



1004 Hancock Road
Bullhead City, Arizona 86442
Phone: (928) 758-3961
Fax (928) 758-4996

District Wellness Committee

Thursday, December 4, 2025

4:30 – 5:30 pm

Video call link: <https://meet.google.com/ouh-hhnt-pmt>

- I. Welcome
 - a. Notice of Recording
 - b. Attendance
- II. Items for Discussion
 - a. Compare our policies & regulations with the Model Policy
 - i. Completed last month
 - 1. Goals for Nutrition Promotion
 - 2. Goals for Nutrition Education
 - 3. Goals for Physical Education and Physical Activity
 - ii. Sections to be compared
 - 1. Goals for Other School-Based Activities that Promote Student Wellness
 - 2. Policies for School Meal Standards
 - 3. Policies for Competitive Foods and Beverages
 - 4. Policies for Celebrations and Rewards
 - 5. Policies for Fundraisers
 - 6. Policies for Food and Beverage Marketing
 - 7. District Wellness Committee Membership
 - 8. District Wellness Committee Leadership
 - 9. Implementation Plan
 - 10. Recordkeeping
 - 11. Annual Notification of Policy
 - 12. Triennial Assessment
 - 13. Revisions and Updating the Policy
 - 14. Community Involvement, Outreach and Communication
 - b. If time permits
 - i. Create Goals
 - ii. Begin the Local Wellness Policy Activity and Assessment Tool
 - iii. Revisit staff &/or community wellness activities
- III. Items for January 8, 2026
- IV. Adjourn & Stop Recording

Members

Alejandra Castaneda

Casarah Mock

Dawn McCann

Jennifer Lott

Jenny Becker

Karen Johnson

Layla Downing

Mayia Moletin

Michele Werchau

Nancy Papke

Racquel Beck

Sherri Vorak



Local Wellness Policy Assessment Comparison with a Model Policy

The Local Wellness Policy Final Rule requires LEAs to assess the extent to which their district Local Wellness Policy aligns with model policies at least once every three years.

Instructions

1. Obtain a copy of your written local wellness policy and any accompanying action plans used to guide implementation.
2. Review each section of your policy and check off the boxes below if your policy or action plan includes language similar to the language below.
3. Tally the number of check boxes for each section of the policy. Add any additional information that is in your policy but not included below.
4. Identify the areas of strength and success, as well as the areas the district wants to work on in the coming years.
5. Share the results with the District Wellness Committee and the public.

Goals for Nutrition Promotion

- | | |
|--|---|
| <input type="checkbox"/> The district will encourage participation in school meal programs. | <input type="checkbox"/> The district will implement at least 4 of the following 5 Farm to School activities: |
| <input type="checkbox"/> The district will implement at least 10 Smarter Lunchroom Techniques. | <input type="checkbox"/> Local and/or regional products are incorporated into the school meal program. |
| <input type="checkbox"/> School meal program menus will be posted on the district website or individual school sites. | <input type="checkbox"/> Messages about agriculture and nutrition are reinforced throughout the learning environment. |
| <input type="checkbox"/> Menus will include nutrient content and ingredients. | <input type="checkbox"/> School hosts a school garden. |
| <input type="checkbox"/> Participation in meal programs will be promoted to families. | <input type="checkbox"/> School hosts field trips to local farms |
| <input type="checkbox"/> 100% of foods and beverages promoted to students meet the USDA's Smart Snacks in Schools standards. | <input type="checkbox"/> School utilizes promotions or special events to highlight local/regional products. |

Nutrition Promotion Subtotal _____ of 7

Goals for Nutrition Education

- ☐ Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- ☐ Nutrition education is taught as part of health education.
- ☐ Nutrition education is incorporated into instructions through other subjects like math, science, language arts, social sciences and electives.
- ☐ Nutrition education includes enjoyable and developmentally appropriate participatory activities including (but not limited to):
 - ☐ Cooking demonstrations
 - ☐ Taste testing
 - ☐ Promotion of new items
 - ☐ School gardens
 - ☐ Farm tours
- ☐ Lessons will promote fruits, vegetables, whole grain-rich products, low-fat and fat-free dairy, and healthy food preparation methods.
- ☐ Education lessons will emphasize caloric balance between food intake and energy expenditure.

