



	Year 1	Year 2	Year 3
<input checked="" type="checkbox"/> Smarter Lunchroom Technique VEGETABLES OFFERED ON ALL SERVICE LINES	5	5	5
<input checked="" type="checkbox"/> Smarter Lunchroom Technique BOTH HOT & COLD VEGETABLES ARE OFFERED	5	5	5
<input checked="" type="checkbox"/> Smarter Lunchroom Technique MILK COOLERS ARE KEPT FULL THROUGHOUT SERVICE	5	5	5
<input checked="" type="checkbox"/> Smarter Lunchroom Technique WHITE MILK IS OFFERED IN ALL BEVERAGE COOLERS	5	5	5
<input checked="" type="checkbox"/> Smarter Lunchroom Technique RAW VEGETABLES ARE PAIRED W/ RANCH, DIP OR SALSA	5	5	5
<input checked="" type="checkbox"/> Smarter Lunchroom Technique CAFETERIA STAFF SMILE & GREET STUDENTS	5	5	5
<input checked="" type="checkbox"/> Smarter Lunchroom Technique MENU BOARD IS AVAILABLE AND CAN BE SEEN	5	5	5
<input checked="" type="checkbox"/> Smarter Lunchroom Technique MONTHLY MENUS IS PROVIDED	5	5	5

	Year 1	Year 2	Year 3
<b>GOAL: NUTRITION EDUCATION</b> Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to safeguard their health and make positive choices regarding food and nutrition, or nutrition education can be offered as sequential individual lessons throughout the school year.	# schools working on this action	# schools working on this action	# schools working on this action
<input checked="" type="checkbox"/> Nutrition education is taught in the following grades: K <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 6 <input checked="" type="checkbox"/> 7 <input checked="" type="checkbox"/> 8 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12 IF TAKING PE, CTE OR AG	1 1	1 1	1 1
<input type="checkbox"/> Elementary Schools: Nutrition education is offered as part of sequential, comprehensive standards-based health education curriculum.			
<input checked="" type="checkbox"/> Nutrition education is taught through other subjects like math, science, language arts, social sciences and electives. LANGUAGE ARTS CURRICULUM	5	5	5
<input checked="" type="checkbox"/> Health education teachers provide opportunities for students to practice or rehearse the skills taught through the health education curricula. (9-12) - AG & CULINARY (6-8) LIFESTYLE FITNESS CLASS	2	2	2
<input type="checkbox"/> Teachers and other staff receive training in nutrition education.			
<input type="checkbox"/> Media literacy is taught with an emphasis on food and beverage marketing.			
<input checked="" type="checkbox"/> Nutrition education is taught in collaboration with community partner: <input checked="" type="checkbox"/> Community Partner	2	2	2

