

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, wellbeing, 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 wellbeing 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 longterm benefits of a physically active and healthful lifestyle.
- D. Other SchoolBased Activities: The goal is to create a total school environment that is conducive to healthy eating and physical activity.
- E. 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.
- F. 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, afterschool programs, and fundraising 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 HungerFree 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: July 11, 2017

LEGAL REF.:

A.R.S.

15242

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

Avondale Elementary School District

Local Wellness Plan

Date Created: 5-5-17

Last Updated: 5-5-17

- I. **Wellness Plan Goals**
 - Goal for Nutrition Promotion:** The Avondale Elementary School District will encourage participation in programs that promote health and emphasize healthy nutrition.
- II. **District Wellness Committee**
 - Committee Role and Membership**

The District will convene a representative district wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness plan.

 - o District will encourage participation in school meal programs.
 - o School meal program menus will be posted on the district website.
 - o Menus will include nutrient content, ingredients and allergen information.
 - o Participation in meal programs will be promoted to families.
 - o 100% of food and beverages promoted to students through the National School Lunch program meet USDA's Smart Snacks in school standards.

Goal for Nutrition Education: Nutrition education will be focused on teaching the skills necessary to make sound nutritional choices and to safeguard personal health and well-being.

 - o Nutrition education is taught as part of a standards based curriculum
 - o Nutrition education is taught through other subjects such as math, science, social studies, etc.
 - o Access to additional educational platforms is available to students and parents.

Goal for Physical Activity: The Avondale Elementary School District will contribute to student wellness by promoting physical activity at the school site level and through partnerships with community organizations.

Physical Activity

- The District will provide physical activity during the day including, but not limited to physical education, recess, before and after school activities, organized sports programs.
- To the extent possible, schools will ensure that their grounds and facilities are safe and that equipment is made available to all students to be active.
- The District will support active transport to and from school such as walking and biking by providing bike racks and crosswalks staffed with crossing guards.

Physical Education

- Students will receive formal, age-appropriate physical education, consistent with national and state standards.
- The District will post opportunities for physical activity or education within the community.

Recess

- Recess is offered daily.
- Recess is a compliment to, not a substitution for physical education.
- Recess is offered outside, weather permitting.

Classroom Activities

- Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day on all or most days during a typical school week.
- Teachers incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible.
- Teachers serve as role models by being physically active alongside students whenever possible.

Before and After School Activities

- Students have opportunities to participate in physical activity before school.
- Students have opportunities to participate in physical activity after school.
- Students have opportunities to participate in organized sport programs.

Goal for Other School-Based Activities that Promote Student Wellness: District and school sponsored events support the goals of the Local Wellness Plan.

- The district will continue relationships with community partners to support student wellness.
- The district will use electronic and non-electronic communication to ensure that families are notified of opportunities to participate in wellness activities.

I. **Nutrition Standards**

School Meals

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

- a. All schools in the district will participate in the National School Lunch Program.
- b. All schools participate in the National School Breakfast Program.
- c. All meals will meet or exceed the New Meal Pattern requirements.
- d. Free, potable water will be available to all students during meal periods.
- e. The district food and nutrition program will make reasonable accommodations for students with special dietary needs.
- f. A variety of fresh fruits and vegetables will be offered throughout the week.

Competitive Foods and Beverages

- g. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. These guidelines apply to all foods sold on school campuses.

Celebrations and Rewards

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.

- h. These guidelines apply to (check all that apply):

- School-sponsored events
- Celebrations and parties
- Classroom snacks provided by parents
- Classroom rewards and Incentives

- i. Teachers are encouraged to offer physical activity or other non food rewards as incentives.

Fundraising

- j. Any food or beverage sold as part of a fundraiser during the school day should comply with the USDA's Smart Snacks in Schools guidelines.
- k. The district may allow an exempt fundraiser (the sale of food or beverages that do not comply with the Smart Snacks in Schools guidelines) if an exemption request has been submitted by the organizing official to the ADE and the ADE has granted approval. The frequency and duration of any exempt fundraiser will be considered on a case-by-case basis.
- l. No food or beverage may be sold during meal service times. This applies to both Smart Snack compliant and exempt fundraisers.