Goals for Nutrition Education

- ☐ Lessons link with school meal programs, cafeteria nutrition promotion activities, school gardens/Farm to School, and other nutrition related community activities.
- ☐ Media literacy with an emphasis on food and beverage marketing is taught.
- ☐ Teachers and other staff receive training in nutrition education.
- ☐ Elementary Schools- Nutrition education is offered at each grade level as part of sequential, comprehensive standards-based health education curriculum.
- ☐ Health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.
- ☐ Health education lessons include a minimum of 12 of the following essential topics on healthy eating:
 - o Relationship between healthy eating and personal health and disease prevention.
 - o Food guidance from MyPlate.
 - o Reading and using the FDA's Nutrition Facts labels.
 - o Eating a variety of foods every day.
 - o Balancing food intake and physical activity.
 - o Eating more fruits and vegetables and whole grain products.
 - o Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans-fat.
 - o Choosing foods and beverages with little added sugar.
 - o Eating more calcium-rich foods
 - o Preparing healthy meals and snacks
 - o Risks of unhealthy weight control practices
 - o Accepting body size difference
 - o Food safety
 - o Importance of water consumption
 - o Importance of eating breakfast
 - o Making healthy choices when eating at restaurants eating disorders
 - o The Dietary Guidelines for Americans.
 - o Reducing sodium intake.
 - o Social influences on healthy eating, including media, family, press and peers.
 - o How to find valid information or services related to nutrition and dietary behavior.
 - o How to develop a plan and track progress toward achieving a personal goal to eat healthfully.
 - o Resisting peer pressure related to unhealthy dietary behavior or influencing, supporting, or advocating for others' healthy dietary behavior.

Nutrition Education Subtotal _____ of 12

Goals for Physical Education and Physical Activity

- ☐ Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be used or withheld as punishment for any reason.
- ☐ The district will implement a Comprehensive School Physical Activity Program (CSPAP).
- ☐ To the extent practicable, the district will ensure that its grounds and facilities are safe and that equipment is available for all students to be active.
- ☐ Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces will be open to students, their families, and the community outside of school hours.
- ☐ The district will work with schools to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.
- ☐ All district elementary students in each grade will receive physical education for at least (choose one)
 - ☐ 60-89 minutes per week
 - ☐ 90-149 minutes per week
 - ☐ 150 or more minutes per week
- ☐ All district secondary students are required to take the equivalent of one academic year of physical education.
 - ☐ Optional- Secondary students will take more than one academic year of physical education.
 - ☐ Optional- Secondary students will take physical education throughout all secondary school years.
- ☐ The district will provide students with formal, age-appropriate physical education, consistent with national and state standards for physical education.
- ☐ Physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool).
- ☐ Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- ☐ All physical education teachers in the district will be required to participate in a least a once per year professional development in education.
- ☐ All physical education classes in the district are taught by licensed teachers who are certified or endorsed to teach physical education.
- ☐ Waivers, exemptions, or substitutions for physical education classes are not granted.
- ☐ All elementary schools will offer at least 20 minutes of recess on all days during the school year.
- ☐ If recess is offered before lunch, proper hand washing measures will be in place.
- ☐ Recess will be offered outdoors when weather is possible.
- ☐ Recess is a complement not a substitute for physical education class.
- ☐ Recess monitors will encourage students to be active and will serve as role models by being physically active along with students when possible.
- ☐ The district offers opportunities for students to participate in physical activity before school.
- ☐ The district offers opportunities for students to participate in physical activity after school.
- ☐ Health education will be required in all grades (elementary) and the district will require middle and high school students to take a pass at least one health education course.
- ☐ Teachers will serve as role models by being physically active alongside students whenever possible.
- ☐ The district will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity.
 - ☐ The physical, physiological, or social benefits of physical activity
 - ☐ How physical activity can contribute to a healthy weight.
 - ☐ How physical activity can contribute to the academic learning process.
 - ☐ How an inactive lifestyle contributes to chronic disease.
 - ☐ Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.
 - ☐ Differences between physical activity, exercise, and fitness.
 - ☐ Phases of an exercise session including warm up, workout, and cool down.
 - ☐ Overcoming barriers to physical activity
 - ☐ Decreasing sedentary activities such as TV watching
 - ☐ Opportunities for physical activity in the community