<p>Nutrition education is included in health education lessons or physical education and the following topics are covered (<i>best practice is to choose a minimum of 12 topics</i>):</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Relationship between healthy eating and personal health and disease prevention</li> <li><input type="checkbox"/> Food guidance from MyPlate</li> <li><input checked="" type="checkbox"/> Reading and using the FDA's nutrition fact labels <b>JUNIOR HIGH</b></li> <li><input type="checkbox"/> Eating a variety of foods every day</li> <li><input checked="" type="checkbox"/> Balancing food intake and physical activity</li> <li><input checked="" type="checkbox"/> Eating more fruits and vegetables and whole grain-rich products</li> <li><input type="checkbox"/> Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat</li> <li><input checked="" type="checkbox"/> Choosing foods and beverages with little added sugar</li> <li><input type="checkbox"/> Eating more calcium rich foods</li> <li><input type="checkbox"/> Preparing healthy meals and snacks</li> <li><input type="checkbox"/> Risks of unhealthy weight control practices</li> <li><input checked="" type="checkbox"/> Accepting body size difference</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Food safety</li> <li><input checked="" type="checkbox"/> Importance of water consumption</li> <li><input checked="" type="checkbox"/> Importance of eating breakfast</li> <li><input checked="" type="checkbox"/> Making healthy choices when eating at restaurants</li> <li><input checked="" type="checkbox"/> Eating disorders</li> <li><input checked="" type="checkbox"/> The Dietary Guidelines for Americans</li> <li><input type="checkbox"/> Reducing sodium intake</li> <li><input type="checkbox"/> Social influences on healthy eating, including media, family, press and peers</li> <li><input type="checkbox"/> How to find valid information or services related to nutrition and dietary behavior</li> <li><input checked="" type="checkbox"/> How to develop a plan and track progress toward achieving a personal goal to eat healthfully</li> <li><input type="checkbox"/> Resisting peer pressure related to unhealthy dietary behavior</li> <li><input type="checkbox"/> Influencing, supporting, or advocating for others' healthy dietary behavior</li> </ul>	<p>4</p>	<p>4</p>	<p>4</p>
<p><b>Nutrition education includes experiential, hands-on learning experiences</b></p>				
<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Cooking demonstrations</li> </ul>		<p>2</p>	<p>2</p>	<p>2</p>
<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Taste testing</li> </ul>		<p>2</p>	<p>2</p>	<p>2</p>
<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Promotion of new school menu items</li> </ul>		<p>5</p>	<p>5</p>	<p>5</p>
<ul style="list-style-type: none"> <li><input type="checkbox"/> School gardens</li> </ul>				
<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Farm tours</li> </ul>		<p>2</p>	<p>2</p>	<p>2</p>

	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
<b>GOAL: PHYSICAL ACTIVITY</b>						
<i>Physical activity is defined by the Centers for Disease Control and Prevention (CDC) as any bodily movement produced by skeletal muscles that result in energy expenditure. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.</i>						
<b>Physical Activity</b>						
<input checked="" type="checkbox"/> Physical activity is available for at least <u>30-60</u> minutes per day for all students.	5	5	5	5	5	5
<input checked="" type="checkbox"/> Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) is not used or withheld as punishment for any reason.	5	5	5	5	5	5
<input checked="" type="checkbox"/> The district provides teachers and other school staff with a list of ideas for alternative ways to discipline students.	5	5	5	5	5	5
<input type="checkbox"/> A comprehensive school physical activity program (CSPAP) is used to coordinate physical activity before, during and after school.						
<input checked="" type="checkbox"/> To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active.	5	5	5	5	5	5
<input checked="" type="checkbox"/> Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces are open to students, their families, and the community outside of school hours.	5	5	5	5	5	5
<input checked="" type="checkbox"/> Schools ensure that inventories of physical activity supplies and equipment are known and, when necessary, work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.	5	5	5	5	5	5
<b>Before and After School Activities</b>						
<input checked="" type="checkbox"/> Students have opportunities to participate in physical activity before school.	4	4	4	4	4	4
<input checked="" type="checkbox"/> Students have opportunities to participate in physical activity after school.	5	5	5	5	5	5
<b>Physical Education</b>						
<i>In Arizona, LEAs are recommended to review the <a href="#">Arizona PE Standards</a>. Arizona does not have PE requirement, but the national recommendation for PE minutes is 150 per week at the elementary level and 225 minutes per week at the secondary level (middle school and high school level).</i>						
Elementary students (grades K-5) in each grade receive physical education for at least (choose one):						
<input type="checkbox"/> 45 minutes per week						
<input type="checkbox"/> 60-89 minutes per week						
<input checked="" type="checkbox"/> 90-149 minutes per week	2	2	2	2	2	2
<input type="checkbox"/> 150 or more minutes per week						
<input type="checkbox"/> Other:						

