
KINGMAN UNIFIED SCHOOL DISTRICT #20

LOCAL SCHOOL/DISTRICT WELLNESS POLICY

Kingman Unified School District No. 20 strives to contribute to the well-being, physical capacity, and mental ability of each student within the learning environment to encourage full participation in the educational process. Committed to a school environment that protects and promotes children's health, and well-being, Kingman USD No. 20 supports healthy eating and physical activity. The Kingman USD No. 20 Local School and District Wellness Policy reflects requirements and guidelines of the Healthy, Hunger-Free Kids Act of 2010.

I. Nutrition Education Goal:

Goal: Nutrition education shall be integrated into Health Curriculum taught in every grade level, K through 12th grade. Nutrition education incorporates national and state standards designed to promote and protect student health as required in HUSCC (HealthierUS School Challenge). Students can demonstrate their knowledge of nutrition concepts by applying the skills in a variety of settings:

A. Program Components:

1. Classroom Teaching:

Examples include: Reading and writing about food nutrition benefits on disease prevention in ELA classes; calculations of nutritional values of food in math; incorporating nutrition into science classes; presentation of food in art classes; learning how nutrition impacted historical events in History and Social Studies classes; etc.

a. After School activities that have a Healthy Lifestyle focus are offered in multiple schools and encourage family participation.

2. Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. The nutrition education program will link the school meal program to classroom activities and cafeteria experiences, as well as engage families as partners to good nutrition.

a. Kingman USD, in conjunction with Chartwells uses Mood Boost, a program that teaches students about the connection between food and mood.

3. Kingman USD No. 20, in partnership with Chartwells K-12, is now using Nutrislice to publish the school menus anywhere, anytime.

a. <https://www.kusd.org/services/food-services>

4. All students will be taught the skills necessary to make nutritious choices. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
5. Parents will be provided the opportunity to give feedback on wellness goals and be a part of our Student Health Advisory Council (SHAC).

B. Professional Development Goals:

1. Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill-practice in program specific activities and instructional techniques and strategies designed to promote healthy eating habits. If the funds are available, stipends may be provided to qualifying attendees. Professional development will be offered two times each fiscal school year.
2. School instructional staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students shall receive appropriate orientation to the relevant policies of the school/district.

C. Coordination of Programs:

1. The food service program will be supported with nutrition instruction. The school cafeteria shall serve as a learning environment to allow students to apply critical thinking skills in the classroom. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals. Health Education Standards for Arizona schools should be implemented throughout the entire school environment.
2. Our district supports the use of Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) program model. This model will support the integration of a coordinated school health approach.
3. Mt. Tipton School, located in the remote rural community of Dolan Springs, becomes the community hub for nutritional services and resources including meals in times of crisis.
4. The district's remote rural campuses, Black Mountain School and Mt. Tipton School offers unique gardening programs to students and families that provide fresh fruits and vegetables, as well as an appreciation for garden to table foods.

D. Nutrition-Related Health Problems and Modified Diets:

1. School support services and health services staff shall consistently promote healthy eating to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, food allergies and other nutrition-related health problems among students and staff and be able to refer them to appropriate services. Health services shall have one hour of formal training.
2. The school food service program will comply with USDA's disability requirements for modified diets. The school food service program is strongly encouraged to support cultural and ethnic dietary requests as recommended by the USDA.

E. Accessibility to Meals:

1. Kingman USD No. 20 has eleven brick and mortar schools. Seven of those schools qualify for the Community Eligibility Program which makes all school meals served through the food service program free of cost to the students of those schools. All students are eligible.
2. The remaining four schools ask families to complete an Eligibility Questionnaire. These forms are encouraged, but not mandatory and are provided in annual registration packets, as well as the Kingman USD No. 20 website: <https://www.kusd.org/services/food-services>
3. Students that do not qualify for Free or Reduced meals, and do not attend a Community Eligibility Program school are required to pay full price for meals. If a student cannot afford a meal, the cost of the meal is added to a tab. The student may still eat. A designated member of food service then reaches out to the student's family to resolve the debt.
4. The Free/Reduced status of students is confidential and all employees must complete training each year that demonstrates an understanding of FERPA guidelines.

