



## **Wilson School District Local Wellness Policy**

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, 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.

### **I. DEFINITIONS**

**Competitive Food:** All foods and beverages offered or sold to students on the school campus during the school day outside of reimbursable meals served through a national child nutrition program such as the National School Lunch Program or the School Breakfast Program.

**School Campus:** Areas that are owned or leased by the District and used at any time for school-related activities, including on the outside of a school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g. on scoreboards, coolers, cups and water bottles) or parking lots.

**School Day:** The time between midnight the night before to thirty (30) minutes after the end of the instructional day.

**Arizona Health Zone (AZHZ) at University of Arizona Maricopa County Cooperative Extension:** The AZ Health zone supports communities to make healthy changes in homes and neighborhoods. The AZHZ teams work in several focus areas including nutrition education, physical activity, gardening, school health, and food access.

### **II. ADMINISTRATION**

#### **Wellness Committee:**

The Wellness Committee's purpose is to establish goals for and oversee health and safety policies and programs, including development, implementation and periodic review and update of the District's Wellness Policy.

The Superintendent will appoint a Wellness Committee comprised of at least one (1) of the following: a representative from the school level, parent/guardian, student, the District's

Director of Child Nutrition, a physical education teacher, a school health professional, a school administrator, and any other individuals of the general public.

The Wellness Committee will meet at least four (4) times per year to assess the policy and implementation.

The Superintendent shall report to the Board on the District's compliance with its Wellness Policy as the law prescribes.

At a minimum, the Wellness Policy will be updated at least every three years following regulations.

**Implementation:**

It will provide current information about goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

**Recordkeeping:**

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.

**Annual Notice:**

An annual report shall be made to the Board on the District's compliance with law and policies related to student wellness. The report may include but not be limited to:

- A. Evaluation of the food services program.
- B. Recommendations for policy and/or program revisions.
- C. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- D. Assessment of school environment regarding student wellness issues.
- E. Listing activities and programs conducted to promote nutrition and physical activity.
- F. Providing feedback received from District staff, students, parents/ guardians, and community members.

In accordance with the National School Lunch Act (42 U. S. C. 1751 et seq.) and the Child Nutrition Act (42 U.S.C. 1771 et seq.), as amended, an assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually. The Superintendent shall receive assurances from all appropriate administrators and supervisors prior to making the annual Board report.

Each year, the District will inform families and the public of basic information about the Wellness Policy, including its content, any updates to the Policy and its implementation status.



**Assessment:**

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.

In collaboration with the AZ Health Zone, the District will conduct a wellness policy assessment that includes a comparison of the Wilson policy against a model policy.

**Community Involvement, Outreach, and Communications:**

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 District is committed to being responsive to community input. The District will actively communicate the following:

1. The District will inform parents regarding improvements made to school meals and its compliance with school meal standards; see link for further details: <https://www.wsd.k12.az.us/Food>
2. The District shall inform parents of the availability of District child nutrition programs and how to apply;
3. The District will share information regarding a description of and compliance with Smart Snacks in School nutrition standards.

District communications may occur via a variety of methods including email, the District's website, newsletters, presentations to parents and through any other means that the District and District schools communicate information with parents.

**III. NUTRITION****School Meals:**

All foods and beverages made available on a school campus serving any configuration of prekindergarten (PK) through eighth (8th) grade during the normal school day are to be consistent with the Arizona Nutrition Standards. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The District will create procedures that address all foods (including Foods of Minimal Nutritional Value and Competitive Food Sales) available to students throughout the school day in the following areas:

- A. National School Lunch Program and School Breakfast Program Meals.
- B. À la carte offerings in the food service program.
- C. Vending machines (if applicable) and school stores.
- D. Classroom parties, celebrations, fund-raisers, rewards, and school events.
- E. Snacks served in after-school programs.

In keeping with the District's nutrition program goals, only food prepared or obtained by the District's food services program should be served. This includes classroom reward or incentive

programs involving food items as well as foods and beverages offered or sold at school-sponsored events during the regular school day. Approval is required to ensure that the foods served meet the requirements of the District's nutrition policy and regulation (i.e., all foods served fit in a healthy diet and contribute to the development of lifelong healthy eating habits for the District's students).

A.R.S. 36-136 provides an exemption from rules promulgated by the Director of the Department of Health Services for a whole fruit or vegetable grown in a public-school garden that is washed and cut on-site for immediate consumption.