<p>Secondary students (grades 6-12) are (<i>choose one</i>):</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Required to take one physical education credit total</li> <li><input checked="" type="checkbox"/> Will take more than one academic year of physical education</li> <li><input checked="" type="checkbox"/> Will take physical education throughout all secondary school years</li> <li><input type="checkbox"/> Other:</li> </ul>	3	3	3	3
<input checked="" type="checkbox"/> Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.	5	5	5	5
<input checked="" type="checkbox"/> Physical education program promotes student physical fitness through individualized fitness and activity assessments (via the <a href="#">Presidential Youth Fitness Program</a> or other appropriate assessment).	2	2	2	2
<input checked="" type="checkbox"/> Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.	5	5	5	5
<input checked="" type="checkbox"/> Physical education teachers participate in professional development at least once per year.	5	5	5	5
<input checked="" type="checkbox"/> Physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.	5	5	5	5
<input type="checkbox"/> Waivers, exemptions, or substitutions for physical education classes are not granted.				
<input type="checkbox"/> Physical activity may not be substituted for any other class (e.g., dance, marching band, ROTC etc.)				
<b>Recess</b>				
<input checked="" type="checkbox"/> Elementary schools provide at least 20 minutes of recess on all days during the school year.	2	2	2	2
<input checked="" type="checkbox"/> If recess is offered before lunch, proper hand washing measures are in place.	2	2	2	2
<input checked="" type="checkbox"/> Recess is offered outdoors when weather is feasible.	2	2	2	2
<input checked="" type="checkbox"/> Recess is a compliment to not a substitute for physical education class.	2	2	2	2
<input checked="" type="checkbox"/> Recess monitors encourage students to be active.	2	2	2	2
<input type="checkbox"/> Recess monitors serve as role models by being physically active along with students.				
<b>Classroom Physical Activity Breaks and Active Academics</b>				
<input checked="" type="checkbox"/> Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day on all or most days during a typical school week.	5	5	5	5
<input checked="" type="checkbox"/> Teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week.	5	5	5	5
<input type="checkbox"/> Teachers receive resources, tools, and technology with ideas for classroom physical activity breaks.				
<input checked="" type="checkbox"/> Teachers incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible to reduce sedentary behavior during the day.	5	5	5	5

<p><input type="checkbox"/> Teachers serve as role models by being physically active alongside students whenever possible.</p>									
<p><b>Physical Activity Topics in Health Education</b></p>									
<p><input checked="" type="checkbox"/> Health education is required in all elementary grades.</p>									2
<p><input checked="" type="checkbox"/> Middle and high school students are required to take and pass at least one health education course.</p>									3
<p><input type="checkbox"/> At least 12 of the following essential topics on physical activity are in the health education curriculum:</p>	<p><input checked="" type="checkbox"/> Preventing injury during physical activity</p> <p><input checked="" type="checkbox"/> Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active</p> <p><input type="checkbox"/> How much physical activity is enough, including determining frequency, intensity, time and type of physical activity</p> <p><input checked="" type="checkbox"/> Developing an individualized physical activity and fitness plan</p> <p><input checked="" type="checkbox"/> Monitoring progress toward reaching goals in an individualized physical activity plan</p> <p><input checked="" type="checkbox"/> Dangers of using performance-enhancing drugs such as steroids</p> <p><input type="checkbox"/> Social influences on physical activity including media, family, peers, and culture</p> <p><input checked="" type="checkbox"/> How to find valid information or services related to physical activity and fitness</p> <p><input type="checkbox"/> Overcoming barriers to physical activity</p> <p><input type="checkbox"/> How to resist peer pressure that discourages physical activity</p>								5
<p><input type="checkbox"/> The physical, physiological, or social benefits of physical activity</p> <p><input type="checkbox"/> How physical activity can contribute to a healthy weight</p> <p><input checked="" type="checkbox"/> How physical activity can contribute to the academic learning process</p> <p><input type="checkbox"/> How an inactive lifestyle contributes to chronic disease</p> <p><input checked="" type="checkbox"/> Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition</p> <p><input checked="" type="checkbox"/> Differences between physical activity, exercise and fitness</p> <p><input checked="" type="checkbox"/> Phases of an exercise session including warm up, workout, and cool down</p> <p><input checked="" type="checkbox"/> Decreasing sedentary activities such as TV watching</p> <p><input type="checkbox"/> How to influence, support, or advocate for others to engage in physical activity</p> <p><input type="checkbox"/> Opportunities for physical activity in the community</p>									5
<p><b>Active Transport (best practice is to choose a minimum of 6)</b></p>									
<p><input checked="" type="checkbox"/> Safe or preferred routes to school are designated.</p>									5
<p><input type="checkbox"/> Activities such as participation in international Walk to School Week are promoted.</p>									5
<p><input checked="" type="checkbox"/> Crosswalks on streets leading to school are used.</p>									5
<p><input checked="" type="checkbox"/> Secure storage facilities for bicycles and helmet are present on school grounds.</p>									5
<p><input checked="" type="checkbox"/> Instruction on walking/bicycling safety is provided to students.</p>									5
<p><input checked="" type="checkbox"/> Crossing guards are used.</p>									5
<p><input type="checkbox"/> Walking school buses are coordinated.</p>									5
<p><input checked="" type="checkbox"/> The number of children walking and/or biking to and from school is documented.</p>									5

