



LOCAL WELLNESS POLICY: STUDENT WELLNESS

I. WELLNESS POLICY GOALS

- Nutrition Promotion: The District will use evidence-based strategies to encourage healthy eating and participation in federal meal programs.
- Consistent nutrition messages will be displayed across campuses, media channels, and cafeterias.
- Nutrition Education: The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages, reflects students' cultures, is integrated into health education or core curricula, and provides opportunities for students to practice skills and have fun.
- Physical Activity: The goals for physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.
- Other School-Based Activities: School-sponsored events and celebrations will include healthy options and opportunities for physical activity. Free, accessible, potable water will be available to all students during meal periods in cafeteria environments.

II. NUTRITION STANDARDS FOR ALL FOODS AND BEVERAGES

- School Meals: All participating schools under the District's jurisdiction will meet or exceed minimum USDA standards for the National School Lunch Program (NSLP) and School Breakfast Program (SBP) pursuant to 7 CFR 210.10 and 220.8.
- Competitive Foods and Beverages (Smart Snacks): All foods and beverages sold outside of reimbursable meals on campus during the school day (e.g., vending machines, school stores, à la carte lines) must comply with USDA Smart Snacks in School standards (7 CFR 210.11) and Arizona Healthy Schools Act A.R.S. § 15-242.01.
- Foods Provided, But Not Sold (Classroom Parties, Rewards, & Celebrations): In accordance with A.R.S. § 15-242, all foods provided—but not sold—to K-8 students during the school day (including parent-provided party treats, celebrations, and teacher rewards) must meet USDA

Smart Snacks nutrition standards and Arizona Healthy Schools Act A.R.S. § 15-242.01. Healthy classroom celebration guidelines will be provided to parents and staff annually.

- Fundraisers: Food and beverage fundraisers held on campus during the school day must meet Smart Snacks standards and the Arizona Healthy Schools Act, A.R.S. § 15-242.01.

III. FOOD AND BEVERAGE MARKETING IN SCHOOLS

- On-campus marketing and advertising of foods and beverages during the school day (including posters, vending machine fronts, scoreboards, and educational materials) is strictly restricted to products that meet or exceed USDA Smart Snacks standards.

IV. SCHOOL WELLNESS COMMITTEE & LEADERSHIP

- Committee Representation: The District will convene a Wellness Committee that meets at least four times per school year. Participation is explicitly permitted and encouraged for parents, students, representatives of The District, Physical Education teachers, school health professionals, Governing Board members, school administrators, and the public.
- Designated Leadership: The Wellness Coach is designated as the official responsible for convening and coordinating the Wellness Committee. The Director of Nutrition Services is designated as the official responsible for informing the public about policy updates and triennial assessments. The administrator responsible for food services is responsible for implementing and overseeing the wellness policy and the written plan.

V. IMPLEMENTATION, EVALUATION, AND TRANSPARENCY

- Implementation & Triennial Assessment: The administrator responsible for food services is responsible for oversight and implementation. At least once every three years, the District will complete an assessment measuring:
 - a. Compliance of all local schools within the District.
 - b. Comparison of the policy to model wellness policies.
 - c. Progress made toward achieving wellness goals.
- Public Reporting & Notification: The District will inform the public annually about the content, implementation, and updates to the wellness policy and plan via the District website. Additionally, results of the triennial assessment will be made publicly available.
- Recordkeeping: The District shall retain documentation showing compliance with federal regulations, including the active policy and plan, proof of community involvement, and copies of all triennial evaluations.