

LEA Name: Gilbert Unified District
Local Wellness Policy

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The Local Wellness Policy aims to promote healthy eating and physical activity habits among students and their families, emphasizing the five pillars of health: physical, mental, emotional, financial, and social wellness. By encouraging nutritious choices and holistic practices both at school and at home, we strive to support the overall well-being of our students and foster a thriving community.

This policy is enforced during the defined school day. The school day is defined as midnight before the start of the school day to 30 minutes after the official end of the school day.

I. Nutrition Guidelines and Food Service Operations

The following links are relevant to this section:

[https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210/subpart-C/section-210.10#p-210.10\(d\)\(1\)\(i\)](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210/subpart-C/section-210.10#p-210.10(d)(1)(i))

[https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220/section-220.8#p-220.8\(d\)](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220/section-220.8#p-220.8(d))

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210/subpart-C/section-210.11>

<https://www.gilbertschools.net/families/nutrition-services>

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

<https://www.maricopa.gov/1888/Maricopa-County-Environmental-Health-Code>

A. Nutrition Services Wellness Committee

The Nutrition Services Wellness Committee (NSWC) is a standing committee that continuously evaluates the nutrition standards and goals of the Local Wellness Policy (LWP) and verifies implementation and compliance.

The NSWC membership for the District includes:

Natalie Tenney SNS, Nutrition Services Director

Rachel Broughten SNS, Nutrition Services Supervisor

Kristiann Frisby Champion RD SNS, Nutrition Services Supervisor

Julianne Shelton, Nutrition Services Supervisor

B. School Meals

The National School Lunch Program (NSLP) and School Breakfast Program (SBP) aim to improve:

- The diet and health of school children.
- Help mitigate childhood obesity.
- Model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Meals served through the District's Nutrition Services program shall comply with the NSLP and/or SBP standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.

All schools in the District will participate in the NSLP and SBP except for the Online school, GPS Global Academy.

- All meals will, at a minimum, meet the current “Meal Pattern” requirements including:
 - Fruits and Vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red and orange, dry beans and peas and legumes, starchy, and other)
 - Grains (whole grain-rich)
 - Meats and Meat Alternates
 - Fat-free and Low-fat Milk
- Free, potable water will be available to all students all day, including during meal periods. Water fountains or water filling stations are available in all cafeterias. Students are allowed and encouraged to bring water bottles from home.
- Sales and distribution of any beverages labeled as an energy drink or energy product will not be permitted on District campuses during the defined school day. The school day is defined as midnight before the start of the school day to 30 minutes after the official end of the school day. In addition it is strongly discouraged to sell or distribute energy drinks or energy products at any time at any school campus locations.
- Additional standards include:
 - Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
 - Nutrition Services department shall use the USDA’s Smarter Lunchroom tools and other resources available on the USDA website.
 - Nutrition Services department recommends at least 10 minutes of seated time at breakfast and 20 minutes of seated time at lunch.
 - Application information for the free and reduced priced meals are available on the District website and printed applications are available at all school cafeterias and school front offices.
 - School meals will be accessible to all students, and the District will accommodate special dietary needs and food allergies as required by federal regulations.
 - School meals will be administered by a team of qualified nutrition professionals who meet or exceed the hiring and annual continuing education/training requirements of the USDA.
 - The District will make every effort to ensure, to the maximum extent practicable, that the method of payment does not identify a student as eligible for free or reduced-priced meals (e.g., using prepayment systems which mask students’ eligibility status).
 - It is prohibited for students with unpaid meal balances to be shamed in any way, including by announcing their names, using hand stamps to identify them, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance.
 - The before and after-school VIK childcare 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 (Child and Adult Care Food Program).

C. Competitive Foods and Beverages

Guidelines from the USDA's Final Rule: Nutrition Standards for All Food Sold in School standards including all competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. These guidelines apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to a la carte, vending machines, school stores and snack or food carts, and any other venues where food or candy may be sold on campuses during the school day as well as any food-based fundraising meant for consumption during the school day.