<input type="checkbox"/> Maps of the school environment (sidewalks, crosswalks, roads, pathways, bike racks) are distributed. <input checked="" type="checkbox"/> Safe routes to school program is promoted to students, staff, parents via newsletters, websites, and local newspaper.					5
<p align="center"><b>GOAL: OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS</b></p>					
		Year 1	Year 2	Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools working on this action	# schools successfully completing this action
<p><b>School Sponsored Events</b></p> <input type="checkbox"/> School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.					
<p><b>Relationships with Community Partnerships</b></p>					
<input type="checkbox"/> Hospitals					
<input checked="" type="checkbox"/> Universities/colleges	Uof A, CAC	2	2		2
<input checked="" type="checkbox"/> Local businesses	JOB FAIR, TRANSITION FAIR, BUY LOCAL	2	2		2
<input type="checkbox"/> SNAP-Ed Providers					
<p><b>Community Health Promotion and Family Engagement</b></p>					
<input type="checkbox"/> The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and the general community throughout the school year (e.g., the school provides information about nutrition and physical activity to parents throughout the year).					
<input checked="" type="checkbox"/> Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts.		5	5		5
<input checked="" type="checkbox"/> Electronic and non-electronic mechanisms are used to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.		5	5		5
<p><b>Staff Wellness and Health Promotion</b></p>					
<input type="checkbox"/> The District Wellness Committee has 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. This subcommittee focuses on staff wellness in ___ schools. If yes, best practice to list subcommittee leader's name in the policy.					
<input type="checkbox"/> Schools implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, and 3-4 strategies are listed.					
<input type="checkbox"/> Strategy 1:					
<input type="checkbox"/> Strategy 2:					
<input type="checkbox"/> Strategy 3:					

<input type="checkbox"/> Strategy 4:					
<input checked="" type="checkbox"/> The district promotes staff member participation in health promotion programs.					
<input type="checkbox"/> The district has a healthy meeting policy for all events with available food options, created by the district wellness committee to optimize healthy food options.	5			5	5
<b>Professional Learning</b>					
<input type="checkbox"/> The district offers annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.					
<b>Other Activities to Promote Wellness</b>					
<input checked="" type="checkbox"/> Each school has a health professional on site for at least half the school day.	5			5	5
<input type="checkbox"/> The district supports health fairs at ___ schools per year.					
<input type="checkbox"/> Other:					
<input type="checkbox"/> Other:					
<input type="checkbox"/> Other:					

**II. DISTRICT POLICIES**

In each of the following sections, select and/or describe the policies that will apply to all schools in the district. Some of the policies are required and thus, already selected. Then, write the selected policies in the **LWP Template**. When you monitor implementation, you will report on how many schools comply with the district policies, or if the district as a whole is in compliance with the policy.

