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STUDENT WELLNESS

**(Litchfield Elementary School District No. 79
Local Wellness Guidelines)**

Background

The Center for Disease Control reports student academic achievement is associated with good health and regular physical activity. Schools play a significant role in providing a positive environment to support lifelong physical activity and healthy dietary behaviors. Congress recognized that the creation of a healthy school environment can provide support in the prevention of childhood obesity and reduce the likelihood of developing diseases and/or improper growth and development associated with improper nutrition.

In 2004, Congress passed the Child Nutrition and Women Infants and Children (WIC) Reauthorization Act (Sec. 204 of P.L. 108-205). This act required all schools participating in the National School Lunch Program and other child nutrition programs to craft a local wellness policy to address school performance, promotion, implementation, and measurement of student wellness in the areas of nutrition education, nutrition guidelines, physical activity, and other school-based activities.

The Healthy, Hunger-Free Kids Act (Sec. 204 of P.L. 111-296) of 2010 provides additional provisions for local wellness policies related to implementation, evaluation, and publicly reporting on progress of local wellness policies.

Purpose

The mission of the Litchfield Elementary School District (LESD) is to cultivate, lead, and inspire world-class, innovative thinkers and expert communicators through a focus on the relationship between educator and student, built around challenging, meaningful, and engaging curriculum. The goal of the educational program is to help all students develop to their fullest potential academically, socially, emotionally, and physically.

LESD recognizes students with good emotional, social, and physical health in a safe environment have the opportunity to maximize their learning potential. The purpose of this initiative is to provide school health and physical activity guidelines that support the development of a healthy and safe school environment, conducive to a positive learning experience.

Wellness Goals

Continued reinforcement of health and nutrition education, physical activity, and wellness will provide the basic foundation for students to acquire the critical skills needed to adopt, practice, and maintain a healthy lifestyle. The primary goal is to provide a positive, safe, and healthy environment that encourages a physically active and healthy lifestyle for students, staff members, parents, and communities associated with LESD.

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Guideline Goals

The guidelines in Policy JL-Student Wellness and supporting regulations will serve as the foundation for each school in the Litchfield Elementary School District to develop, implement, and evaluate health and physical activity policies and practices. Each of the nine (9) guidelines is accompanied by standard common practice(s). The goal is to confirm each school administrator or appointed designee(s) monitors and assesses each school appropriate guideline to ensure compliance on an annual basis. If non-compliant, each school administrator or appointed designee(s) will submit an improvement plan report to a designated District wellness committee member.

The nine (9) guidelines include:

- A. Health and Nutrition Education
- B. Standards for School Meals
- C. Nutrition Standards for Competitive/Other Foods and Beverages
- D. Physical Education and Physical Activity
- E. School Environment
- F. Wellness Promotion and Monitoring
- G. Professional Development and Training
- H. Implementation and Monitoring
- I. Evaluation and Assessments

A. Health and Nutrition Education

1. “Five for Life” nutrition education curriculum will be utilized on each campus in all grade levels by physical education teachers, health and fitness teachers, general classroom teachers, or both.
 - a. Curriculum will provide the knowledge and skills for students to promote and protect their health.
2. Nutrition education will also be deliberately integrated into academic subjects at every grade level (K-8), including Science, ELA, Math and Social Studies.
3. Schools will participate in Bonnie Plants’ third grade cabbage program, and school gardens will be encouraged as part of the classroom curriculum.
4. All school meals promote fresh fruits, vegetables, whole grains, and low-fat items, including low-fat and fat free milk. The school cafeteria will promote healthy choices through prominently displaying healthy foods in the cafeteria, use of posters and HDTV presentations.

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B. Standards for School Meals

1. All Schools in LESD will participate in the National School Breakfast and National School Lunch Programs. The Food Services Department will provide snacks that meet federal nutrition guidelines to after school education or enrichment programs as appropriate.
2. Food served in school cafeterias will meet Nutrient Standards established by the USDA, including meal patterns, nutrient levels, and calorie levels for the ages served as specified in 7 CFR 210.10 and 220.8. The Food Services Department will comply with the USDA's dietary modification requirements for accommodating students with disabilities.
3. Free and reduced priced meals will be served to the children of families who qualify according to the income guidelines set forth by the United States Department of Agriculture.
 - a. Applications for free/reduced priced meals are provided at registration, back to school nights, in the cafeteria, and online through the Food Service department's page.
 - b. The names of children eligible for free or reduced meals shall not be published, posted or announced in any manner to protect the privacy of each individual case. To prevent overt identification, LESD will utilize an electronic payment and point of service (POS) system, and electronic meal application system.
4. Students will be provided a complete meal, regardless of whether or not the student has money to pay or owes money. Staff will contact the family and encourage them to fill out a free/reduced meal application in the event of an unpaid balance.
5. To the extent possible, school transportation schedules shall be designed to encourage participation in school meal programs and provide adequate time to eat.
6. LESD Food Services and Nutrition Program staff will receive professional development training and continuing education. Food Services Director will receive at least twelve (12) hours annually, managers will receive at least ten (10) hours, and all other staff will receive at least six (6) hours.
7. All schools will source local farm produce to incorporate into school meals and promote them within the cafeteria.

