JL-R

REGULATION

STUDENT WELLNESS

This regulation is in response to the United States Department of Agriculture's Food and Nutrition Service's regulations to create a framework and guidelines for written wellness policies. It supports the District's student wellness policy by defining the programs and activities to create a school environment that protects and promotes the health of Catalina Foothills School District (CFSD) students. These goals apply to all schools in the District. Our commitments to promoting and providing nutrition education, regular physical activity, student and staff wellness, and involving our stakeholders are described below.

Goals of Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

A. Offer nutrition education to students as part of a sequential, comprehensive standards-based health education curriculum.

B. Include nutrition education in health lessons and/or physical education.

C. Teach nutrition education in the kindergarten through ninth (K-9) grades.

The District will include a minimum of twelve (12) of the following essential topics on healthy eating in the health education curriculum.

A. Relationship between healthy eating and personal health and disease prevention.

B. Food and dietary guidelines from http://www.choosemyplate.gov/, a U.S. Department of Agriculture website.

C. Reading and using U.S. Food and Drug Administration's nutrition fact labels.

D. Eating a variety of foods every day.

E. Balancing food intake and physical activity.

F. Eating more fruits, vegetables, and whole grain products.

G. Choosing foods that are low in fat, saturated fat, cholesterol, and do not contain trans fat.

H. Choosing foods and beverages with little added sugars.

I. Eating more calcium-rich foods.

J. Preparing healthy meals and snacks.

K. Risks of unhealthy weight control practices.

L. Accepting body size differences.

M. Food safety.

N. Importance of water consumption.

O. Importance of eating breakfast.

P. Making healthy choices when eating at restaurants.

Q. Eating disorders.

R. Reducing sodium intake.

S. Social influences on healthy eating, including media, family, peers, and culture.

T. How to find valid information or services related to nutrition and dietary behavior.

U. How to develop a plan and track progress toward achieving a personal goal to eat healthfully.

V. Resisting peer pressure related to unhealthy dietary behavior.

W. Influencing, supporting, or advocating for others' healthy dietary behavior.

Goals for Nutrition Promotion

Foods available in each school during the day are intended to promote student health and reduce childhood obesity. School meals shall follow the Arizona Nutrition Standards and will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture that apply to schools. The District is committed to promoting and reinforcing student health and emphasizing a healthy school nutrition environment by:

A. Encouraging participation in meal programs, as appropriate (e.g., School Breakfast, National School Lunch Program).

B. Promoting participation in meal programs to families.

C. Offering sliced or cut fruit within the school meal program.

D. Offering vegetables on all service lines.

E. Incorporating a serving of vegetables into an entrée item at least once a month (e.g., beef and broccoli bowl, spaghetti, black bean burrito).

F. Making available to all students pre-packaged salads or a salad bar.

G. Placing pre-packaged salads or a salad bar in a high-traffic area.

H. Ensuring that milk cases/coolers are kept full throughout meal service.

I. Ensuring that white milk is offered in all beverage coolers.

J. Providing a monthly menu to students, parents/**legal guardians**, and staff.

K. Posting school meal program menus on the district website and individual school websites.

Goals for 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.

Physical Education:

A. Elementary students in each grade level (K-5) shall receive physical education for at least thirty (30) minutes per week.

B. Middle school students (grades 6-8) shall take physical education throughout all of their middle school years.

C. High school students (grades 9-12) shall take one (1) physical education credit for graduation.

D. The curriculum shall be based on state and District physical education standards using the adopted CFSD Comprehensive Health Curriculum.

E. Physical education classes shall be taught by licensed teachers who are certified or endorsed to teach physical education.

F. Health education shall be taught throughout the elementary and secondary levels (K-9).

Students shall meet the physical education requirements, except for health-related reasons.

Daily Recess

Elementary schools shall allocate recess time for students that:

A. Provides a minimum of two (2) recess periods per day for all full-day K-5 students, and one (1) recess period for half-day kindergarten students.

B. Encourages moderate to vigorous physical activity through the provision of space and equipment.

C. Occurs outdoors when possible.

D. Offers structured activities (e.g., Healthy Play, Creative Play, Milers Club).

Physical Activity Opportunities After School and Community Schools Offerings

Elementary, middle, and high schools shall offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. High schools and middle schools, as appropriate, will offer intramural and/or interscholastic sports programs. Schools shall offer a range of after school physical activity opportunities that strive to:

A. Include all students.

B. Meet the needs, interests, and abilities of all students.

After-school childcare and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants through the provision of space, equipment, and activities.

Physical Activity and Punishment:

A. Teachers and other District/school personnel providing programs/services to students will not use physical activity (e.g., running laps, pushups) as punishment.

B. Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) will not routinely be withheld to complete academic requirements.

Use of Facilities Outside of School Hours:

A. School spaces and facilities shall be available to community members before and after the school day, on weekends, and during school vacations.