**DISTRICT POLICY: SCHOOL MEALS STANDARDS**

*At a minimum, the school meal standards should meet the New Meal Pattern requirements. LEAs can establish additional standards important to the district. This section should also include standards for the meal service area, menu composition (use of local produce) and guidelines for water availability during meals.*

**National School Lunch Program**

	Year 1	Year 2	Year 3
	% of schools in compliance	% of schools in compliance	% of schools in compliance
<input checked="" type="checkbox"/> All schools in the district participate in the National School Lunch Program.	100	100	100
<input checked="" type="checkbox"/> Lunch meals served meet the new meal pattern requirements including minimum requirements for fruits, vegetables (and subgroups), whole grain-rich foods, meat/meat alternates and 2 varieties of milk.	100	100	100
<input type="checkbox"/> ___ percent of lunch items will be prepared from scratch or made on site.			
<input checked="" type="checkbox"/> Students are served lunch at a reasonable and appropriate time of the day.	100	100	100
<input type="checkbox"/> Lunch follows recess to better support learning and healthy eating.			
<input checked="" type="checkbox"/> Students have adequate time to eat:			
<input type="checkbox"/> Students have 10 minutes of seated time			

<input checked="" type="checkbox"/> Students have 20 minutes of seated time <input type="checkbox"/> Students have 30 minutes of seated time (ADE best practice) <input type="checkbox"/> Students have ___ minutes of seated time	100	100	100
<b>School Breakfast Program</b>			
<input checked="" type="checkbox"/> All schools in the district participate in the School Breakfast Program.	100	100	100
<input checked="" type="checkbox"/> Breakfast meals served meet the new meal pattern requirements including minimum requirements for fruits/vegetables, whole grain-rich foods, and 2 varieties of milk.	100	100	100
<input type="checkbox"/> The district encourages schools to provide breakfast in the classroom or via mobile grab and go carts.			
<b>School Meal Standards meet the following additional guidelines established by the district:</b>			
<input checked="" type="checkbox"/> Meals are appealing and attractive to students.	100	100	100
<input checked="" type="checkbox"/> Meals are served in clean and pleasant settings.	100	100	100
<input type="checkbox"/> Local and/or regional products are incorporated into the school meal programs.			
<input checked="" type="checkbox"/> Fresh fruits and vegetables are served <u>4</u> times per week.	100	100	100
<input type="checkbox"/> Flavored milk is not served; District only offers low fat and fat free plain milk.			
<input checked="" type="checkbox"/> Menus are created/reviewed by a Registered Dietitian or other certified nutrition professional.	100	100	100
<input checked="" type="checkbox"/> School meals are administered by a team of nutrition professionals.	100	100	100
<input type="checkbox"/> Other:			
<input type="checkbox"/> Other:			
<input type="checkbox"/> Other:			
<input type="checkbox"/> Other:			
<input type="checkbox"/> Other:			
<input type="checkbox"/> Other:			
<input type="checkbox"/> Other:			
<b>Water</b>			
<input checked="" type="checkbox"/> Free, potable water is available to all students during the meal period.	100	100	100
<input checked="" type="checkbox"/> Water sources and containers are maintained on a regular basis to ensure good hygiene and health safety standards.	100	100	100
<input checked="" type="checkbox"/> Students are allowed to bring and carry approved water bottles with only water in them throughout the day.	100	100	100

