

Laveen Elementary School District #59 Local Wellness Policy Supplement

Date Created: 9/5/2019
Last Updated: 1/29/2020

I. Overall Wellness Policy Goals

Goal for Nutrition Promotion: To create environments that are supportive of healthy eating and physical activity by participating in programs that promote and reinforce health, and emphasize the School District's commitment to a healthy school environment.

Goal for Nutrition Education: To influence students' eating behaviors by providing nutrition education that is appropriate for students' ages, reflects students' cultures, is integrated into the classrooms and/or cafeterias, and provides opportunities for students to practice skills and have fun.

Goal for Physical Activity: 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.

Goal for Other School-Based Activities that Promote Student Wellness: The goal is to create a total school environment that is conducive to healthy eating and physical activity.

II. Physical Activity Standards

- Offer physical activity before, during, and after school.
- To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active.
- Elementary grades will receive at least 80-149 minutes of physical activity per week.
- Middle school grades are offered physical education classes as either mandatory or as an elective.
- Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.
- Physical education program promotes student physical fitness through individualized fitness and activity assessments.
- Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- Professional development is available to physical education teachers at least once per year.
- Physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.
- Recess is a compliment to, not a substitute for, physical education class.
- Recess is offered outdoors when weather is feasible; gyms are open during heat advisories.
- Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day on all or most days during a typical school week.
- Teachers serve as role models by being physically active alongside students whenever possible.

III. Nutrition Standards

School Meals

The school meal programs in the district 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. All schools will participate in the School Breakfast Program.
 - II. All schools will participate in the At-Risk Afterschool Meals Program.
 - III. Schools that are eligible will apply to participate in the Fresh Fruit and Vegetable Program.
 - IV. Schools that are eligible will participate in the Summer Food Service Program, based on the needs of the district and community.
 - V. Meals are:
 - Accessible to all students.
 - Are appealing and attractive to students.
 - Are served in clean and pleasant settings.
 - Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations.
 - VI. The District uses evidence-based strategies from *The Smarter Lunchrooms Movement* to encourage selection and consumption of healthy food choices in the cafeteria. All schools will utilize the following Smarter Lunchroom strategies:
 - At least two kinds of fruit are offered daily.
 - Sliced or cut fruit is offered.
 - At least two kinds of vegetables are offered.
 - Vegetables are offered on all service lines.
 - Both hot and cold vegetables are offered.
 - A low fat dip, such as ranch or hummus, is offered with cut, raw vegetables.
 - Pre-packaged salads are available to all students.
 - White milk is offered in all beverage coolers.
 - A reimbursable combo meal is offered as a grab-and-go meal.
 - Attractive, healthful food posters/flyers are displayed in dining and service areas.
 - A menu board is readable from 5 feet away when approaching the service area.
 - Cafeteria staff smile and greet students upon entering the service line and throughout meal service.
 - The lunchroom is branded and decorated in a way that reflects the student body.
 - A monthly menu is provided to students, families, teachers, and administrators.
 - Smarter Lunchroom strategies are included in the Local School Wellness Policy.

Competitive Foods and Beverages

- e. *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 during the school day in the following locations:*
- I. All school cafeterias.
 - II. A la carte offerings in the food service program, which include bottled water, milk, lactose-free milk, juice, extra entrées, and/or vanilla soy milk.
 - III. Any food or beverage sold to a student during the school day on the school campus (midnight the night before to 30 minutes after the end of the official school day) must meet Smart Snacks guidelines, including school stores.
 - Visit the district website to use the Smart Snack Calculator to see if the item meets nutrition standards.

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.

- f. Any food or beverage served to students during the school day on the school campus must meet Smart Snacks guidelines if the event occurring is outside of the enrolled single classroom and involves several other members of the student body.
- g. *These guidelines apply to (check all that apply):*
- School-sponsored events
 - E.g., field days, spirit days, pep rallies, or other school-sponsored events like 'Muffins with Mom' or 'Donuts with Dad'.
 - Healthy breakfast or lunch options can be ordered through the Child Nutrition Department to ensure foods meet Smart Snacks guidelines.
 - Visit the district website to use the Smart Snack Calculator to see if the item meets nutrition standards.
 - Celebrations and parties
 - Classroom parties – defined as a celebration that occurs within a given classroom and limited to only those students enrolled in that one classroom – are not subject to the nutrition standards. Examples of classroom parties are holiday parties and birthday parties that occur in the classroom limited only to those enrolled students. However, the district encourages common-sense foods that are healthier and lower in fat, saturated fat, sugar, and sodium. The District Wellness Policy requires that all food brought onto campus for classroom celebrations originates from commercial grocery or food service stores or other commercial kitchens that are certified to comply with Maricopa County Environmental Services regulations.
 - Classroom snacks provided by parents
 - With permission from the teacher and principal at the child's school, classroom snacks/treats can be brought in. Again, the district encourages healthy snacks and requires that all food brought onto school campus originates from commercial grocery or food service stores.
 - Visit the district website for healthy snack ideas.
 - Classroom rewards and incentives

- The district encourages non-food rewards and incentives, such as: positive praise, recognition, special privileges (e.g., sit with a friend, go first), play a game, etc.