II. A Healthy School Environment Goal

A. The School Environment:

1. Recess
 - a. Consideration of the school lunch environment shall be taken into account when scheduling recess.
2. Commercial Advertising
 - a. Advertising messages are consistent with, and reinforce, the objectives of the educational and nutrition environment goals of the school. Advertising of beverages or foods in the areas accessible to students during meal times are consistent with

established nutrition environment standards and promote mindful choices.

- b. The district will regulate all food items sold, and will be consistent with federal and state nutrition guidelines.
3. Our district complies with all regulations and guidelines through the National School Lunch Program and our Food Service Management Company (FSMC).
4. Our district ensures adequate time for students to eat, 15 minutes after being seated. Our district provides all students with a pleasant environment in which to eat meals.
5. Our district complies with special dietary needs for students as defined in the Arizona Department of Education (ADE) special dietary needs manual.
6. The district will provide free drinking water during meals and throughout the school day.

B. Nutritious Food Choices:

1. Kingman USD No. 20 food provided as part of the National School Lunch and Breakfast Programs meets USDA requirements and any Arizona State regulations for those programs. All other food and beverage sales to students, during the regular school day, or as part of a school-sponsored event will meet the Arizona State Department of Education (ADE) guidelines (as defined below). <http://www.azed.gov/hns/>
2. Beverages: Only the following beverages can be sold to students from the cafeteria:
 - a. Milk – low fat or non-fat, which may be flavored but contain no artificial sweeteners and no more than four grams of sugar per ounce;
 - b. Non Dairy milks, which may be flavored but contain no artificial sweeteners, no more than four grams of sugar per ounce, no more than 35 percent of calories from fat per serving, and no more than 10 percent of calories from saturated fat per serving;
 - c. 100 percent fruit or vegetable juice or combination of such juices, containing no added sugars, sweeteners, or artificial sweeteners;
 - d. Beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners, or artificial sweeteners; and
 - e. Water, which may be flavored but must contain no added sugars, sweeteners, artificial sweeteners, or caffeine.

- C. Our district has adopted additional Wellness Guidelines for activities on campus:
1. Our school district will provide a specific and restricted list of food items allowed to be served/distributed/available at all times.

2. Fundraising activities will support healthy eating and wellness.
 3. Our district will not use food as a reward.
 4. Sodas will not be available to students on school grounds.
 5. School stores are regulated by the Local School/District Wellness Policy.
 6. The Student Health Advisory Council (SHAC) will inform and update parents, students, and the community about the content and implementation of the Local School/District Wellness Policy.
 7. The Student Health Advisory (SHAC) will make available to the public an assessment on the implementation of the Local School/District Wellness Policy, including the extent to which the schools are in compliance with the policy, and the progress made in attaining the goals of Local School/District Wellness Policy.
 8. The District Administration will designate one site representative per site to ensure compliance to the Local School/District Wellness Policy.
- D. Arizona State Department of Education nutrition standards:
1. Food items available for sale (by the Food Service provider) to students shall meet the nutrition standards for schools published by the Arizona Department of Education (ARS 15-242).
 - i. The list of Arizona Healthy Snack Standards for Foods and Beverages at School will be available at each school.

III. Physical Education and Physical Activity

Playtime and Physical Activity is encouraged and supervised. The Center for Disease Control defines physical activity as any bodily movements produced by skeletal muscles that result in an expenditure of energy.

A. The Arizona Comprehensive Health Education Standards specifically detail and address Physical Activity Standards for Arizona Schools. The following is recommended for students in school for a full day.