	Year 1	Year 2	Year 3
<p><b>DISTRICT POLICY: COMPETITIVE FOOD AND BEVERAGES (FOOD SOLD TO STUDENTS)</b></p> <p>Competitive foods and beverages are those foods that are sold outside of and in competition with the federally reimbursable meal programs. At a minimum, LEAs must ensure all foods and beverages sold on campus, during the school day defined as <i>midnight to thirty minutes after the end of the school</i>, will meet the USDA Smart Snack guidelines for grades K-12. LEAs can establish additional standards.</p> <p><input type="checkbox"/> Foods and beverages sold outside the school meal programs will meet the <a href="#">USDA Smart Snacks in School</a> nutrition standards on the school campus during the school day (midnight to thirty minutes after the end of the school day). This applies to foods sold:</p> <p><input type="checkbox"/> Not applicable, district does not sell competitive foods.</p> <p><input checked="" type="checkbox"/> A la Carte</p> <p><input checked="" type="checkbox"/> In student stores</p> <p><input checked="" type="checkbox"/> In vending machines</p> <p><input type="checkbox"/> Other:</p> <p><i>Foods and beverages sold outside of the school meal programs meet the following additional guidelines established by the district:</i></p> <p><input type="checkbox"/> All foods and beverages sold outside the school meal programs will meet the <a href="#">USDA Smart Snacks in School</a> nutrition standards on the school campus (midnight to midnight).</p> <p><input type="checkbox"/> Guideline:</p> <p><input type="checkbox"/> Guideline:</p>	% of schools in compliance	% of schools in compliance	% of schools in compliance
	100	100	100
	100	100	100
	100	100	100

	Year 1	Year 2	Year 3
<p><b>DISTRICT POLICY: CELEBRATIONS AND REWARDS (FOOD SERVED TO STUDENTS)</b></p> <p>Arizona Law (ARS 15-242) referred to as <i>Arizona Nutrition Standards</i> states that all food and beverages supplied at school sponsored events to students in grades K-8 must meet the <i>USDA's Smart Snacks in Schools</i> guidelines. The <i>USDA's Smart Snacks in Schools and Arizona Nutrition Standards</i> guidelines do not apply to foods brought to school in bagged lunches or for activities such as birthday parties, holidays, or other celebrations.</p> <p><i>School Sponsored Events</i></p> <p><input type="checkbox"/> Foods served to students in grades K-8 meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).</p> <p><input type="checkbox"/> Foods served to students in grades 9-12 meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).</p> <p><i>Classroom Celebrations/Rewards</i></p>	% of schools in compliance	% of schools in compliance	% of schools in compliance

<input type="checkbox"/> Foods served to students during classroom celebrations and parties (holidays and birthdays) meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).			
<input type="checkbox"/> Parents and teachers receive a list of healthy party ideas, including non-food celebration ideas.			
<input type="checkbox"/> Classroom snacks brought in by parents meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).			
<input type="checkbox"/> Parents receive a list of foods and beverages that meet the USDA Smart Snacks nutrition standards.			
<input type="checkbox"/> Food and beverage is not used as a reward.			
<input type="checkbox"/> Teachers and other school staff receive a list of alternative ways to reward students.			
<i>The district has established additional guidelines for all foods and beverages served to students:</i>			
<input type="checkbox"/> Guideline:			
<input type="checkbox"/> Guideline:			
<input type="checkbox"/> Guideline:			