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C. Nutrition Standards for Competitive/Other Foods and Beverages

1. All food or beverage sold to students during the school day, and during after school programs, will meet Nutrient and Competitive Food Guidelines and Standards, commonly referred to as Smart Snacks in Schools Standards. The school day is defined as midnight the night before until thirty (30) minutes after the final bell.
 - a. Examples include à la carte items sold in the cafeteria and foods sold in school stores, snack bars, and vending machines. Food and beverages sold during fundraisers must meet Smart Snacks, unless these items are not intended for consumption at school. There are no exemptions for fundraisers.
 - b. A guide to Smart Snacks can be accessed at this link:
<https://www.fns.usda.gov/tn/guide-smart-snacks-school>
 - c. The Alliance for a Healthier Generation's Smart Snacks Product Calculator can be used to determine whether or not a product meets the requirements. It can be accessed at this link:
<https://foodplanner.healthiergeneration.org/calculator/>
2. Classroom parties and celebrations are exempt from all nutrient and competitive food guidelines and standards, if provided by parent(s). Examples of classroom parties are holiday parties and birthday parties that occur in the classroom limited to only those enrolled students.
 - a. Food and beverages provided for classroom parties must comply with local food safety and sanitation guidelines. All foods offered must come from a commercial source with an approved Maricopa County Health permit; in addition to being consumed within the celebration area in a timely manner. All foods served will be done so by adherence to all state food safety guidelines as well as HACCP procedures.
3. Snacks served in aftercare meet Child and Adult Care Food Program requirements.
4. Schools will not use food or beverages as a reward for behavior or performance.
5. Drinking water fountains will be available to students and staff.

D. Physical Education and Physical Activity

Physical Education

1. LESD will adhere to federal and state physical education mandates. Physical education classes will be offered to students in all grade levels.

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2. Physical Education teachers have developed an age-appropriate written P.E. curriculum for each of the grade levels (K-8) served. Curriculum is based on National and State P.E. standards and will promote a healthy, active lifestyle including encouraging life-long active lifestyle choices.
3. All physical education teachers in the district will be fully and appropriately certified and endorsed as P.E. teachers by the state of Arizona, except in the case of substitute teachers.
 - a. P.E. teachers will meet at least three (3) times during the school year for mutual training on topics directly relevant to teaching Physical Education.

Physical Activity

1. All students in elementary grades will receive at least thirty-five (35) minutes of Physical Education instruction per week. All middle school students will receive at least one hundred-twenty (120) minutes per week of Physical Education or an alternate physical activity.
 - a. Students may be exempted from Physical Education classes by parent request if participating in P.E. would endanger their health or well-being. Students will not be allowed to supplant P.E. with academic courses or to play sports.
2. All students shall receive daily-supervised recess, which provides an outlet to promote continued physical activity, including two (2) recesses per day totaling at least twenty (20) minutes, beginning in August of 2018.
 - a. Further, as part of our emphasis on Conscious discipline practices, students will participate in “brain breaks” at least hourly. These breaks involve physical activity and are designed to integrate social, physical, and academic learning.
3. Physical activity may be used as part of a choice menu that students may choose as a reward for acceptable behaviors, but will never be used as a punishment for unacceptable behaviors, nor will physical activity be withheld as a punishment.

Special Programs

1. Additional physical activity programs are available at all schools in the LESD. Schools will offer a variety of activities that will satisfy the needs, interests, and talents of all students, including boys, girls, students with disabilities, and students with special health-care needs. Examples of Programs: Diabetic Walks, Jump Rope for Heart, Fun Runs, Running Clubs, and Team Sports.

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2. Community/Family Engagement in Physical Education Activities: School Site Wellness Committees are encouraged to plan regular activities which provide opportunities for students and their families to jointly participate in a wide variety of physical activities.