- Preventing injury during physical activity.
 - Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active.
 - How much physical activity is enough, including determining frequency, intensity, time, and type of physical activity.
 - Developing an individualized physical activity and fitness plan.
 - Monitoring progress toward reaching goals in an individualized physical activity plan
 - Dangers of using performance-enhancing drugs such as steroids
 - Social influences on physical activity including media, family, peers, and culture.
 - How to find valid information or services related to physical activity and fitness.
 - How to influence, support, or advocate for others to engage in physical activity
 - How to resist peer pressure that discourages physical activity.
- ☐ Students will be offered periodic opportunities to be physically active or to stretch throughout the day on all or most days during a typical school week.
- ☐ The district recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week.
- ☐ The district will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks.
- ☐ Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible and will do their part to reduce sedentary behavior during the day.
- ☐ The district will support active transport to and from school such as walking or biking.
- ☐ The district will encourage active transport by engaging in six or more of the following:
- ☒ Designate safe or preferred routes to school.
 - Promote activities such as participation in international Walk to School Week, National Walk and Bike to School Week.
 - Secure storage facilities for bicycles and helmets.
 - Instruction on walking/bicycling safety provided to students.
 - ☒ Promote safe routes to school program to students, staff, parents via newsletters, websites, and local newspaper.
 - Use crossing guards.
 - Use crosswalks on streets leading to schools.
 - Use walking school buses.
 - Document the number of children walking and/or biking to and from school.
 - Create and distribute maps of the school environment (sidewalks, crosswalks, roads, pathways, bike racks etc).

Physical Education and Physical Activity Subtotal ____ of 29

Goals for Other School-Based Activities that Promote Student Wellness

- ☐ All school-sponsored events will adhere to the wellness policy guidelines.
 - ☐ All school-sponsored wellness events will include physical activity and healthy eating opportunities.
 - ☐ The district will (develop, enhance or continue) relationship with community partners as appropriate, including:
 - Hospitals
 - Universities/colleges
 - Local businesses
 - SNAP-Ed Providers
 - ☐ The district will promote to parents/caregivers, families, and the general community the benefits of and approaches to healthy eating and physical activity throughout the school year.
 - ☐ Families will be informed and invited to participate in school- sponsored activities and will receive information about health promotion efforts.
 - ☐ The district will use electronic and non-electronic mechanisms to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.
 - ☐ The district wellness committee will have 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.
 - Subcommittee leader's name is listed in the policy
 - ☐ Schools in the district will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, and 3-4 strategies are listed.
 - ☐ The district promotes staff member participation in health promotion programs.
 - ☐ The district uses healthy meeting policy for all events with available food options, created by the district wellness committee to optimize healthy food options.
 - ☐ When possible, the district will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.
- Other Activities Subtotal _____ of 19**

Policies for School Meal Standards

- ☐ All schools in the district will participate in the National School Lunch Program.
 - ☐ All schools in the district will participate in the School Breakfast Program.
 - When possible, breakfast will be served in the classroom or via mobile grab and go carts.
 - ☐ All schools in the district (where appropriate) will participate in the Afterschool Care Snack Program.
 - ☐ When possible, schools will participate in the Fresh Fruit and Vegetable Program Grant.
 - ☐ Meals will be accessible to all students.
 - ☐ Meals will be appealing and attractive to students.
 - ☐ Meals will be served in clean and pleasant settings.
 - ☐ Meals served will meet or exceed the current nutrition requirements established by local, state, and Federal statutes and regulations.
 - ☐ Students will be allowed at least 10 minutes to eat breakfast.
 - ☐ Students will be allowed at least 20 minutes to eat lunch.
 - ☐ Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
 - ☐ School meals are administered by a team of nutrition professionals.
 - ☐ The district child nutrition program will accommodate students with special dietary needs.
 - ☐ Students will be served lunch at a reasonable and appropriate time of the day.
 - ☐ Lunch will follow recess to better support learning and healthy eating.
 - ☐ Local and/or regional products will be incorporated into the school meal programs.
 - ☐ Free, potable water will be made available to all students during the meal period.
 - ☐ Water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.
 - ☐ Students will be allowed to bring and carry approved water bottles with only water in them throughout the day.
- School Meal Standards _____ of 19**

