

PAGE UNIFIED SCHOOL DISTRICT #8
WELLNESS POLICY
PAGE, ARIZONA

The Page Unified School District is issuing the following Local Wellness Policy as an important tool in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards. This policy is the result of the Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265), which requires schools to implement nutrition standards, physical activity goals, nutrition education goals and goals for other school based activities designed to promote student wellness by SY 2006-2007. A first revision was completed in April of 2008. With the passage of the Healthy, Hunger- Free Kids Act of 2010 (PL 111-293, Sec 204), the new provisions expanded the scope of local wellness policies by bringing in additional stakeholders in its development, implementation and review. The Act also requires public updates on the content and implementation of the wellness policies. This May 2014 revision serves to update the previous policy. A collaborative effort of nutrition policies and a committee of school health professionals, school administrators, teachers of physical education, school staff, school food authorities, and parents formed this policy. Thus, the PUSD 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.

I. NUTRITION STANDARDS Effective July 1, 2014, all Page Unified School District schools shall comply with the nutrition policies outlined below. These policies are intended to provide a healthier school environment for Page Unified School District students and employees. The following specific nutrition standards pertain to all foods and beverages served or made available to students on PUSD school campuses. This includes school meals, a la carte and the nutritious classroom snacks.

A. Page Unified Schools

1. Elementary and Middle Schools will follow the Arizona Nutrition Guidelines (See Attachment #1 for details). Implementing these standards successfully will help maintain children's health and ensure that they are ready to learn. In addition, this will guarantee that school environments are supporting both parents and teachers as they encourage children to establish healthy eating behaviors.
2. All schools in the Page Unified School District will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Food served in school cafeterias will meet all Nutrient Standards established by the USDA. The Food & Nutrition Department will provide snacks that meet federal nutrition guidelines to after school programs as appropriate.
3. Adequate time will be provided for students to receive and consume meals. The minimum recommended eating time for each student after being served is at least

10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.

4. Foods of Minimal Nutritional Value (FMNV) Policy: Foods that compete with more healthful choices should not be made available to students, especially during meal times when well balanced nutritious meals are available. These foods are known as Restricted Competitive Foods (See Attachment #2 for details).
5. No foods may be sold in competition with Lunch and Breakfast programs. Vending machines and competitive food sales are allowed to begin selling after the end of the last lunch period. A la carte sales run by the Food Services Department are not limited because foods sold follow the nutrition guidelines.
6. No outside food may be sold on campus during the school day without specific permission from the Business Office, in cases of fundraising for student activities or authorized vending.

B. POLICY EXEMPTIONS

1. School Nurses: This policy does not apply to school nurses using FMNV's (see attachment #2) during the course of providing health care to individual students.
2. Accommodating Students with Special Needs: Special Needs Students whose Individualized Education Program (IEP) or 504 plans indicates the use of an FMNV or candy for behavior modification (or other suitable need) may be given FMNV or candy items.

C. *School Events:*

1. FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations and Arizona Nutrition Standards.
2. AIMS Test Days: Schools and parents may provide nutritious snacks for students taking state standardized tests. The snack must comply with the fat and sugar limits of the Arizona Nutrition Standards (see attachment #2) and may not contain any Foods of Minimal Nutritional Value. Items can be purchased from the Food Services Department that complies with the state regulations.
3. Instructional Use of Food in Classroom: For instructional purposes, teachers may use foods as long as the food items are not considered FMNV or candy. Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy. However, FMNV may not be served during meal periods in the areas

where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.

4. Field Trips: School-approved field trips are exempt from the nutrition policy. However, if meals are being provided and claimed as reimbursable by Food Services, food must follow Arizona Nutrition Standards. Therefore, not exempt from the nutrition policy. A school official must approve the dates and purposes of the field trips in advance. Food Service meal requests must be made 10 days in advance and require a roster of student names and ID numbers. Adult meals are available and must be paid prior to trip.
5. Athletic, UIL, Band and Other Competitions: The nutrition policy does not apply to students who leave campus to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy. Again, if reimbursable meals are being sent with students, those meals must meet nutrition standards.

II. NUTRITION EDUCATION

A. Page Elementary Schools

Nutrition education will be comprehensively given to the students via the following:

1. Age and grade-appropriate nutrition education will be coordinated into the school's comprehensive school health curriculum. It is also highly encouraged that nutrition education be integrated into other curriculums such as science, math, language arts, social sciences, etc.
2. Healthy nutrition practices will be promoted throughout school premises by way of nutrition posters, positive eating atmosphere environment, promotional incentives, etc.
3. Advertising of foods is limited to foods that meet the standards described in this policy.
4. This policy will be promoted among school faculty/staff and student families by means of formal in-service, handouts, newsletters, fun events (food demonstrations, taste-testing), and other means.
5. Coconino County Health Department visits classrooms and provides nutrition lessons that are taught in conjunction with the teachers.
6. The school counselor teaches the students how to make healthy choices when it comes to eating and nutrition, and getting physically fit, as it relates to the social emotional aspect.