D. Celebrations and Rewards

The District encourages a healthy environment at celebrations. Nutrition Services can supply foods and beverages for celebrations as well as a list of healthy snacks.

- All foods and beverages brought from home for classroom celebrations must be store bought and prepackaged. Foods and beverages must comply with the local food safety and sanitary guidelines.
- Celebratory foods and beverages are encouraged to meet the USDA's Smart Snacks in Schools guidelines.
- Foods and beverages will not be withheld as a punishment for any reason.
- Nutrition Services discourages the use of foods and beverages as a reward.
- Teachers are encouraged to use non-food alternatives as rewards.

E. Fundraising

The District will allow only foods and beverages that meet or exceed Smart Snacks nutrition standards to be sold through fundraisers on the school campus during the school day.

Foods and beverages sold during fundraisers that are not intended for consumption at school are exempt. Foods and beverages sold during non-school hours, on weekends, or at off-campus events are also exempt. Title 7 of the Code of Federal Regulations section §210.11(b)(4) details the requirements for fundraiser restrictions. Regulations state that no exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service (this includes meals served as part of NSLP and SBP).

F. Food and Beverage Marketing in Schools

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes any oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must meet the Smart Snacks guidelines.

Nutrition Services will ensure all foods and beverages marketed to students on the school campus during the school day will meet or exceed Smart Snacks standards. This includes the marketing of products on the following:

- the exterior of vending machines
- posters, flyers, menu boards, coolers, and other foodservice equipment

- Marketing on school campuses during the school day will be limited to those products that are allowed to be sold according to the USDA's Smart Snack nutrition standards.

II. Local Wellness Policy Committee

Committee Role and Membership

The District will convene a representative Local Wellness Policy Committee (LWPC) that meets to establish goals for and oversee school health policies and programs, including development and periodic review and update of this District-level LWP. This LWPC includes membership from the following stakeholder groups:

- Parents, students, community members, representatives of the School Food Authority (Nutrition Services department), teachers, school health professionals, the school board, and any other interested school administrators.
- This committee meets every 3 years to review the LWP.

The District is committed to ensuring that the community is aware of and involved in the development of the LWP. The District will actively recruit and communicate the ways in which representatives of the LWPC and others can participate in the development and periodic review and update of the LWP.

The District will use multiple methods to distribute this information to the community, including but not limited to the following:

- Electronic mechanisms (e.g., email)
- Displaying notices on the District and school websites
- Non-electronic mechanisms (e.g., newsletters)

III. Local Wellness Policy Goals

A. Promote Nutrition:

The District will encourage students and staff to receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums and cafeterias. The District and all K-12 schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.

The District will promote nutrition by:

- School announcements, newsletters and website postings will promote healthy food and beverage choices.
- Nutrition Services offers presentations on nutrition education to all K-12 students.
- Resources for teachers and educators are available on our website covering a variety of topics including but not limited to bone health, sun safety, and the relationship between healthy eating and personal health and disease prevention.

B. Offer Nutrition Education:

Nutrition Services staff is encouraged to teach and support healthy eating among students. All students are encouraged to make nutritious food choices. The entire school environment is encouraged to be

aligned with healthy school activities to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and physical activity.

GPS Staff will meet the following goals for nutrition education:

- Nutrition/physical activity education is taught to all K-12 students based upon Board-approved curricula that are aligned with the National Health Education Standards and address the essential healthy eating and physical activity topics.
- Nutrition education may also be taught in collaboration with community partners but is not limited to: SNAP-Ed and the Arizona Dairy Council.
- Parent University is a collaborative community effort led by Gilbert Public Schools to help families develop knowledge and skills to be proactive in their children's learning and development. GPS partners with community organizations to offer learning opportunities throughout the District to help empower families to increase engagement with the schools to work together to educate and support all children.