Use of School Facilities Outside of School Hours

1. LESD shall encourage the use of property as civic, recreational, and education centers, provided that permitted use does not interfere with school activities.
2. Schools will provide opportunities for students to participate in intramural physical activities and organized sports before and after school hours.

E. School Environment

Safe Environment

1. A crisis/emergency plan provides guidance in a crisis situation. The administrator assigned to monitor emergency preparedness will ensure plans are updated at the school and District levels.
2. Schools shall partner with local government and community-based agencies to support active transport to school to implement a comprehensive active transport program (i.e. Safe Routes to School Program).

School Health Services

1. LESD will provide the following School Health Services: Certified School Health Nurse/School Educational Psychologist/Homeless Liaison/Touchstone Counseling.
2. Staff will have resources available for understanding the signs and symptoms of concussions. Coaches of middle school sports and District physical education teachers will complete this training yearly.
3. Students will have annual vision and hearing screenings.

F. Wellness Promotion and Marketing

Staff Wellness

1. LESD values the health and wellbeing of all staff: Newsletters will be provided to staff with information to maintain a positive/healthy lifestyle.
2. All employees will have the opportunity to participate in wellness challenges to promote a positive/healthy lifestyle. Staff are encouraged to model these healthy eating and physical activity behaviors for students.

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3. Employees will be notified of discounts on healthy lifestyle programs/ services via the District webpage and reminder emails.
4. All employees have access to an employee assistance program, which provides counseling and legal services.
5. Employees working thirty (30) hours or more per week, electing district medical benefits, are eligible to sign up for a yearly health screening/ biometric testing available at District sites and have access to Teledoc.
6. All employees have access to the mobile onsite mammography and onsite immunization clinics.

Food and Beverage Marketing in Schools

1. Any marketing of foods on a school campus will be limited to Smart Snack- compliant foods. Containers used to serve foods will not include food brands.
2. Lists of Smart Snack compliant will be distributed to each campus and made available on the district website.

G. Professional Development and Training

1. LESD will offer Health and Wellness training through Safe Schools.
2. Required training shall be maintained at the District Human Resources Office.

H. Implementation and Monitoring

Implementation

1. The Superintendent or designee of LESD shall appoint a District Wellness Committee to assess, plan, implement, and improve the nutrition and physical activity environment.
 - a. The LESD Wellness Committee Members will include community and school representatives. The recommended members will include, at a minimum, the following: School nurse(s), physical education teacher(s), parent(s), principal(s), administrative representative(s), and the Food Services Supervisor.
2. Administration at each school site is responsible for appointing staff to participate in a School Health Advisory Council.
3. Wellness Committee meetings will occur at least quarterly and will be advertised prior to the meeting date. All stakeholders are welcome to attend and participate in committee proceedings.

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4. LESD Wellness Committee will read, review, and revise relevant sections of the initial District level Wellness Guidelines; submit revised District-level Wellness Guidelines to the Governing Board for approval.
5. Once approved, the superintendent or designee of LESD shall provide training to ensure understanding of the Wellness Guidelines and ensure implementation of and compliance with LESD-Wide Wellness Guidelines.
6. The wellness guidelines, goals, and relevant policies will be made available to the public via the district website and in print at the Community Education office.
7. Assessment results will be made available to the public and will include:
 - a. Extent of compliance of each school with the Local Wellness Guidelines (LWG),
 - b. how the district LWG compares to one or more model wellness policies,
 - c. Progress toward meeting established LWG goals.

Monitoring

1. Each school administrator shall be responsible for the implementation and monitoring of the LESD Wellness Guidelines.

I. Evaluation and Assessments

Evaluation

1. LESD shall appoint an evaluation team to develop and implement an annual evaluation plan based on the triennial wellness assessment; evaluate implementation; identify areas for improvement; submit an annual report to the District Wellness designee.
2. LESD Wellness designee will review annual reports and determine if members need to reconvene for policy revisions; provide annual reports to the Superintendent on the progress and status of compliance of each school; store annual reports on-site.

Assessments

1. An Assessment will be conducted every three (3) years to assess program progress and determine areas in need of improvement. The Year-One (1) baseline assessment was conducted during the 2017-2018 school year by use of a survey sent to each school site. At the first Wellness Committee Meeting of the 2018-2019 school year, the committee developed a plan and timeline for evaluating progress toward goals identified in the assessment.

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- a. The following data was collected in June of 2019 and will be reviewed in school year 2019-2020:

How many staff:

1. Participated in the employee-offered screenings (biometric/ mammography); and
 2. Participated in the wellness challenges.
2. The Wellness Committee will assess the program and goals after reviewing the collected data.