

STUDENT WELLNESS

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

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

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 state and federal law shall be provided annually by the District's Child Nutrition Department. The Superintendent shall receive assurances from all appropriate administrators and supervisors prior to making the annual School Board report.

Nutrition Education Guidelines

The nutrition education activities shall stress the appealing aspects of healthy eating and be participatory, developmentally age-appropriate and enjoyable for students. In order to reinforce and support nutrition efforts, the student wellness curriculum will ensure that nutrition education at all levels shall include, but not be limited to, the following essential components designed to help students learn:

- Nutrition education shall focus on student's eating behaviors, be based on theories and methods proven effective by research and be consistent with the Arizona Department of Education curriculum regulations and academic standards. Nutrition education topics shall be integrated and taught at every grade level; and
- Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating; and
- Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels and critically evaluating nutrition information,

how to assess one's personal eating habits, set goals for improvement and how to achieve those goals (Such as Team Nutrition, My Pyramid for Kids K-6); and

- Cooperation with agencies and community organizations to encourage and provide opportunities for appropriate student projects related to nutrition;
- Consistent nutrition messages are disseminated from the District throughout the schools, communities, homes and media; and
- Nutrition education is extended beyond the school environment by engaging and involving families and community (such as Parent Coffee Talks and School Health and Wellness fairs).

Nutrition Guidelines and Food Services Operations

All foods and beverages made available on school campuses during the school are to be consistent with the Arizona Nutritional Standards. Nutrition standards for reimbursable school meals sold or served in all schools will meet or exceed the regulations issued by the U.S. Department of Agriculture and the Arizona Nutritional Standards.

The District will create procedures that address all foods (including Foods of Minimal Nutritional Value and Competitive Food Sales) available to students throughout the school day, in the following areas:

- National School Lunch Program and School Breakfast Program Meals.
- A la carte offerings in the food service program.
- Vending machines and school stores.
- Snacks served in after-school programs.
- Classroom parties, celebrations, fund-raisers, rewards and school events.

The school food service program shall monitor the nutrient breakdown of their menus. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low fat grain products, shall be available wherever and whenever food is sold or otherwise offered at school during the normal school day. School shall take efforts to encourage students to make nutritious food choices.

Foods of Minimal Nutritional Value as defined by 7 C.F.R. 210.11 are prohibited from being served or sold in the National School Lunch Program (NSLP), School Breakfast Program (SBP), After School Snack Program (ASSP) and school stores during the normal school day.

In keeping with the District's nutrition program goals, food prepared or obtained by the District's food services program shall be served. Schools should encourage classes to order foods for classroom celebrations from the school's food service program or other commercially licensed providers to ensure compliance with food safety and sanitation

regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines must be implemented to prevent food illness in schools. This includes all food and beverage items offered or sold at school-sponsored events during the regular school day.

Other School-Based Activities

The goal for other school-based activities is to ensure whole-school integration with the wellness program. The District will achieve the goal by addressing elements that include, but are not limited to, school meal times, dining environment, food as an incentive, marketing and advertising, skin cancer prevention and sun safety, staff wellness, and staff development and training.

Healthy Classroom Celebrations:

- Teachers and administrators are important role models and are encouraged to practice healthy eating behaviors and be physically active.
- The District recognizes that classroom celebrations are a tradition at school. Staff and parents alike are encouraged to support a healthy environment throughout the District. Anyone wishing to supply food or beverage for a classroom celebration shall;
 - support a healthy environment, a listing of approved classroom snacks is available from your school office
 - purchase from a commercial source. No home baked/prepared products allowed.
 - buy individually wrapped to avoid a bare hand contact with the food. If the items are not individually wrapped, an adult wearing disposable glove, must serve the food.
- Celebrations that involve the offering of food and/or beverages during the school day shall be limited to no more than one (1) classroom celebration per month. Celebrations shall include food and beverages that meet nutrition standards for competitive foods. The District will disseminate a list of healthy food and non-food items that are appropriate for use for a classroom celebration.
- In all instances, when serving treats, attention should be paid to reasonable child-size portions.

Food Sold for Fund-raising Activities:

- *School fund-raiser activities*; school organizations are encouraged to raise funds through the sale of non-food items as part of school sponsored fund-raising activities. Food fund-raisers must receive prior approval by the District Health Advisory Committee.
- Foods sold for fund-raising purposed are prohibited during meal services and until thirty (30) minutes after the last meal is served during the school day.

- Food of minimal nutritional value is prohibited from being sold to students on any school campus during the school day.
- Concession stands run by student groups, boosters, or parent organizations during the non-school hours are encouraged to offer healthy alternatives within their food and beverage selections.

Parent Meeting Groups:

- Parent meeting groups held during the normal school day are encouraged to serve foods and beverages that support a healthy environment throughout the District.
- Scheduling speakers/programs with agencies and community organizations to provide opportunities for nutritional, safety and general community well-being information for parents is encouraged.
- Parents are important role models and are encouraged to practice healthy eating behaviors and be physically active.

Student Council:

- Each school's student council will serve as a voice regarding input on the food service menu, service, new product evaluations, et cetera.
- Meetings with school councils will be scheduled throughout the school year to gather their input regarding overall school/student well-being.

Food Used as a Reward or Punishment:

- The District does not allow food to be used as a reward for academic performance, good behavior or punishment.
- Teachers and other school community personnel will not use food as a reward or punishment for students. For example, they will not give candy as a reward for a correct answer or withhold food or beverage as punishment for bad behavior. School staff will be provided with suggestions for alternatives to using food as a reward.

Dining Environment:

- The District is committed to ensuring a healthy school environment for our students. In doing so the District strongly discourages students from bringing junk food (food of minimal nutritional value) to school.
- Students will be provided adequate space to eat meals and adequate time to eat, relax and socialize. Safe drinking water and access to facilities for hand washing and oral

hygiene will be available during all meal periods. Schools are encouraged to provide twenty (20) minutes for lunch, from the time the student is seated.

Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Program Evaluation

Food Services shall continue to administer the school meal program in compliance with the District's wellness policy. Individual school managers will be responsible for the preparation, presentation and service of food items in compliance with specifications given by the Food Services office for the purpose of measuring implementation. Each manager will be required to report deficiencies in food specifications quality and compliance to the Food Service Director, resulting in immediate action by the director to correct and resolve any non-compliance.

The principal of each District school will ensure compliance with established District-wide student wellness goals and will report on the school's compliance to the Superintendent or the Superintendent's designee(s). Action plans for implementation of the District's wellness policy will be facilitated by each school principal for their own school.

The District Health Advisory Council Committee will meet semiannually to review the District's progress toward the wellness policy will be addressed with the District Superintendent or the Superintendent's designee(s). At that time recommendations for any revisions to the wellness policy will be addressed with the District Superintendent or the Superintendent's designee(s).