Fundraising

- h. All fundraisers held during the school day on the school campus (the period from the midnight before to 30 minutes after the end of the official school day) are required to meet the nutrition standards or obtain a waiver from the Arizona Department of Education. The waiver will be submitted by the Child Nutrition Services Director. The only exception would be selling food items that are clearly not intended to be eaten immediately (i.e. frozen cookie dough). The sale of food items that meet the Smart Snacks in Schools Standards are not limited in any way. The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
 - l. It is under the discretion of the School Wellness Committee to determine what it considers to be an 'infrequent' and 'short' food-related fundraiser as it relates to exempt fundraisers.

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 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.

- i. All foods and beverages advertised on the school campus during the school day shall meet the Smart Snacks guidelines.
 - l. This includes: school equipment such as marquees and message boards; cups used for beverage dispensing, menu boards, water bottles, utensils, and other food service equipment; posters, flyers, displays, etc.

IV. 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. The School Wellness Committee will strive to meet one time per month throughout the school year.
- b. The School Wellness Committee will represent all school levels and include; to the extent possible, but not be limited to: representatives from each school building; school teachers (kindergarten through grade 8); physical education teachers; health education teachers; representatives of the school nutrition program (e.g., school nutrition director, nutritionist, cafeteria manager); school health professionals (e.g., school health services staff); school administrators (e.g., superintendent, principal, vice principal); school board members; health professionals (e.g., dietitians, nurses); school volunteers; parents and caregivers; students; and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-Ed). Members will reflect the diversity of the community.

- c. Dates of upcoming meetings, meeting agendas, and meeting minutes are posted on the district website. Participation is encouraged through the district website and by word-of-mouth. Those interested in joining are instructed to contact the School Wellness Committee Chair.

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.

- d. *The designated official for oversight of implementation at each school is:*
 - a. Alex Rodriguez- Cheatham Elementary School
 - b. Jennifer Burnap- Desert Meadows School
 - c. Gavin Tucker and Jaclyn Morales- Laveen Elementary School
 - d. Matt Epacs- Maurice C. Cash Elementary School
 - e. Robert Harrison and Julia Mister- Paseo Pointe School
 - f. Andrew Hudgins- Rogers Ranch School
 - g. Austin Knolles- Trailside Point Performing Arts Academy
 - h. Gregg Carroll- Vista del Sur Accelerated Adacemy
 - i. Jennifer Gordon, Bethany Hultstrand and Bianca Altamirano- District Office
 - j. Kristi Mollner- Community Partnership through Maricopa County Dept of Public Health
- e. *The designated official for convening the wellness committee is:* Bethany Hultstrand, Nutritionist and/or Jennifer Gordon, Child Nutrition Services Director.
- f. *The person designated for informing the public about the wellness policy is:* Bethany Hultstrand, Nutritionist and/or Jennifer Gordon, Child Nutrition Services Director and Kristen Landry, Communications Coordinator

V. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of the Wellness Policy

- a. Each school representative will periodically use the school assessment tool, in addition to the School Health Index as another guideline, to document what is happening at each school site and track progress.

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 compare their policy to the Alliance for a Healthier Generation's model wellness policy.

- b. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
 - i. School representatives will monitor and gather data utilizing the district's assessment tool. School representatives will report findings to the Nutritionist, who is ultimately responsible for managing the triennial assessment.
 - i. *The person responsible for this assessment is:* School representatives at ground level and ultimately the Nutritionist, who will compile data from all schools and compare to policy and tracking tool/assessment.

- c. The District will assess how their wellness policy compares to model wellness policies.
 - i. Once school representatives have turned in findings from their school sites, the Nutritionist will track progress based on the initial tracking tool. The committee will decide as a group what areas are working, what needs improvement, and how to continue carrying out plans/goals.

Revisions and Updating the Policy

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

- d. The committee has agreed to update or modify the wellness policy when district priorities change; community needs change; wellness goals are met; new health science information emerges; and/or new state or federal guidance/standards are issued.

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.

- e. The district wellness policy is available to the public at all times via the district website.
- f. The annual progress reports and updates can be found at:
www.laveenschools.org
- g. The District will make the Triennial Assessment available on the district website.