Policies for Competitive Foods and Beverages

- ☐ Foods and beverages served outside the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

Competitive Food and Beverages ____ of 1

Policies for Celebrations and Rewards

- ☐ Foods served to students in grades K-8 will also meet (or exceed) the Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).
These guidelines apply to (check all that apply):
- ☐ Celebrations and parties- The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration idea.
 - ☐ Classroom snacks brought in by parents. The district will provide parents a list of foods and beverages that meet the Smart Snacks nutrition standards.
 - ☐ Rewards and incentives- The district will provide teachers and other school staff with a list of alternative ways to reward students.
 - ☐ Food and beverage will not be used as a reward.

Celebrations and Rewards ____ of 5

Policies for Fundraisers

- ☐ The district will allow exempt fundraisers that sell food that does not meet the USDA's Smart Snacks in Schools standards on the school campuses during the school day.

☐ The district will submit the exemption request form to ADE for all food related fundraisers when the foods do not meet USDA's Smart Snacks in Schools standards.

☐ The district has defined what it considers to be 'infrequent' for these exempt fundraisers.

☐ The district has defined what it considers to be an appropriate short duration for these exempt fundraisers.

☐ Fundraising done outside of school hours will sell only non-food items or food and beverage that meet the USDA's Smart Snacks in Schools standards.

OR

☐ The district will not allow exempt fundraisers. All foods and beverages sold as fundraisers will meet USDA's Smart Snacks in Schools standards.

☐ Fundraisers will include only non-food items and physical activity-based fundraisers will be encouraged.

☐ Fundraising done outside of school hours will sell only non-food items or food and beverage that meet the USDA's Smart Snacks in Schools standards.

Fundraising ____ of 5

Fundraising ____ of 3

Policies for Food and Beverage Marketing

- ☐ Any food or beverages advertised on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition guidelines.
These guidelines apply to (Check all that apply)

 - ☐ Brand names, trademarks logos or tags, except when placed on a physically present food or beverage product or its container.
 - ☐ Displays such as on vending machine exteriors.
 - ☐ Corporate brand, logo, trademark, or name on school equipment such as marquees, message boards, scoreboards, etc.

☐ Corporate brand, logo, trademark, or name on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment, as well as on posters, book covers, school supplies displays etc.

☐ Advertisements in school publications or mailings.

☐ Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product.

☐ As the district, school nutrition services, athletic director, PTO/PTA reviews existing contracts and considers new contracts, equipment and purchasing, decisions should reflect the applicable marketing guidelines established by the wellness policy.

Food and Beverage Marketing ____ of 8

District Wellness Committee Membership

- ☐ The district convenes a representative district wellness committee (DWC).
- ☐ DWC includes representation from all school levels including (but not limited to):
 - All school levels Parents/Caregivers Students
 - Representative from School Nutrition Programs
 - Physical education teacher
 - Health education teacher
 - School health professionals (nurses)
 - Mental health and social services staff (counselors, psychologists, social workers)
 - Administrators
 - School board members
 - Health professionals (dietitians, doctors, nurses) The general public
 - To the extent possible, a representative from each school
- ☐ The DWC meets at least 4 times per year.
- ☐ DWC includes representation from community partners (when feasible)
- ☐ Language that each school within the district will establish an on- going school wellness committee to review school-level, health related issues in coordination with the DWC.
- ☐ The public is notified of their ability to participate in the LWP process.

District Wellness Committee Membership ____ of 6

District Wellness Committee Leadership

- ☐ Superintendent or other designee is listed as the person who will convene the DWC and facilitate development of and updates to the wellness policy and will ensure each school's compliance with the policy.
 - Designee is _____
 - Other committee members' names are listed in the policy.
- ☐ Each school has designated a wellness policy coordinator who will ensure compliance with the policy.

District Wellness Committee Leadership ____ of 2

Implementation Plan

- ☐ The district has a plan for implementation to manage and coordinate the execution of this wellness policy.
- ☐ The plan includes roles, responsibilities, actions and timelines specific to each school and includes information about who will be responsible to make changes.
- ☐ Schools use a specific tool (Alliance's Healthy Schools Program, Action for Healthy Kids Game On, ADE's activity and assessment tool etc.) to complete a school-level assessment prior to developing the implementation plan.
- ☐ The wellness policy and progress reports are posted online and the URL for their online location is included in the policy.