	Year 1	Year 2	Year 3
	% of schools in compliance	% of schools in compliance	% of schools in compliance
<b>DISTRICT POLICY: FUNDRAISING</b>			
<i>In Arizona, all fundraisers are exempted from the Smart Snacks guidelines when an exemption request form is submitted, per HNS 04-2015. However, 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. Additionally, LEAs have the authority to implement more restrictive fundraising food standards.</i>			
<i>The district has adopted the following fundraising policy:</i>			
<input type="checkbox"/> The district does not allow exempt fundraisers. All food sold on campus during the school day as part of a fundraiser must meet Smart Snacks guidelines.			
<input checked="" type="checkbox"/> The district allows infrequent, exempt fundraisers, where food sold on campus during the school day does not meet Smart Snacks guidelines and complies with the following:	100	100	100
<input checked="" type="checkbox"/> The district submits the exemption request form to ADE for all food-related fundraisers, intended for consumption on school campus during the school day, that do not meet the Smart Snacks guidelines.	100	100	100
<input checked="" type="checkbox"/> The district defines what it considers to be 'infrequent' as it relates to exempt fundraisers as: <u>5-4 TIMES PER SCHOOL YEAR</u>	100	100	100
<input checked="" type="checkbox"/> The district defines what it considers to be an appropriate short duration for exempt fundraisers as: <u>LESS THAN ONE DAY</u>	100	100	100
<b>Notifying Public of Fundraising Policy</b>			
<input checked="" type="checkbox"/> The district fundraising policy is distributed to all schools.	100	100	100
<input type="checkbox"/> The district fundraising policy is distributed to all parents/guardians.			
<i>The district has established additional guidelines for fundraising:</i>			
<input type="checkbox"/> Guideline:			
<input type="checkbox"/> Guideline:			

Guideline:	Year 1	Year 2	Year 3
<b>DISTRICT POLICY: FOOD AND BEVERAGE MARKETING</b> <i>LEAs that allow marketing of food and beverages to students must include plans and policies that allow the marketing of only those foods and beverages that may be sold on the school campus during the school day (i.e. that meet the USDA's Smart Snacks in Schools) LEAs have the discretion to enact broader policies that address marketing that occurs at events outside of school hours.</i>	% of schools in compliance	% of schools in compliance	% of schools in compliance
<input type="checkbox"/> All foods and beverages advertised on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition guidelines. These guidelines apply to (Check all that apply)			
<input type="checkbox"/> Vending machine exteriors			
<input type="checkbox"/> School equipment such as marquees, message boards, scoreboards, busses etc.			
<input type="checkbox"/> Cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment			
<input type="checkbox"/> Posters, book covers, school supplies display, etc.			
<input type="checkbox"/> Advertisements in school publications or mailings			
<input type="checkbox"/> Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product			
<i>The district has established additional guidelines for all foods and beverages marketed to students:</i>			
<input type="checkbox"/> As the district, school nutrition services, athletic director, PTO/PTA reviews existing contracts and considers new contracts, equipment and purchasing, decisions reflect applicable marketing guidelines established by the LWP.			
<input type="checkbox"/> Guideline:			
<input type="checkbox"/> Guideline:			
<input type="checkbox"/> Guideline:			

Guideline:	Year 1	Year 2	Year 3
<b>III. DISTRICT WELLNESS COMMITTEE</b> <i>The District is required to convene a representative district wellness committee that meets to establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.</i>	YES	NO	NO
<b>COMMITTEE ROLE AND MEMBERSHIP</b> <i>The district must notify the public of their ability to participate in the LWP process. LEAs should establish details of how the LWP will be convened and how it will operate.</i>	YES	NO	NO
<input checked="" type="checkbox"/> The district convenes a representative District Wellness Committee (DWC).			✓
<input checked="" type="checkbox"/> The District Wellness Committee meets <u>4</u> times per year.			✓

