

Procedure © 3-301.E Food Services - Wellness Program

The purpose of this Procedure is to outline the parameters of the District's wellness policy as required by [7 C.F.R. § 245.10](#).

A. Written Plan

The District shall create a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum federal nutrition standards.

The written plan shall contain:

1. Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing these goals, the District must review and consider evidence-based strategies and techniques;
2. Standards for all foods and beverages provided, but not sold, to students during the school day on each participating school campus;
3. Standards and nutrition guidelines for all foods and beverages sold to students during the school day on each participating school campus;
4. Goals that promote student health and reduce childhood obesity;
5. The method by which parents, students, physical education teachers, school health professionals, school administrators and the general public will be involved in the creation of the written plan;
6. A description of the plan for measuring the implementation of the wellness policy and plan; and
7. How the District will report on content and implementation of the wellness policy and plan to the public.

The Food Service Director and Wellness Coordinator are responsible for the implementation and oversight of the wellness policy and the written plan.

At least once every three (3) years, the District shall assess compliance, which shall include local school compliance, a comparison to other wellness policies and written plans, a review of progress toward goals, and proposed updates or modifications.

B. Notification

The District shall:

1. Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy and written plan;
2. Inform the public about the content and implementation of the local school wellness policy and written plan, and make the policy, written plan and any updates to the written plan available to the public on an annual basis; and
3. Inform the public about progress toward meeting the goals of the local school wellness policy and compliance with the wellness policy and written plan by making the triennial assessment available to the public.

C. Record Keeping

The District shall retain records to document compliance with the applicable federal regulations related to a wellness policy and written plan, including maintain the policy and plan, the compliance with community involvement requirements, and the triennial evaluation.

School Wide Wellness Goals

The wellness policy will focus on promoting healthy eating habits and physical activity among students in order to prevent childhood obesity. Childhood obesity is a growing concern and addressing it through a wellness policy in schools will not only promote better health among students but also improve their academic performance and overall well-being.

By the end of the school year, the wellness policy aims to increase the consumption of fruits and vegetables by 20% among students and increase the number of minutes of physical activity during school hours by 15%.

This wellness policy in collaboration with school staff, Yavapai County Health Department and Mat Force will provide nutrition education and health programs several times per school year and during School Wellness Week. It will also work with teachers to incorporate physical activity breaks into the daily schedule.

The wellness policy will be fully implemented within the next school year, with progress and outcomes evaluated regularly throughout the year to ensure that the goals are being met.

Goals for Nutrition Promotion

Promotion of Meal Program Participation

Participating in the district meal programs will be actively promoted and encouraged to families while monitoring engagement with promotional materials and events. School meal program menus will be posted on the district website as well as posting National School Breakfast Week & National School Lunch Week events on Class Dojo. Collaborating with school staff and community partners for program outreach and increasing the awareness of the benefits of school meal programs through active involvement and participation in annual targeted promotion campaigns.

Goals for Nutrition Education

Promotion of water consumption & understanding of USDA food labels

Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health. To reinforce and support nutrition education efforts promoting water consumption and understanding USDA nutrition labels. Educational materials and workshops will be provided by district instructors, Yavapai County Health Department and MatForce throughout the year. Integrating water consumption into daily routines and scheduling food label reading workshops within the current semester.

Goals for Physical Activity/Recess

Encouragement of After-School Sports Programs and Regular Physical Activity

Offering opportunities for students to participate in classroom based physical activities, outdoor recess, and sports programs. Track student enrollment and participation in sports programs using lesson plans & class schedules reflecting physical activity at least 2 times per week. Students will be provided with formal age appropriate physical education weekly for 90-149 minutes consistent with national & state standards. Collaborate with community organizations and coaches to expand sports and physical activity program offerings by the end of the school year, encouraging lifelong fitness habits & teamwork skills.

Arizona Revised Statute 15-118. Recess; requirements; exceptions; definition

A. Each school district and charter school shall provide at least two recess periods during the school day for pupils in kindergarten programs and grades one through three. From and after August 1, 2019 each school district and charter school shall provide at least two recess periods during the school day for pupils in kindergarten programs and grades one through five.

B. Notwithstanding subsection A of this section, a school that offers a half-day kindergarten program is required to provide at least one recess period during the school day for pupils in that kindergarten program. A school district or a charter school may count a pupil's participation in a physical education course during a school day as one of that day's recess periods required by subsection A of this section.

C. A school district or charter school is not required to extend the school day as part of meeting the requirements of subsection A of this section.

D. This section 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.

E. 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.

Goals for Other School-Based Activities that Promote Student Wellness

Ensuring Safe and Active Environments

Maintaining safe school grounds and facilities conducive to physical activity for all students by conducting regular safety assessments and addressing identified safety issues. Allocating resources for equipment maintenance and safety enhancements by completing weekly playground safety checklists and reporting unsafe conditions through the district FMX System. Designating safe or preferred routes to school using crosswalks on streets and crossing guards. Safety assessments and improvements to be implemented before the start of the next academic year.

Availability of Free Potable Water during Meal Periods

Providing free access to drinking water for all students during meal periods which promote hydration and healthy beverage choices. Ensuring potable water is available and accessible from bottle filling stations and drinking fountains not only in the meal area but throughout campus.

School Meal Standards, Nutrition Guidelines, & Food Service Operations

The school participates in the National School Lunch Program, School Breakfast Program and the Afterschool Care Snack Program. All school meals are accessible to all students and served meeting or exceeding the current nutrition requirements established by local, state, and federal statutes and regulations.

All foods and beverages made available on a school campus serving PK-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. Foods and beverages served outside of the school meal programs will meet the USDA Smart Snacks in School Nutrition Standards at a minimum.

In keeping with the District's nutrition program, only food prepared or obtained by the District's food services program should be served during the regular school day. This includes classroom reward or incentive programs involving food items such as the Accelerated Reader Program, or food 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.

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

AR reward party-four times per year

20%=pencil

40%= homework pass

60%= baked chips

80%=low sugar snack

100%=classroom party

Classroom parties-2 per year

Birthday parties will be allowed. Foods are to be store purchased and individually wrapped when possible. Some alternatives for healthy classroom snacks include:

Pretzels

Raisins

String cheese
Carrots
Celery
Popcorn
Yogurt
Granola
Peanut butter
Crackers-whole wheat
Hummus
Nuts
Trail mix
Fruits- apples, bananas, oranges, grapes, melon, plums, berries
Raw vegetables-carrots, celery, sweet peppers, snow & snap peas
Applesauce
Fruit cups
Deli meat & cheese roll up

Governing Board Reviewed 6/11/2024