7. Desert View Intermediate, grades 3-5, offers an afterschool class on nutrition but this only for students who choose it as their enrichment class.

B. Page Middle School & High School

Nutrition education will be comprehensively given to the students via the following:

1. Age and grade-appropriate nutrition education will be coordinated into the school's comprehensive school health curriculum. It will be applied especially in PE classes every quarter. It is also highly encouraged that nutrition education be integrated into other curriculums such as science, math, language arts, social sciences, etc.
2. Healthy nutrition practices will be promoted throughout school premises by way of nutrition posters, positive eating atmosphere environment, promotional incentives, etc.
3. Advertising of foods is limited to foods that meet the standards described in this policy.
4. This policy will be promoted among school faculty/staff and student families by means of the Page Unified School District website, handouts, newsletters, fun events (food demonstrations, taste-testing), and other means.
5. Nutrition Education at Page High School: Nutrition education will be prioritized in the Personal Fitness/Activity Class. A minimum of five weeks will be spent in this class on students understanding healthy eating choices. Additionally, all student athletes will be required to attend a nutrition class during their sport's season. This presentation will be developed by the School Nutrition Office.

III. PHYSICAL ACTIVITY

A. Page Elementary Schools

1. Physical Activity: The PE Teacher teaches physical fitness as part of her standards. Students get 45-50 minutes of Physical Fitness class a week, and 20 minutes extra a day for physical activity from the homeroom teacher.
2. Recess: All students have 20-30 minutes of recess on any day that they do not have P.E. class.
3. Additional Physical fitness activities include the Presidential fitness test, Jump Rope for Heart, and several field days.
4. Parent partnership: Because students should engage in a minimum of 60 minutes of physical activity a day, parents are encouraged as partners to promote physical activity beyond the school day. Monthly Newsletters, participation in campaigns that are physical, and support of outside community activities is promoted at school.

B. Page Middle School

1. Physical Activity: Physical Education is an elective at Page Middle School for grades 6-8. They receive 150 minutes of physical activity per week. The students are taught about the importance of eating fruits and vegetables every day. They are taught about the importance of water in their daily diet. They are taught about dairy and drinking milk as part of their diet.
2. Coconino County taught a class in the science department about Health and nutrition. They emphasized the importance of drinking water every day. They are also taught what illnesses are prevalent when a healthy diet is not followed. For example, diabetes is affected by diet. Page Middle School would like to have Coconino County come in every year and teach a segment on health and nutrition.

C. Page High School

1. Page Unified School District requires High School students to have 1 physical education credit to graduate.
2. Parent partnership: Because students should engage in a minimum of 60 minutes of physical activity a day, parents are encouraged as partners to promote physical activity beyond the school day. This will be communicated in the Page High School Parent Handbook.

D. Employee Fitness

1. The Page Unified School District #8 knows how important it is to stay healthy. We are offering fitness activities each day to encourage our employees to stay fit while having fun.
 - a. **What: Booty Camp by Kiera Keisling**
Where: Page High School Dance Room
 - b. **What: City of Page's Men's/Women's Basketball**
Where: Page High School Main/Pool Gym
Adult Basketball League
 - c. **What: Open Weight Room with Aaron Anderson**
Where: Page High School
 - d. **What: Zumba Classes**
Where: Lakeview Cafeteria

2. The district also offers the Healthy U! Safe U! Academy in the fall and Spring through Edwards Risk Management. This program is 3 weeks in the fall and 5 weeks in the spring. It encourages employees to make healthy choices and to do physical activities every day.

IV. MONITORING AND EVALUATION

- A. The Athletic Director/Physical Education Teacher and SHAC committee with support and cooperation of each school principal shall conduct an evaluation of the wellness policy in January and May of each year. The evaluation shall be reported to the Director of Curriculum, Instruction, and Assessment by June 15th of each year. Revisions will be approved by the board and updated on the Page Unified School District website in July of each year.
- B. Evaluation questions may include and are not limited to the following:
 1. Was the policy implemented in all of its components?
 2. How did implementation vary from the original plan?
 3. Are students choosing and enjoying healthier foods while on school premises?

Date approved _____

School Board President

School Board Member

School Board Member

School Board Member

School Board Member

Superintendent

Wellness Team Member