. Food providers will be sensitive to the school environment and only market and advertise foods and beverages that meet Smart Snack standards.

1. Arizona School Meal Nutrition Standards
<http://www.azed.gov/health-nutrition/files/2014/02/hns-06-2014-letter-response-to-hhfka-competitive-food-standardsupdated.pdf>

C. Nutrition Promotion:

1. Schools will display nutrition posters and/or banners throughout the school to promote health and wellness.
2. The District will share nutrition information with students, staff and parents via menus and newsletters posted to the District website.

Implementation and Monitoring:

A. Implementation:

1. The District wellness coordinator shall appoint a District wellness committee to assess, plan, implement, and improve the nutrition and physical activity environment.
2. District committee members will include community and school representatives such as parents, teachers, administrators, students as well as nutrition staff.
3. District wellness committee will read, review, and revise relevant sections of the District local wellness guidelines.

B. Monitoring:

1. Principals will monitor and ensure adherence to the wellness policy in their school and will report rates of compliance to the Superintendent or District wellness coordinator.
2. The food service director will monitor and ensure that the school nutrition program complies with federal and state nutrition and meal pattern guidelines and report such compliance to the Superintendent or designee.
3. The Superintendent is responsible for monitoring and ensuring that all schools in the District comply with this policy.

Evaluation and Assessments:

A. Evaluation:

1. The wellness committee shall evaluate policy implementation; identify areas for improvement; submit results/findings to the food and nutrition department.

2. The Superintendent will review results/findings; provide annual reports on the progress and status of compliance of each school and keep a copy of the findings.

B. Assessments:

1. On a triennial basis, the wellness committee will conduct an assessment and develop a summary report on District-wide compliance with this policy based on input from schools within the District. The assessment and report will include the extent to which schools are in compliance with this policy, the extent to which this District's school wellness policy compares to model local school wellness policies, and the progress made in attaining the measurable goals of this policy.

2. The report will be made available to the public at the District office and posted on the District's website, as well as provided to the School Board, the school wellness committee(s), parent/teacher organizations, school administrators, and school health services personnel in the District.

3. District will make updates available to the public.

C. Public Notice:

1. The District will have the school wellness policy on the District website.

2. Yearly reports documenting progress of the wellness policy will be available on the District website.

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Physical Activity Goals

The primary goal for the District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including physical education, recess, walk-to-school programs, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

Physical Activity:

A. Physical Education:

1. Physical education (PE) classes shall be based on the Arizona Department of Education Physical Activity Standards.
2. It is our goal that PE teachers will ensure students are moderately to vigorously active at least fifty percent (50%) of the time while participating in physical education class.
3. More information specific to Arizona physical education standards:
<http://www.azed.gov/standards-practices/physical-education-standards/>

B. Recess:

1. All students shall receive a minimum of twenty (20) minutes of recess, as this provides an outlet to promote continued physical activity.

2. In addition to the twenty (20) minute daily recess, students in first and second grade will receive an additional fifteen (15) minute daily recess.

3. At teacher discretion, additional recess time may be provided as needed.

4. The District discourages the withholding of participation in recess to complete class assignments or for disciplinary consequences.

5. Severe and inappropriate exercise may not be used as a form of punishment.

C. Special Programs and Afterschool Activities:

Additional physical activity programs are available in the afterschool sports programs and clubs to meet the needs and interests of students, including those who are not athletically involved or those with special health care needs.