#### **Staff Qualifications and Professional Development:**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements as required by law.

#### **Water:**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day at each school. Drinking water will be available where school meals are served during mealtimes.

#### **Sunscreen:**

The goal is to emphasize skin health and promote the application of sunscreen products and to inform students that a student who attends school in this District 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.

#### **Competitive Foods and Beverages:**

At a minimum, Competitive Foods provided and/or sold to students, on school campus during the school day, will meet the USDA Smart Snacks in School nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold or given.

In addition, all foods offered on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards.

#### **Fundraising:**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

The District will encourage one healthy fundraiser per school year.

#### **Nutrition Promotion:**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.



Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. Offering contests, surveys, promotions and/or taste testing. Providing information to families to encourage consumption of healthy foods at home. Posting nutrition and health posters and doing roving chef classes with students.

The District will encourage healthy nutrition and environment practices by implementing the Smarter Lunchroom Movement in all cafeterias.

In collaboration with the AZ Health Zone, the District will explore opportunities for Farm to School programming that may include school gardens and local food procurement.

**Nutrition Education:**

Nutrition education shall focus on students' eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local District health education standards. Nutrition education at all levels of the curriculum shall include, but not be limited to, the following essential components designed to help students learn:

- A. Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating.
- B. Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding, and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and
- C. How to assess one's personal eating habits, set goals for improvement and achieve those goals.

To reinforce and support nutrition education efforts, the guidelines will ensure that:

- A. Nutrition instruction provides sequential, comprehensive health education in accordance with the Arizona Department of Education curriculum regulations and academic standards;
- B. Cooperation with agencies and community organizations is encouraged to provide opportunities for appropriate student projects related to nutrition;
- C. Consistent nutrition messages are disseminated from the District throughout the schools, communities, homes and media; and
- D. Nutrition education is extended beyond the school environment by engaging and involving families and community.

1. Includes enjoyable, developmentally appropriate, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farmers markets
2. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
3. Links with school meal programs, cafeteria nutrition promotion activities, and nutrition-related community services;
4. Work with principals to approve a physical/nutrition education curriculum to incorporate into general studies

#### **Food and Beverage Marketing in Schools:**

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards and applicable state standards.

#### **IV. PHYSICAL ACTIVITY**

##### **Physical Education:**

The primary goal for the District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including physical education, recess, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

##### **Essential Physical Activity Topics in Health Education:**

Health education will be required at all levels according to current program of studies/board approved grade-level requirements. The District will include in the health education curriculum the physical, psychological, or social benefits of physical activity.

- How physical activity can contribute to a healthy weight
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, and sunburn while being physically active
- Dangers of using performance-enhancing drugs, such as steroids
- How to resist peer pressure that discourages physical activity.



**Recess (Elementary):**

Schools will ensure that students are moderately to vigorously active at least fifty percent (50%) of the time while participating in physical education classes.

Grades kindergarten (K) through six (6) will have recess or physical education classes daily.

- Each student in a kindergarten program and grades one (1) through five (5) shall have at least thirty (30) minutes of recess consisting of structured physical activity each day.
- The structured physical activity may take place outside or inside the classroom.
- Physical education classes may satisfy the recess requirement.
- Unstructured recess time occurring immediately after lunch periods does not satisfy the recess requirement.
- The District supports the mission of neither using nor withholding physical activity as punishment (ex., pushups for bad behavior, no recess for incomplete work)

**Classroom Physical Activity Breaks :**

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week.

The AZ Health Zone team can provide training on Brain Breaks through Train the Trainer sessions.

**Safe Routes to School:**

The District recognizes the importance of promoting safe, active transportation for students and families who live in the surrounding school area. In collaboration with the AZ Health Zone, the District will prioritize gathering input from the community and connecting with elected officials to advocate for changes that will create safer school routes.

**Extracurricular Activities:**

Schools may offer after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically involved or those with special health care needs.

**V. OTHER SCHOOL BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS****Community Health Promotion and Family Engagement:**

The District shall encourage community access to, and student and community use of, the school's physical activity facilities outside the normal school day.

**After-school programs:**

The District shall encourage after-school programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos.

**Staff Wellness and Health Promotion:**

The District's 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 in coordination with human resources staff.

**REFERENCES:**

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513

Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751

7 C.F.R. Sections 210.2, 210.10 – 210.12, 210.11, 210.30, 210.31

**Governing Board Approved:** June 22, 2022