Implementation Plan ____ of 4

Recordkeeping

- ☐ The district has a plan for retaining records to document compliance with the wellness policy.
- ☐ The location of the records is listed in the policy.
 - Documentation kept on file includes (check all that apply):
 - ☐ Written wellness policy
 - ☐ Documentation demonstrating it has been made available to the public.
 - ☐ Documentation of efforts to review and update the policy, including indication of who is involved in the update and the methods the district uses to make stakeholders aware of their ability to participate.
 - ☐ Documentation to demonstrate compliance with the annual public notification requirements.
 - ☐ The most recent assessment on implementation of the school wellness policy
 - ☐ Documentation demonstrating the most recent assessment on the implementation of the policy has been made available to the public.

Recordkeeping ____ of 8

Annual Notification of Policy

- ☐ The district will actively inform families and the public each year of basic information about the policy, including its content, updates, and implementation status.
- ☐ The district will make this information available via the district website and/or district-wide communications.
 - Communications include (check all that apply):
 - ☐ As much information as possible about the school nutrition environment
 - ☐ Summary of the district's or school's events and activities related to wellness policy implementation
 - ☐ Publication of the name and contact info of the officials leading the wellness committee
 - ☐ Information about how the public can get involved.

Annual Notification of Policy ____ of 6

Triennial Assessment

- ☐ At least once every three years, the district will evaluate compliance with the wellness policy. This will include:
 - o The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy. The extent to which the district's policy compares to the Alliance for a Healthier Generation's model policy.
 - o A description of the progress made in attaining the goals in the wellness policy
- ☐ The person responsible for managing the triennial assessment name and contact info is listed in the policy.
- ☐ The district will actively notify households of the availability of the triennial progress report.

Triennial Assessment ____ of 3

Revisions and Updating the Policy

- ☐ The DWC will update or modify the wellness policy based on the results of the annual school health index and triennial assessments.
 - Policy will be updated when (check all that apply)
 - ☐ District priorities change,
 - ☐ Community needs change,
 - ☐ Wellness goals are met,
 - ☐ New health science information emerges,
 - ☐ New state or federal guidance/standards are issued.

Revisions and Updating the Policy ____ of 6

Community Involvement, Outreach and Communications

- ☐ The district is committed to being responsive to community input.
- ☐ District will actively communicate ways in which representatives of the DWC and others can participate in the development, implementation and periodic review and update of the policy through a variety of means appropriate for the district.
 - The district will inform parents of (check all that apply):
 - ☐ Improvements to school meals standards
 - ☐ How to apply for meal benefits
 - ☐ A description of and compliance with the Smart Snacks in Schools nutrition standards
 - ☐ Updates to the policy at least annually
 - ☐ Annual and triennial reports and assessments
- ☐ Communications will include culturally and linguistically appropriate language.
 - The district will use (check all that apply):
 - ☐ Email
 - ☐ Notices on district website
 - ☐ Newsletters
 - ☐ Presentations to parents
 - ☐ Sending information home

Community Involvement, Outreach, and Communications ____ of 13

Additional District Goals and Policies

Other Goals:

Other Policies and Standards:

Additional District Goals_____

Other Policies and Standards_____

COMPARISON SUMMARY

Goals for Nutrition Promotion _____	<i>of 7</i>
Goals for Nutrition Education _____	<i>of 12</i>
Goals for Physical Activity and Physical Education _____	<i>of 29</i>
Goals for Other Wellness Activities _____	<i>of 11</i>
Policies for School Meal Standard _____	<i>of 19</i>
Policies for Competitive Foods and Beverages _____	<i>of 1</i>
Policies for Celebrations and Rewards _____	<i>of 5</i>
Policies for Fundraising _____	<i>of 5 or</i>
	<i>of 3</i>
Policies for Food and Beverage Marketing _____	<i>of 8</i>
Committee Membership _____	<i>of 6</i>
Committee Leadership _____	<i>of 2</i>
Implementation Plan _____	<i>of 4</i>
Recordkeeping _____	<i>of 8</i>
Annual Notification of Policy _____	<i>of 6</i>
Triennial Assessment _____	<i>of 3</i>
Revisions and Updating the Policy _____	<i>of 6</i>
Community Involvement, Outreach, and Communications _____	<i>of 13</i>
Additional District Goals _____	
Additional District Policies and Standards _____	

Areas where our policy aligns well with a model:

Areas that present an opportunity for revision:

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, audiotope, 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:

- 1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;*
- 2. fax: (833) 256-1665; or (202) 690-7442*
- 3. email: program.intake@usda.gov.*

This institution is an equal opportunity provider.