B. District policies, fee schedules, and rental agreements will apply at all times.

Goals for Other School-Based Activities that Promote Student Wellness

Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity (i.e., at least sixty [60] minutes per day, a portion offered during school hours) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. To contribute to the minimum sixty (60) minutes of moderate to vigorous daily physical activity, schools shall:

A. Provide opportunities for physical activity to be incorporated into other subject lessons.

B. Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parent/Legal Guardians

The District/school shall support parents' efforts to provide a healthy diet and daily physical activity for their children by:

A. Encouraging parents/**legal guardians** to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the Arizona Nutrition Standards for individual foods and beverages.

B. Directing families to a list of foods and beverages that meet the United States Department of Agriculture (USDA) Smart Snacks Nutrition Standards at https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks.

C. Providing information about physical education and other school-based physical activity opportunities before, during, and after the school day.

D. Supporting parents'/**legal guardians'** efforts to provide their children with opportunities to be physically active outside of school.

Food Marketing in Schools

All foods and beverages advertised on the school campus during the school day shall meet or exceed the USDA Smart Snacks in School nutrition guidelines. These guidelines apply to:

A. Vending machine exteriors.

B. School equipment such as marquees, message boards, scoreboards, and buses.

C. Advertisements in school publications or mailings.

School Meal Standards

Schools shall serve healthy meals to children that comply with USDAs requirements under the Healthy Hunger-Free Kids Act of 2010. All schools within the District shall participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP). Schools shall offer school meals through the NSLP and SBP programs, and other applicable federal child nutrition programs that are:

A. Accessible to all students.

B. Appealing to students.

C. Served in clean and pleasant settings.

D. Meeting or exceeding current nutrition requirements outlined in the USDA nutrition standards;

And

E. Promote healthy food and beverage choices using the following Smarter Lunchroom techniques:

1. Fresh fruits and vegetables are served daily.

2. All staff members, especially those serving meals, are trained to politely prompt students to select and consume the daily vegetable options.

3. White milk is placed in front of other beverages in all coolers.

4. Daily announcements are used to promote and market menu options.

5. Menus are posted on the District website and/or individual school websites.

6. Schools will make reasonable accommodations for students with special dietary needs.

7. Students will be allowed at least ten (10) minutes to eat breakfast and at least twenty (20) minutes to eat lunch, counting from the time they receive their meal and are seated.

Water

Free, safe, unflavored drinking water will be available to all students throughout the school day and on every school campus. Drinking water will be available when school meals are served. In addition, students may bring water bottles to school. All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.

Competitive Foods and Beverages

Foods and beverages shall not be sold outside of and in competition with the school lunch program on campus during the school day.

Celebrations and Rewards:

A. Schools should limit celebrations that involve food during the school day.

B. ~~Celebrations shall include no more than one (1) food or beverage that does not meet nutrition standards for foods and beverages sold individually.~~ **All celebration food and beverages must comply with the Arizona Healthy Schools Act.**

C. A list of healthy party ideas for parents/**legal guardians** and teachers will be available.

Schools shall not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

Fund-raising:

A. School fund-raising activities during the school day will not involve food.

B. Schools will encourage fund-raising activities that promote physical activity.

Staff Wellness

District/schools value the health and well-being of every staff member and will plan and implement activities that support efforts by staff to maintain a healthy lifestyle. The District Wellness Committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness across all campuses.

District Wellness Committee:

A. The District will convene a representative District Wellness Committee (DWC) to establish goals for and oversee school health and safety policies and programs, including development, implementation, periodic review, and an update of the District wellness policy and its regulation, as needed.

B. The DWC shall actively recruit representation from all school levels and parents/**legal guardians or** caregivers.

C. The public will be notified of their ability to participate in the District wellness committee **on the District's website and by notification through ParentSquare**.

Leadership

The Superintendent shall designate a staff member who has the authority and responsibility to ensure that each school complies with the District wellness policy and regulation.

Wellness Policy Implementation, Monitoring, Accountability, and Notification Implementation Plan:

A. The District shall have a plan for the implementation of the wellness policy at each school.

B. The implementation of the policies should be consistent across all schools, but the actions that work toward meeting the goals may vary from school to school.

Triennial Progress Assessments

At least once every three (3) years, the District shall conduct an assessment of the wellness policy. The assessment will evaluate the District's compliance with its wellness policy and assess progress toward meeting its goals.

A. The evaluation of compliance with the wellness policy and assessment of its implementation shall include:

1. Determination of the extent to which schools are in compliance.

2. How the District's policy compares to model policies.

3. Description of the progress made in attaining the goals of the wellness policy.

B. The Superintendent shall designate a person responsible for managing the triennial assessment.

C. The District shall make the wellness policy available to the public including any updates, and the triennial assessment, which includes progress towards meeting wellness goals and compliance with the written policy over a three (3)-year period.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy that include, but not limited to:

A. A written wellness policy and its regulation.

B. Documentation showing that the policy was made available to the public through annual notification.

C. Evidence of efforts to review and update the wellness policy, who's involved in the update, and the methods used to make stakeholders aware of their ability to participate on the District Wellness Committee.

D. The most recent assessment on the implementation of the wellness policy.

E. Evidence showing that the recent assessment on the implementation of the wellness policy was made available to the public.