1. Provide physical education courses where students practice, learn, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
2. Ensure that state-certified physical education teachers teach all physical education classes.
3. Provide an adequate amount of time for physical education classes. Students in grades K-8 will receive 150 minutes of physical education and activity per week. Students in grades 9-12 will receive 100 minutes of physical education and activity each week.
4. Ensure that physical education classes have a teacher-student ratio comparable to those of other classes.

5. Implement a sequential physical education course of study consistent with national standards for physical education and with a focus on students' development of motor skills, movement forms, and health-related fitness.
6. Ensure that students are moderately to vigorously active at least 50 percent of the time while participating in physical education classes.
7. Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
8. Discourage the withholding of recess as punishment, or the use of recess to complete assignments for class.
9. Ensure students are allowed to attend all physical education classes offered.
10. The physical education programs shall provide adequate space and equipment and conform to all applicable safety standards.

B. Encouraging Lifetime Physical Activity Goals for optimal daily physical activity for children to include the following: Accumulating a daily total of at least 60 minutes of physical activity on all or most days of the week within and outside of school. This includes multiple sessions of physical activity lasting 15 minutes, or more. Additionally, extended periods of inactivity lasting two hours or more are discouraged.

In additions, schools will:

1. Provide daily recess periods of 15 to 30 minutes for all elementary students. Senate Bill 1083 – K-5 will have two recess periods per school day.
2. Encourage physical activity as appropriate during the school day, including physical activity options for “indoor recess” or “Brain Breaks.”
3. Offer after school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those that are not athletically gifted, and those with special needs.
4. Encourage students and community members to use the school's physical activity facilities outside of the normal school day.
5. Encourage parents and community members to institute programs that support physical activity.
6. Encourage students that live within a one-mile distance of the school to walk rather than ride the bus.

IV. Nutrition Standards for All Foods Available on School Campus During the School Day

1. The Food Service Provider will: Make available the Nutritional Value and Ingredients of all foods and beverages sold. As well as, provide standard portion sizes as appropriate for each population served.
2. Smart snack standards apply for all after school programs, field trips, or other school events and must select food items outlined in the NutriSlice menu and Local School/District Wellness Policy.
 - a. Comprehensive after school programs are eligible for after school supper rather than an after-school snack. The meal offered to eligible students meets the same requirements of the National School Lunch and Breakfast Program.
3. Parties, celebrations or meetings:
 - a. Staff, parents and students will be educated on alternatives to items served at celebrations and assisted with planning future events through the Kingman Unified School District Central Kitchen and Catering.
 - b. Advertising for catering is available so families are aware of the guidelines and opportunity.
4. Fundraising:
 - a. Current school fundraising activities will be reviewed and offered ongoing assistance for future planning available to students, staff, parents, and other school organizations.
 - b. Implementation and certification of the nutrition guidelines provided by NSLP will be reviewed and adopted annually.
 - c. Fundraising activities are regulated and should support healthy choices.
 - d. Food and beverage items that do not meet The Smart Snack Ruling guidelines are prohibited to be dispensed during the school day.
 - e. Food and beverage items used for fundraising will not be distributed in a location that competes with reimbursable meals.
5. All other food sales to students will be compliant to ARS 15-242.

V. Other School-Based Activities Designed to Promote Student Wellness

1. Regular and consistent health, wellness, nutrition and physical activity messages will be provided in all settings: classrooms, cafeterias, fundraising announcements, newsletters, websites, bulletin boards, etc.
2. The school, in coordination with the Food Service Provider, will: Provide a pleasant, comfortable cafeteria setting including adequate eating time, and training for food service staff in the following areas: Food Safety, Presentation, and Nutrition. As well as, utilize staff and students' feedback for ongoing quality improvement of the food service.