JL ©
STUDENT WELLNESS

The School District strives to make a significant contribution to the general well being, mental and physical capacity, and learning ability of each student while affording them the opportunity to fully participate in the educational process.

The District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.

To ensure the health and well-being of all students, the Board shall promote and monitor student wellness in a manner that the Board determines is appropriate in the following areas:

A. *Nutrition Guidelines*: All foods available in each school during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.

B. *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.

C. *Physical Activity/Recess*: 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.

"*Recess*," as defined in statute, means a period of time during the regular school day, including time during a scheduled lunch period, during which a pupil is able to engage in physical activity or social interaction with other pupils.

1. The District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through three (3). From and after August 1, 2019, the District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through five (5).
2. A school that offers a half-day kindergarten program is required to provide at least one (1) recess period during the school day for pupils in that kindergarten program.
3. The school District may count a pupil's participation in a physical education course during a school day as one (1) of that day's recess periods.
4. The District is not required to extend the school day to meet this recess requirement.
5. This recess requirement does not apply to middle schools, junior high schools, high schools, Arizona online instruction or schools in which the lowest grade of

instruction offered is grade five (5).

D. *Sunscreen*: The goal is to emphasize skin health and promote the application of sunscreen products and to inform students that a student who attends school in this District may possess and use a topical sunscreen product while on school property or at a school-sponsored event without a note or prescription from a licensed health care professional.

E. *Other School-Based Activities*: The goal is to create a total school environment that is conducive to healthy eating and physical activity.

F. *Evaluation/Implementation*: A primary goal will be to regularly (at least annually) evaluate the effectiveness of this policy in promoting healthy eating and changing the program as appropriate to increase its effectiveness. Such evaluation will be measureable. The results of each evaluation, including the extent to which schools are in compliance with District policy, the extent to which the District policy complies with federal regulations, and a description/summary of the progress made in attaining the goals of the District, shall be made available to the public. Physical education teachers and school health professionals shall have an opportunity to participate in the evaluation and implementation of this policy.

G. *Parent, Community and Staff Involvement*: A primary goal will be to engage family members, students, and representatives of the school food authority, the Governing Board, school administrators, and the public in development and regular review of this school policy.

The Superintendent is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, after-school programs, and funding-raising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation. The Superintendent shall institute and clearly communicate a meal charge policy to all District households and District staff responsible for policy enforcement that is consistent with aspects of the Healthy Hunger-Free Kids Act of 2010 applicable to the District. Regulations and exhibits created for the purpose of implementing this policy shall be considered, in effect, to be an extension of this policy subject to Governing Board review.

Adopted: October 18, 2018

LEGAL REF.:

A.R.S.

[15-118](#)

[15-159](#)

[15-242](#)

42 U. S. C. 1751 *et seq.* (National School Lunch Act)

42 U. S. C. 1771 *et seq.* (Child Nutrition Act)

CROSS REF.:

[ABA](#) - Community Involvement in Education

[ABAA](#) - Parental Involvement

[BBA](#) - Board Powers and Responsibilities

[EF](#) - Food Services

[EFDA](#) - Collection of Money/Food Tickets

[EFE](#) - Competitive Food Sales/Vending Machines

[IA](#) - Instructional Goals and Objectives

JL-RA

REGULATION

STUDENT WELLNESS

An annual report shall be made to the Board on the District's compliance with law and policies related to student wellness. The report may include but not be limited to:

- A. Evaluation of the food services program.
- B. Recommendations for policy and/or program revisions.
- C. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- D. Assessment of school environment regarding student wellness issues.
- E. Listing activities and programs conducted to promote nutrition and physical activity.
- F. Providing feedback received from District staff, students, parents/ guardians, and community members.

