



Wilson Elementary School District #7

3025 E. Fillmore St

Phoenix, Az 85008

602-681-2200

Local Wellness Policy

Date Created: 1-8-2025

Last Updated:

I. Wellness Policy Goals

Goal for Nutrition Promotion:

The Wilson Elementary School District (WESD) strives to play a significant role in the academic, mental, physical, and overall well-being of all students, engaging and promoting proprietorship of their educational process.

Accordingly, WESD is committed in sustaining school environments that not only encourage, but safeguard student health, well-being, and learning through the promotion of healthy eating and physical activity, which are directly shown to reduce the risk of mortality and the development of a chronic disease later in life. Because of the enormity of this matter, WESD has established clear goals that will be monitored and modified for the diverse and changing needs of its students in the areas of nutrition and physical activity.

Goal for Nutrition Education:

The Wilson Elementary School District's nutritional goal is to influence students and staff eating behaviors through appropriate nutritional education that reflects student/staff cultures.

1. Schools will support nutrition education by sharing nutritional education with families and the community on menu's, newsletters, parent meetings, and other school-based wellness activities.
2. Messages that encourage healthy eating and physical activity may be linked to the school meal program and school community.

Goal for Physical Activity:

The Wilson Elementary School District's physical activity goal is to provide numerous and diverse opportunities for every student to participate in physical education.

1. Students will develop necessitated knowledge and skills for specific physical activities during physical education courses and extra-curricular athletics.
2. Students are required to participate in physical education classes.
 - a. Kindergarten students will have one, 35-minute physical education class per week of developmentally appropriate physical education instruction.

b. Students in grades 1-5 will have one, 40-minute physical education class per week of developmentally appropriate physical education instruction.

c. Students in grade 6 will have one 50-minute physical education class per day.

d. Students in grades 7-8 will take one class period of physical education each semester of developmentally appropriate physical education instruction four times a week.

3. Activities will include physical education classes, elective physical education courses (grades 9-12), and the integration of developmentally appropriate physical activity into the academic curriculum. All district physical education programs will provide adequate space and equipment to conform with applicable safety standards.

4. Schools should provide daily (physical activity) recess periods of at least 15 minutes for all elementary school students. Students will not be withheld recess as a punishment unless under individual circumstances or behavioral safety violations.

Goal for Other School-Based Activities that Promote Student Wellness:

The Wilson Elementary School District's goal for other school-based activities that promote student wellness is to create and sustain an environment which is advantageous to healthy eating and physical activity.

1. Elementary school students will partake in annual field trips that promote and incorporate physical activity (running, hiking, swimming, etc..).

2. Elementary school students will participate in an annual school field day that includes a variety of integrated physical activities.

3. District will have a health fair annually.

4. The WESD School Health Advisory Council will increase attendance and consist of a variety of stakeholders including, but not limited to a district Health Aide, Physical Education Teacher, Parents, Principal, Administrative Representative and Food Service Supervisor.

II. Nutrition Standards

School Meals:

The school meal program aims 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.

a. All schools in the district will participate in the National School Lunch Program.

b. All meals will, at a minimum, meet the New Meal Pattern requirements.

c. Free, potable water will be available to all students during meal periods.

d. Additional WESD standards include:

I. Providing a daily fruit and vegetable bar.

II. School meals will be made attractive to students to the extent possible.

3. School and transportation schedules shall be designed to encourage participation in school meal programs.

Competitive Foods and Beverages:

a. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. These guidelines apply to all foods sold in the following locations:

I. Wilson Primary School

II. Wilson Elementary School

Celebrations and Rewards:

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.

a. All foods and beverages provided, but not sold to students during the school day, that occur within a given classroom is limited to only those students enrolled in that specific classroom and include, but are not limited to, holiday and birthday celebrations. Classroom parties/celebrations shall be considered exempt from all nutrient and competitive food guidelines and standards if provided by parents. 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 Department permit. Food or drink items from households is prohibited.

b. These guidelines apply to (check all that apply):

School-sponsored events

Celebrations and parties

Classroom snacks provided by parents

Classroom rewards and Incentives

Fundraising:

a. Any food and beverage related fundraisers sold to students on school campus will be restricted to before school, during passing periods, and after school. 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. All fundraisers and the duration of said fundraisers must be approved by the student council and school administration.

Food and Beverage Marketing in Schools:

a. Food and beverage marketing are defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage products 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, at a minimum, meet the Smart Snacks guidelines.

b. WESD will promote healthy choices by prominently displaying healthy foods in the cafeteria, using posters or bulletin boards, and encouraging students to partake in "all you can eat" fruit and vegetable bar.

c. WESD will comply with special dietary needs for students as required by the Arizona Department of Education Special Dietary Needs Manual.

III. School Wellness Committee

Committee Role and Membership:

The district will convene a representative district wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

a. WESD will conduct School Health Advisory Council meetings quarterly, tentatively August, November, February, and May.

b. The WESD School Health Advisory Council will consist of a variety of stakeholders including, but not limited to a district Health Aid, Physical Education Teacher, Parent, Principal, Administrative Representative, and the Food Service Supervisor.

c. The public will be notified that their participation is permitted through the WSD7.org website and district marquee.

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 local wellness policy.

a. The designated official for oversight of implementation at each school: Representative of Wilson School district

b. The designated official for convening the wellness committee: Representative of Wilson School

c. The person designated for informing the public about the wellness policy: Representative of Wilson School district

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

Implementation of the Wellness Policy:

a. WESD's plan for implementation to manage and coordinate the execution of this wellness policy will be accomplished through the appointment of a District Wellness Coordinator, a Wilson School Representative, who will then assemble a District Wellness Council who will then assess, plan, implement, and improve the nutrition and physical activity of Wilson Elementary District schools.

Triennial Progress Assessments:

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the district will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the district will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

a. The District will assess compliance and progress of their local wellness policy at least once every 3years.

I. WESD's Wellness Council will identify areas for improvement at each meeting and submit those findings in a report to the superintendent to support suggested program modifications.

II. WESD will assess each school's compliance with sections I-IV of this wellness policy by requiring building principals to monitor and guarantee implementation of Wilson School District's Wellness Guidelines through teacher/staff meetings, noting guidelines on meeting agendas and attendance through a meeting log.

b. The District will assess how their wellness policy compares to model wellness policies.

I. WESD will compare its Local Wellness Policy with model wellness policies at least once every three years. This will be accomplished by obtaining a copy of the current written wellness policy and any accompanying action plans used to guide implementation. Then reviewing and evaluating each section of the policy through use of the Local Wellness Policy Assessment tool provided by Arizona Department of Education. This will lead to identifying the existing policy's strengths and success, as well as the areas the district wants to work on in the coming years. The goal is to share the results with the District Wellness Council and the public.

II. The person responsible for this assessment is: a Wilson School District representative.

c. The District will participate in community engagement activities pertaining to wellness

I. Family Cook Night will be held bi-monthly

II. Annual Health Fair

III. Wilson Elementary open playground for the community

IV. Walk to School Day

V. Fall Festival

Revisions and Updating the Policy

The district will update or modify the wellness policy as appropriate.

a. The LEA will update or modify the wellness policy, as well as revise the wellness policy and develop action plans to facilitate implementation as necessitated.

Notification of Wellness Policy, Policy Updates and Triennial Assessment

The district will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

a. The LEA will make the district wellness policy available to the public through Wilson Elementary School District website and School websites.

b. The annual progress reports and updates can be found at <http://www.wsd7.org>.

c. The District will make the Triennial Assessment available at <http://www.wsd7.org>.

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