<input type="checkbox"/> The public is notified of their ability to participate in the District Wellness Committee.							
The public is notified of their ability to participate in the District Wellness Committee using the following methods:							
<input type="checkbox"/> Email							
<input checked="" type="checkbox"/> Notices on district website			✓				✓
<input type="checkbox"/> Newsletters							
<input type="checkbox"/> Presentations to parents							
<input type="checkbox"/> Sending information home via flyers							
<input type="checkbox"/> Other:							
<b><input checked="" type="checkbox"/> DWC <u>actively recruits</u> representation from:</b>							
<input checked="" type="checkbox"/> All school levels (elementary, middle, high)							✓
<input checked="" type="checkbox"/> Parents/Caregivers							✓
<input checked="" type="checkbox"/> Students							✓
<input checked="" type="checkbox"/> Representative from School Nutrition Programs							✓
<input type="checkbox"/> Physical education teacher							
<input type="checkbox"/> Health education teacher							
<input checked="" type="checkbox"/> School health professionals (nurses)							✓
<input type="checkbox"/> Mental health and social services staff (counselors, psychologists, social workers)							
<input checked="" type="checkbox"/> Administrators							✓
<input checked="" type="checkbox"/> School board members							✓
<input checked="" type="checkbox"/> Health professionals (dietitians, doctors, nurses)							✓
<input checked="" type="checkbox"/> The general public							✓
<b><input checked="" type="checkbox"/> DWC <u>has</u> representation from:</b>							
<input checked="" type="checkbox"/> All school levels (elementary, middle, high)							✓
<input checked="" type="checkbox"/> Parents/Caregivers							✓
<input type="checkbox"/> Students							
<input checked="" type="checkbox"/> Representative from School Nutrition Programs							✓
<input type="checkbox"/> Physical education teacher							
<input type="checkbox"/> Health education teacher							
<input type="checkbox"/> School health professionals (nurses)							
<input type="checkbox"/> Mental health and social services staff (counselors, psychologists, social workers)							





	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
<b>REVISIONS AND UPDATING THE POLICY</b> <i>LEAs are required to update or modify the wellness policy as appropriate.</i>						
<input checked="" type="checkbox"/> Policy is updated when appropriate, including when:						
<input checked="" type="checkbox"/> District priorities change					✓	
<input checked="" type="checkbox"/> Community needs change					✓	
<input checked="" type="checkbox"/> Wellness goals are met					✓	
<input checked="" type="checkbox"/> New health science information emerges					✓	
<input checked="" type="checkbox"/> New state or federal guidance/standards are issues					✓	
<input type="checkbox"/> The DWC conducts an annual School Health Index at each school.						
<input type="checkbox"/> Updates to the policy are made based on the results of the School Health Index.						

	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
<b>NOTIFICATION OF WELLNESS POLICY, POLICY UPDATES AND TRIENNIAL ASSESSMENT</b> <i>LEAs must make available to the public (1) at all times the wellness policy (2) on an annual basis, at minimum, any updates to and about the wellness policy, and (3) the Triennial Assessment which includes progress toward meeting their wellness goals and compliance with the written policy over a three year period.</i>						
<b>Availability of the LWP</b>						
<input checked="" type="checkbox"/> The public has access to the LWP at all times.	✓		✓		✓	
<input checked="" type="checkbox"/> The wellness policy is posted online. The URL is: <u>ccidschools.org</u>	✓		✓		✓	
<b>Notification/Availability of Revisions and Updates to the LWP</b>						
<input checked="" type="checkbox"/> The district informs families and the public each year of basic information about the policy, including its content, updates, and implementation status. Best practice is to include last revision date on LWP.	✓		✓		✓	
<input checked="" type="checkbox"/> The district informs families and the public each year of basic information about the policy, including its content, updates, and implementation status by:	✓		✓		✓	
<input type="checkbox"/> Email						
<input checked="" type="checkbox"/> Notices on district website	✓		✓		✓	
<input checked="" type="checkbox"/> Newsletters	✓		✓		✓	
<input type="checkbox"/> Presentations to parents						
<input checked="" type="checkbox"/> Sending information home	✓		✓		✓	
<input type="checkbox"/> Other						
<input checked="" type="checkbox"/> Communications include culturally and linguistically appropriate language.	✓		✓		✓	
<b>Availability of the Triennial Assessment</b>						



## Local Wellness Policy Activity and Assessment Tool

*In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.*

*Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.*

*To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:*

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

*fax: (833) 256-1665; or (202) 690-7442*

*email: [program.intake@usda.gov](mailto:program.intake@usda.gov).*

*This institution is an equal opportunity provider.*