In accordance with the National School Lunch Act (42 U. S. C. 1751 *et seq.*) and the Child Nutrition Act (42 U.S.C. 1771 *et seq.*), as amended, an assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually. The Superintendent shall receive assurances from all appropriate administrators and supervisors prior to making the annual Board report.

Nutrition Education

Nutrition education shall focus on students' eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local District health education standards. Nutrition education at all levels of the curriculum shall include, but not be limited to, the following essential components designed to help students learn:

- A. Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating;
- B. Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and
- C. How to assess one's personal eating habits, set goals for improvement and achieve those goals.

In order to reinforce and support nutrition education efforts, the guidelines will ensure that:

- A. Nutrition instruction provides sequential, comprehensive health education in accordance with the Arizona Department of Education curriculum regulations and academic standards;

- B. Cooperation with agencies and community organizations is encouraged to provide opportunities for appropriate student projects related to nutrition;
- C. Consistent nutrition messages are disseminated from the District throughout the schools, communities, homes and media; and
- D. Nutrition education is extended beyond the school environment by engaging and involving families and community.

Nutrition Guidelines and Food Services Operations

All foods and beverages made available on a school campus serving any configuration of prekindergarten (PK) through eighth (8th) grade during the normal school day are to be consistent with the Arizona Nutrition Standards. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The District will create procedures that address all foods (including Foods of Minimal Nutritional Value and Competitive Food Sales) available to students throughout the school day in the following areas:

- A. National School Lunch Program and School Breakfast Program Meals.
- B. À la carte offerings in the food service program.
- C. Vending machines and school stores.
- D. Classroom parties, celebrations, fund-raisers, rewards and school events.
- E. Snacks served in after-school programs.

In keeping with the District's nutrition program goals, only food prepared or obtained by the District's food services program or approved by the District's Smart Snack Coordinator will be served or sold on each campus during the school day. This includes classroom reward or incentive programs involving food items as well as foods and beverages offered or sold at school-sponsored events during the regular school day. Approval is required to ensure that the foods served meet the requirements of the District's nutrition policy and regulation (i.e., all foods served fit in a healthy diet and contribute to the development of lifelong healthy eating habits for the District's students).

A.R.S. [36-136](#) provides an exemption from rules promulgated by the Director of the Department of Health Services for a whole fruit or vegetable grown in a public school garden that is washed and cut on-site for immediate consumption.

Physical Activity/Recess

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Recess shall be required and provided as described in Policy JL and in Regulation JL-RB.

Other School-Based Activities

The goal for other school-based activities is to ensure whole-school integration with the wellness program. The District will achieve the goal by addressing elements that include, but are not limited to, school meal times, dining environment, food as an incentive, marketing and

advertising, skin cancer prevention and sun safety, staff wellness, and staff development and training.

Program Evaluation

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

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

REGULATION

STUDENT WELLNESS

Physical Activity Goals

The primary goal for the District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including physical education, recess, walk-to-school programs, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

Physical education (high school graduation requirements): Students must, at the least, satisfy the state and District's physical education credit requirement.

Physical activity (time, frequency, and/or intensity): Schools will ensure that students are moderately to vigorously active at least fifty percent (50%) of the time while participating in physical education classes.

Physical activity outside of physical education/Recess: Schools may offer after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically involved or those with special health care needs.

Recess shall be required and provided as follows:

- A. Two (2) recess periods during the school day for pupils in kindergarten (K) and grades one (1) through three (3).
- B. On August 1, 2019, this recess requirement of two (2) recess periods during the school day is extended to grades four (4) and five (5).
- C. Half-day kindergarten pupils are to receive one (1) recess period during the school day.
- D. Participation in a physical education course during a school day may count as one of the day's recess periods.
- E. Extension of the school day is not required to meet the recess requirement.
- F. This recess requirement does not apply to middle schools, junior high schools, high schools, Arizona online instruction or schools in which the lowest grade of instruction offered is grade five (5).
- G. For the purposes of this section, "recess" means a period of time during the regular school day, including time during a scheduled lunch period, during which a pupil is able to engage in physical activity or social interaction with other pupils.

Walking or biking to school to promote physical activity: The District shall annually review safe routes for students who walk or bike to school.

Prohibition of use of punishment: The District will discourage the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes.

After-school programs: The District shall encourage after-school programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos.

