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## **District Wellness Committee**

**Thursday, January 8, 2026**

**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. Summary of the work we have completed
  - b. Items not in writing that we have in practice
  - c. Sections we like from other district policies
  - d. Recommendation to Dr. Stewart for changes in our current policies & regulations
  - e. Goal Setting
- III. Items for February 5, 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

**LEA Name:**  
**Local Wellness Policy**

Date Created:  
Last Updated:

**I. Wellness Policy Goals**

*Goals for Nutrition Promotion:*

*Goals for Nutrition Education:*

*Goals for Physical Activity:*

*Goals for Other School-Based Activities that Promote Student Wellness:*

**II. Nutrition Standards**

***School Meals***

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

- a. All schools in the district will participate in the National School Lunch Program.*
- b. All meals will, at a minimum, meet the New Meal Pattern requirements.*
- c. Free, potable water will be available to all students during meal periods.*
- d. Additional standards include:*
  - I.*
  - II.*
  - III.*
  - IV.*

***Competitive Foods and Beverages***

- a. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. These guidelines apply to all foods sold in the following locations:*
  - a.*
  - b.*
  - c.*
  - d.*
- b. List any additional criteria the district has established for competitive foods here:*
  - a.*
  - b.*
  - c.*

Date

### ***Celebrations and Rewards***

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

- a. *Describe your standards for all foods and beverages provided, but not sold, to students during the school day:*
- b. *These guidelines apply to (check all that apply):*
  - ☐ School-sponsored events
  - ☐ Celebrations and parties
  - ☐ Classroom snacks provided by parents
  - ☐ Classroom rewards and Incentives

### ***Fundraising***

- a. *Describe your policy on food and beverage related fundraisers sold to students on school campus during the school day, including the frequency and duration of exempt fundraisers as appropriate:*

### ***Food and Beverage Marketing in Schools***

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

- a. *Describe your policies for food and beverage marketing:*
- b. *Describe any additional policies for foods and beverages marketed to students:*

## **III. School Wellness Committee**

### ***Committee Role and Membership***

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

- a. *Describe frequency of meetings:*
- b. *Description of who the LEA permits to participate in the wellness policy process. (e.g. parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators):*
- c. *Description of how the public is notified that their participation is permitted:*

Date

### ***Leadership***

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

- a. *The designated official for oversight of implementation at each school is:*
- b. *The designated official for convening the wellness committee is:*
- c. *The person designated for informing the public about the wellness policy is:*

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

### ***Implementation of the Wellness Policy***

- a. Describe the District's plan for implementation to manage and coordinate the execution of this wellness policy.

### ***Triennial Progress Assessments***

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

- a. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
  - i. Provide a description of how the District will assess the progress made in attaining the goals of the District's wellness policy:
  - i. (Optional) The person responsible for this assessment is:
  - ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.
    - i. (Optional) The person responsible for this assessment is:
- b. The District will assess how their wellness policy compares to model wellness policies.
  - i. Provide a description of how the District will compare their policy with the model policies.
    - i. (Optional) The person responsible for this assessment is:

### ***Revisions and Updating the Policy***

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

Date

- a. Describe how often the LEA will update or modify the wellness policy:

***Notification of Wellness Policy, Policy Updates and Triennial Assessment***

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

- a. Describe how the LEA will make the district wellness policy available to the public:
- b. The annual progress reports and updates can be found at:
- c. The District will make the Triennial Assessment available at:

Date

*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: (202) 690-7442; or*

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

*This institution is an equal opportunity provider.*

Date

# Needles Unified School District Wellness Policy

## Preamble

Needles Unified School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District.

## **I. School Wellness Committee**

### ***Committee Role and Membership***

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

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

### ***Leadership***

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

Name	Title	Email address
Dr. Mary McNeil	Superintendent	Mary_Mcneil@needlesusd.org
Alex Chandler	Nutrition Director	Alex_Chandler@needlesusd.org

## **II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

### ***Implementation Plan***

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan defines roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

This wellness policy can be found at: <http://www.needlesusd.org/>

The District will retain records to document compliance with the requirements of the wellness policy. Documentation maintained will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment\* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

### ***Revisions and Updating the Policy***

The DWC will update or modify the wellness policy based on District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years.**

### ***Community Involvement, Outreach, and Communications***

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

## **III. Nutrition**

### ***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model

healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *Summer Food Service Program (SFSP)*. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices including the following:
  - Whole fruit options are displayed
  - Sliced or cut fruit is available daily
  - Daily fruit options are displayed in a location in the line of sight and reach of students
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
  - White milk is placed in front of other beverages in all coolers
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
  - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
  - Student artwork is displayed in the service and/or dining areas
  - Daily announcements are used to promote and market menu options
- Menus will be posted on the District website or individual school websites
- School meals are administered by a team of child nutrition professionals.
- The District child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch. Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes. In addition, students will be

allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### ***Competitive Foods and Beverages***

The District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards (or, if the state policy is stronger, will meet or exceed state nutrition standards). These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

### ***Celebrations and Rewards***

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards (or, if the state policy is stronger, will meet or exceed state nutrition standards), including through:

1. Celebrations and parties. The district will provide a menu of healthy party ideas to parents and teachers.
2. Classroom snacks brought by parents. The District will provide to parents a menu and a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently

through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

### ***Food and Beverage Marketing in Schools***

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards (or, if stronger, state nutrition standards), such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food advertising and marketing is defined as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- 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, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

#### **IV. Physical Activity**

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the district is committed to providing these opportunities.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

#### ***Professional Learning***

When feasible, 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 school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.



# 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**

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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>
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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:

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1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;*
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