

Book Policies Section J

Title Student Wellness (Regulation)

Number JL-R

Last Revised May 2021

Nutrition Guidelines and Food Service Operation

1. Nutrition Services

- a) All foods and beverages made available on campus during the school day will meet nutrition standards mandated by USDA, as well as the Arizona Nutrition Standards. • Arizona School Meal Nutrition Standards

<http://www.azed.gov/hns/nslp/mealpattern/>

- USDA Competitive Food Standards

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks> 2.

Reimbursable Meal

- a) All guidelines for reimbursable school meals shall not be less restrictive than regulation and guidance issued by the United States Department of Agriculture (USDA), as those regulations and guidance apply to schools participating in the National School Lunch and School Breakfast Programs (NSLP & SBP).
- b) The purpose of the National School Lunch Program is to serve school meals of optimum nutritional value at a minimum cost to the child. This is accomplished by providing a daily meal that meets one third of the Recommended Dietary Allowances(RDA).

3. Foods and Beverages Sold in Schools

- a) Packaged Smart Snacks are permitted to be sold in Spirit Stores only.
 - During Breakfast and Lunch, snacks must not be the same as, or similar to the food sold in the cafeteria.
 - Smart Snack calculator rule

<https://foodplanner.healthiergeneration.org/calculator>

b) No other food or beverages can be sold at any school during the school day.

These standards are to be upheld from midnight before, to 30 minutes after the end of the official school day per USDA regulations, with the exception of classroom celebrations.

4. Vending Machines

- a) Vending machines will vend healthy beverages and snacks according to USDA guidelines and Arizona School Nutrition Standards.
- b) Healthy vending machines placed in cafeterias will be under the jurisdiction of School Nutrition Services and be approved by the Director of School Nutrition Services and the school principal.
- c) Sales through vending machines after the defined school day, on weekends or holidays are exempt from this policy.
- d) Sales through vending machines which are in areas not accessible to students, such as faculty and staff lounges are exempt from this policy.

5. Celebrations

- a) The district encourages a healthy environment at celebrations. The Nutrition Services department can supply food and beverages for celebrations as well as a list of healthy classroom snacks.
- b) All foods brought from home for classroom celebrations must be store bought and prepackaged. Food and beverages must comply with the local food safety and sanitary guidelines.
- c) Arizona Department of Education Food Safety Code
<http://www.azed.gov/health-nutrition/nslp/operate-nslp/food-safety/>
- d) Maricopa County Environmental Health Code
<http://www.maricopa.gov/1888/Maricopa-County-Environmental-Health-Cod>

6. Fundraising

- a) School organizations are encouraged to raise funds through the sale of non-food items as part of the school sponsored fund raising activities.
- b) All food items served/offered to students during the school day (from midnight before, to 30 minutes after the end of the official school day) will meet federal, state and local standards.
- c) USDA Fundraiser Standards
<https://www.fns.usda.gov/smart-snacks-school-fundraisers>

Health and Nutrition Education

- a) All nutrition education shall focus on student's eating behaviors, and provide the basic foundation for students to acquire the critical skills needed to adopt, practice, and maintain a healthy lifestyle while promoting optimal growth.

- b) Nutrition education will be provided through many outlets, including but not limited to: school lunch menus, district webpage, and classroom presentations. Topics will align with the current <https://health.gov/dietaryguidelines/2015/>
- c) Resources, which include evidence-based curriculum and materials, will be made available to teachers and staff through District webpage, smarter lunch room techniques, staff training and meetings.

Other School Based Wellness Activities

1. Eating Environment

- a) Current eating environment allows for adequate space and provides sufficient amount of time to eat the meal (recommendation at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch).

<https://healthymeals.fns.usda.gov/>

- b) Food is not used as reward or punishment.
- c) Students and staff will have access to free, safe water at all times throughout the school day.

2. Food Marketing

- a) Food providers will be sensitive to the school environment and only market and advertise foods and beverages that meet Smart Snack standards.

- b) Arizona School Meal Nutrition Standards

<http://www.azed.gov/hns/nslp/mealpattern/>

3. Nutrition Promotion

- a) Schools will display nutrition posters and/or banners throughout the school to promote health and wellness.

- b) The district will share nutrition information with students, staff and parents.

4. Other School-Based Activities

- a) Presentations on skin cancer prevention and sun safety (State required Sun-Wise Curriculum Kits).

- b) Exercise opportunities before and afterschool.

- c) “Be Well” employee program focused on 5 pillars of health: Physical, Mental, Emotional, Financial, and Social Wellness.

Physical Activity

Physical education and fitness will be taught, promoted, and provided through:

- a) Arizona Physical Education Standards

<http://www.azed.gov/standards-practices/k-12standards/standards-physical-education/> b)

Before and after school fitness opportunities, which may include but are not limited to: Fuel Up to Play 60, Marathon Kids, Jump Rope for Heart, Fun Runs, Field Days, Intramural Sports, Athletic Teams, Fitness Clubs, High School Dance and Yoga classes. (Opportunities vary by

school location and grade level.)

- c) Community sponsored athletic programs using school facilities
- d) School bulletin boards, posters and marquees promoting physical activity and healthy eating habits and/or announcing upcoming fitness and athletic events
- e) District website, school websites, school newsletters, emails and flyers provide information on upcoming events that encourage physical activity.

Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Physical activity is not used as a punishment.

Implementation and Monitoring

1. Implementation

- a) The district wellness committee will assess, plan, implement, and improve the nutrition and physical activity environment.
- b) District committee members will include community and school representatives such as parents, teachers, administrators, students as well as nutrition staff.

2. Monitoring

- a) The School Nutrition Services Director will monitor and ensure that the school nutrition program complies with federal and state nutrition and meal pattern guidelines and report such compliance to the superintendent or designee.
- b) The Superintendent or designee is responsible for monitoring and ensuring that all schools in the district comply with this policy.

Program Evaluation

In each school, the Principal will ensure compliance with established District-wide student wellness goals and will report to the school's compliance to the Superintendent or designee.

The District, and individual schools within the District, will, as necessary, develop action plans to facilitate wellness policy implementation.

The GPS school-year before and after-school VIK child care program, which does not charge for breakfast or snack, is exempt from these regulations. The VIK program will adhere to requirements as set forth in their regulating agency, the Department of Health Services.