Community use: The District shall encourage community access to, and student and community use of, the school's physical activity facilities outside the normal school day.



Bullhead City Elementary School District
1004 Hancock Road
Bullhead City, Arizona 86442
Phone: (928) 758-3961 Fax (928) 758-4996

Administrative Regulations

Pursuant to Governing Board Policy: JL Student Wellness

In keeping with the National School Lunch & Breakfast Program (NSLBP), the Healthy, Hunger-Free Kids Act of 2010, and Arizona Law 15-242, Bullhead City School District implements the following regulations during the school day. "School day" is defined as "from the time students arrive on campus in the morning until thirty (30) minutes after the last school-sponsored class (regular school day or after-school program, whichever is later).

Food:

- Only food prepared by or obtained from the district's food services program will be served or sold on each campus during the school day.
- Preschool and kindergarten students may bring a healthy snack for the afternoon. Schools will provide parents with a lists of acceptable snacks. Teachers may provide snacks from the "no thank you" table in the cafeteria to those students who do not bring a snack.
- Schools and employees will not use food as rewards.
- Classroom parties or celebrations involving food are prohibited.
- Teachers and other employees may not provide snacks or beverages to students except those from the district's food services program.
- Food items (e.g., M&Ms, cheerios) will not be used as math manipulatives or for other instruction.

Beverages ~ only the following beverages are allowed during the school day from any source, including school stores, vending machines, school cafeterias, and any fund-raising activity on school property, whether or not school sponsored (*certain other restrictions apply*):

- Milk – low-fat or no fat
- Non-dairy milks
- 100% fruit or vegetable juice
- Water (un-flavored)

Outside of the School Day: These Administrative Regulations do not apply to events outside of the school day as defined above. However, sponsors of fund-raising and other events are encouraged to select food items in accordance with Smart Snacks and Arizona Nutrition Standards.

Snacks Brought by Students: Students may bring a *healthy* snack to be consumed during a designated time during the school day. Acceptable snacks: fresh fruits/vegetables; nuts, seeds, or trail mix; dried fruits; prepackaged items for which the first ingredient is a fruit, a vegetable, a dairy product, or a protein; unflavored water, low-fat milk, or 100% fruit/vegetable juice. Prohibited snacks: candy; chips; sodas, energy drinks, sports drinks; any food or drink with high levels of sugar or salt.

FY25 Wellness Plan

Action Steps	Related Focal Point # (Only Indicate one #)	Timeline	Person(s) Responsible
Pilot two physical education curriculum programs in physical education classes during FY25.	Module 3: Sequential physical education curriculum consistent with standards (PA.5)	Pilot during FY25 with plans to adopt in FY26	Director of Educational Services Physical Education Teachers
Chartwells staff will present nutrition lesson to students	Module 4: Collaboration between school nutrition services staff members and teachers (N.9)	Quarterly	Chartwells Staff School Principals & Teachers
Create and receive physician's approval of standing orders for our health attendants.	Module 5: Consulting school health physician (CC.7)	Review/revise standing orders Fall 2024 Approval from physician Winter 2025 Annually after initial approval	Health Attendants
Communicate the names of students, their health condition/allergy and emergency response plan with all staff who interact with the student	Module 5: Health emergency response plans (CHC.1/S.2)	Within the first week of school for those beginning at the start of the school year and within 2 school days for students enrolling after the first day of school. Updates within 2 days after a child's emergency response plan is changed.	Health Attendants Principals
Provide the following to assist students transitioning from one school to another in the district: Sharing care plan/concerns between school counselors of "old" and "new" school Sharing IEPs/BIP/concerns between special education teachers of "old" and "new" school Move Up Days	Module 6: Aid students during transitions (CC.6)	At the end of each school year and if/when a student moves between schools in the district during the school year	School Counselors Special Education Teachers School Administrators Special Education Director Director of Educational Services
Purchase slip mats for doorways at school sites	Module 8: Safe physical environment (S.1)	Beginning of the school year	Superintendent Principals Custodians
Create and facilitate staff/family health challenges. Collect challenge results and provide incentives to participants.	Module 9: Health education for staff members (CC.1). Promote staff member participation (CC.3) Module 10: Family engagement in learning at home (CC.5) Module 11: Community-wide health promotion events (CC.4)	Quarterly	Wellness Committee