3. Wellness Promotion: Staff members are encouraged to, and provided with, support to model healthy lifestyles and eating behaviors. The school may offer staff, parents and students wellness programs and information related to physical activity and healthy eating. Staff, parents, and students will be encouraged to offer suggestions for topics that could include items such as healthy snacks, and lunch box ideas.
4. Discovery Kitchen at-home meal kits can be made available for families participating in qualifying out-of-school time programming that would like the opportunity to learn healthy cooking and eating habits at home. These kits include participation and nutrition guidance in a user-friendly format that makes implementation at home feasible for any family.
 - a. Examples: Discovery Kitchen Introduction to Hydroponic Gardening

VI. Implementation, Measurement and Evaluation of the Local School/District Wellness Policy

Implementation:

1. Establish a Student Health Advisory Council (SHAC). Membership should include, but not be limited to: Administration, physical education, school nurse, Food Service Provider, teachers, parents, students, and community partners.
 - a. Each school will be encouraged to have their own committee that reviews the Wellness Policy and its feasibility in their school. If a school does not establish a committee, the school will need to designate a site liaison to ensure their school community has a voice in the Wellness Policy.
 - b. The SHAC will establish goals and timelines for implementation and evaluation and make the plan available to the public via the district website.
 - c. The SHAC will conduct an annual review of the Local School/District Wellness Policy, and make recommendations for changes to the District Governing Board.
 - d. Changes in the Local School/District Wellness Policy will be published and available in the front office of each school and the district website.
2. The District Administration in support of the Local School/District Wellness Policy shall assess all wellness, nutrition and physical education curricula and school events for consistency with Federal and Arizona state regulations and the Arizona Comprehensive Health Education Standards.

- a. Resource material and the School Nurse or Health Attendant will be available at each school to assist staff, PTO and parents when planning events.
3. The Local School/District Wellness Policy and supporting documents will be available via the district website: www.kusd.org and/or Student Handbooks and direct communication with staff and parents.
 - a. The Frequently Asked Questions, FAQs, list will be developed and distributed with the policy.
 - b. SHAC meetings minutes and surveys will be kept on file for review.
4. Compliance with the Arizona Comprehensive Health Education Standards will be reviewed and submitted for adoption annually by the Kingman USD No. 20 Governing Board.

VII. Food and Wellness Policy Implementation

ARS 15-242 requires all elementary and junior high schools to participate in the National School Lunch Program. It also requires the Department of Education to develop nutrition standards for food and beverages sold or served on school grounds during the normal school day. Pursuant to ARS 15-242, the above mentioned grade level schools are required to abide by the Arizona nutrition Standards (2006). The Standards apply to all foods served/sold in vending machines, snack bars, a la carte, fundraisers and school events regardless of whether or not they are exempt from the USDA FMNV (Foods of Minimal Nutritional Value) food list.

The ANS (Arizona Nutrition Standard) Food Standards:

- 35 percent or less total calories from fat
- 10 percent or less total calories from saturated fat and trans fatty acids
- No more than 35 percent total sugar by weight
- Must contain at least 1 gram of fiber
- Maximum 300 calories per serving for all other items
- Maximum 600 mg sodium per serving

Certain exceptions to the food standards are included in the Arizona Nutrition Standards.

Check the web page to see if snacks or beverages meet the standards at:

http://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Current Restricted Items

Currently, schools are required to follow FMNV (Foods of Minimal Nutritional Value) regulations when participating in the National School Lunch Program (NSLP). A goal of FMNV regulation is to limit the amount of competitive foods that can be offered to students during the breakfast and lunch period.

Competitive foods are any foods sold in competition with meals served under the National School Lunch and Breakfast Programs. Current Federal regulations state that FMNV cannot be sold in the food service area where a reimbursable meal is sold or eaten.

The list of FMNV includes, but is not limited to, soda, water ices, chewing gum, and certain candies. The listed products are in no way meant to be inclusive or definitive, but rather to be used as an example that provides guidance in making decisions on new products. Arizona Revised Statute 15-242 restricts all FMNV for the entire school day. All foods and beverages served/sold in vending machines, snack bars, a la carte, fundraisers and school events will be subject to the Arizona Nutrition Standards regardless if they are exempt from the FMNV food list by the USDA.