JL
STUDENT WELLNESS

Catalina Foothills School District is committed to providing an environment that promotes and protects 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 promote the health and well-being of all students, the District shall promote and monitor student wellness in a manner that ~~the Board determines~~ is appropriate in the following areas:

A. *Nutrition Promotion*: 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. School meals shall follow the Arizona Nutrition Standards and 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/Recess*: 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.

1. The District shall provide at least two (2) recess periods during the school day for kindergarten (K) through grade five (5) students.

2. Students in a half-day kindergarten program will be provided at least one (1) recess period during the school day.

3. A student's participation in a physical education course during a school day may count as one (1) of that day's recess periods.

4. This recess requirement does not apply to the middle schools or high school.

D. *Sunscreen*: The goal is to emphasize skin health and promote the application of sunscreen products. Students 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 that Promote Student Wellness*: The goal is to create a total school environment that is conducive to healthy eating and physical activity.

F. *Evaluation*: A primary goal will be to regularly evaluate the effectiveness of this policy in promoting healthy eating and changing the program as appropriate to increase its effectiveness.

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

The Superintendent shall 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, 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 regulations and exhibits developed by the Superintendent shall be based on sound principles of nutrition education, student wellness protection, and the Arizona Nutrition Standards, and not be based on profits or fund-raising goals.

Adopted: ~~June 11, 2024.~~ **November 23, 2026**

LEGAL REF.:
A.R.S.
15-118
15-159
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