Food and Beverage Marketing in Schools

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.

- m. The advertising and promotion of food and beverages on school campuses will be limited to products meeting the USDA guidelines for Smart Snacks in Schools. This does not apply to after school activities, exempt fundraisers or areas designated for staff only such as teacher lounges.
- n. These guidelines apply to:
- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
 - Graphics such as on vending machine exteriors.
 - Corporate brand, logo, trademark or name on school equipment such as marquees, message boards, scoreboards, etc.
 - Corporate brand, logo, trademark or name on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment, as well as on posters, book covers, etc.
 - Advertisements in school publications or mailings.
- a. The District Wellness Committee will meet a minimum of once per year.
- b. The committee will be open to all stakeholders (staff, parents, and community members).
- c. The public will be notified of their ability to participate and of scheduled meeting through public postings on the Food and Nutrition Department web page of the District website. Additional information may be distributed through social media newsletters, direct mail, etc.

Leadership

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness plan

- d. The designated official for oversight of implementation at each school is:
Avondale Middle School: Lillian Linn
Centerra Mirage Stem Academy: Erica Kane
Copper Trails: Stacy Ellis
Desert Star: Laura Cuellar
Desert Thunder: Rhonda Smorong
Eliseo C. Felix: Monique Martinez
Lattie Coor: Geovanni Orozco
Michael Anderson: Lori Goslar
Wildflower: Araceli Montoya
Star Academy: Austine Etcheverry
- e. The designated official for convening the wellness committee is:
The Director of Food and Nutrition
- f. The person designated for informing the public about the wellness plan is:
The Director of Food and Nutrition
- l. -

Implementation of the Wellness Plan

- a. The designated official for oversight of the wellness plan at each school site will monitor compliance on a local level.
- b. The designated official will report on the progress of the plan at his/her respective site to the Wellness Committee.
- c. Any stakeholder may bring concerns and/or suggestions for revisions to the plan before the Wellness Committee for consideration.

Triennial Progress Assessments

At least once every three years, the LEA must conduct an assessment of their wellness plan. To accomplish this, the District will evaluate compliance with their wellness plan and assess progress toward meeting the goals of the District Wellness Plan. Additionally, USDA requires that the District will compare their plan to the Alliance for a Healthier Generation's model wellness policy.

- d. The District will assess compliance and progress of their local wellness plan at least once every 3 years.
 - i. The district will evaluate compliance with the wellness plan including:
 - The extent to which school sites are in compliance with the wellness plan.
 - The extent to which the district's plan compares to the Alliance for a Healthier Generation's model policy.
 - A description of the progress made in attaining goals.

Revisions and Updating the Plan

The District will update or modify the wellness plan as appropriate.

- e. The wellness plan will be evaluated annually and updated as needed by the determination of the District Wellness Committee.
- f. Considerations may include:
 - Changes in district priorities
 - Changes in community needs
 - When new health science information emerges
 - When federal guidance/standards are issued.

Notification of Wellness Plan, Plan Updates and Triennial Assessment

The District will inform families and the public each year of any updates to the wellness plan and every three years their compliance with the written wellness plan.

- g. The public shall have access to the District Wellness Plan at all times
- h. The District Wellness Plan will be available to the public on the District Website (Food and Nutrition Department web page) and upon request from the Food and Nutrition Department.
- i. Any updates to the District Wellness Plan will be available to the public on the District Website (Food and Nutrition Department web page) and upon request from the Food and Nutrition Department.
- j. The District will make the Triennial Assessment available to the public on the District Website (Food and Nutrition Department web page) and upon request from the Food and Nutrition Department.

Record Keeping

The district will retain the following documentation to demonstrate compliance with the wellness plan. Documentation will be maintained by the Food and Nutrition Services Department.

- k. Documentation will include:
 - The written wellness plan
 - Documentation of public access to the plan
 - Any revisions or updates to the plan
 - Triennial assessments