

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.

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:

- *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 and á la carte foods served during the school day shall not be less restrictive than regulations and guidance issued by the State of Arizona and Federal governments, as those regulations and guidance apply to schools.
- *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.
- *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.
- *Other School-Based Activities:* The goal is to create a total school environment that is conducive to healthy eating and physical activity.
- *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.

- *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 District Health Advisory Committee or similar District and community-based working group is responsible for establishing and measuring the implementation of the District's Wellness Policy. Committee members work collaboratively and offer multiple perspectives to assure the Wellness Policy is consistent with District educational and budgetary goals, designed to optimize the health and well-being of students, and fulfills the requirements of Section 204 of The Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265). An annual report shall be made to the Superintendent or Superintendent's designee(s) regarding the District's compliance with the law and policies related to student wellness.

The Superintendent or the Superintendent's designee(s) will continue 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. 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 14, 2014

LEGAL REF.: A.R.S. 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
 EFE - Competitive Food Sales/Vending Machines
 IA - Instructional Goals and Objectives