C. Promote Physical Activity:

District staff will offer a combination of physical activity opportunities in the form of the following:

- Recess, Physical Education
- Before- and After-school Activities and/or Sports at all K-12 Schools which may include but are not limited to: Fuel Up, Marathon Kids, Fun Runs, Field Days, Intramural Sports, Athletic Teams, Fitness Clubs, High School Dance and Yoga classes. (Opportunities vary by school location and grade level)

The District will ensure it will meet the following goals:

- Schools will provide all students with adequate and safe spaces, facilities, equipment and supplies for physical education and recess.
- Students will not be excluded from recess for disciplinary reasons or academic performance.

D. Promote General Wellness:

- District staff are encouraged to integrate wellness activities across the entire school setting.

The District will ensure it will meet the following goals:

- Wellness activities are encouraged throughout the school day.
- Student-focused Wellness Fairs are encouraged during the defined school day focused on the 5 pillars of health: Physical, Mental, Emotional, Financial, and Social Wellness.
- "Be Well" employee program is encouraged to focus on the 5 pillars of health: Physical, Mental, Emotional, Financial, and Social Wellness.

IV. Local Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

The following links are relevant to this section:

<https://www.cdc.gov/healthyschools/shi/index.htm>

<https://www.gilbertschools.net/families/nutrition-services>

A. Implementation of the Local Wellness Policy

- Nutrition Services leadership conducted a school-level assessment prior to developing an implementation plan. The assessment used was The School Health Index.
- The Nutrition Services Director will communicate with the school on compliance issues. The Nutrition Services Director will communicate with the Superintendent or designee if a resolution could not be reached between the school and the Nutrition Services Director.

The LWP and annual progress reports can be found at the District's website.

<https://www.gilbertschools.net/families/nutrition-services>

B. Leadership

The District has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the LWP.

The designated official for oversight of implementation at each school is: the Superintendent or designee (Principal, NSWC) will ensure compliance with established District-wide student wellness goals and will report to the school's compliance to the Nutrition Services Director.

C. Triennial Progress Assessments

At least once every three years, the Nutrition Services department must conduct an assessment of their wellness policy. To accomplish this, the NSWC will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the LWP by convening the LWPC.

- The designated official for convening the LWPC is: Natalie Tenney, SNS, Nutrition Services Director
- The person designated for ensuring that the public is informed about the wellness policy is: Rachel Broughten, SNS, Nutrition Services Supervisor
- The NSWC will assess compliance and progress of their LWP at least once every 3 years.
 - The goals will be measured by an evaluation that includes:
 - The extent to which the District's policy compares to a model policy (example: Alliance for a Healthier Generation).
 - The extent to which schools under the jurisdiction of the District are in compliance with the LWP.
 - A description of the progress made in attaining the goals of the District's LWP.
 - The LWP will be evaluated using surveys distributed to parents, staff, and students. The District will use multiple methods to distribute this information to the community, including but not limited to the following:
 - Electronic mechanisms (e.g., email, Google survey forms)
 - Displaying notices on the District and school websites
 - Non-electronic mechanisms (e.g., newsletters)

D. Revisions and Updating the Policy

The LWP will be updated when appropriate, including when new state or federal guidelines are issued, at minimum it will be revised and updated every 3 years.

E. Notification of Local Wellness Policy, Policy Updates and Triennial Assessment

The District will inform stakeholders/households and the public each year of any updates to the LWP and every three years their compliance with the written LWP.

- The District will actively inform caregivers and the public each year of basic information about the LWP, including but not limited to the following:
 - Its content and any updates
 - District- and school-level implementation status annually
 - Who was involved and how stakeholders were made aware of their ability to participate
 - The effective dates of any policy changes
 - The names and contact information of the District and school officials leading and coordinating the NSWC

The policy, progress reports, updates, and the Triennial assessment can be found on the District's website.

<https://www.gilbertschools.net/families/nutrition-services>

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mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

fax: (202) 690-7442; or

email: program.intake@usda.gov.

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