



RIVERSIDE SCHOOL DISTRICT NO. 2

SCHOOL WELLNESS POLICY:

An Opportunity to Impact

Student Health

Committee Members

Talmadge Tanks, Principal Kings Ridge Preparatory Academy

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RIVERSIDE SCHOOL DISTRICT NO. 2 FOOD AND NUTRITION GUIDELINES

We believe our guidelines will standardize the way in which food comes onto campus and is distributed to students. First we are concerned with the safety and health of our student body. We must also comply with the rules and regulations set forth by the Maricopa County Health Code, the United States Department of Agriculture federal guidelines and the Riverside District Board Policies. As required by the Child Nutrition and WIC Reauthorization Act of 2004, effective December 13, 2011, Riverside School District will implement and monitor policies to conform to the Arizona Nutrition Standards mandated by A.R.S. §15-242.

DISTRICT'S FOOD AND BEVERAGE STANDARD

All beverages and foods that will be offered to students, during the school day, shall comply with the following parameters:

- Meet new state guidelines for Grades K-8th Breakfast and Lunch.
- Grain component must all be whole-grain rich.
- Fruit component offered daily Breakfast and Lunch.
- Vegetable Component six subgroups 1. Dark Green 2. Red/Orange 3. Beans/Peas 4. Starchy 5. Other 6. Additional offered weekly.
- Meats/Meat Alternates component offered weekly (daily min).
- Milk Component Breakfast and Lunch only offer fat-free (unflavored or flavored) and low-fat (unflavored) Milk.
- New Smart Snacks State Guidelines.

1. Beverages

- No carbonated soda beverages allowed.
- With the exception of bottled water, the available beverage container size shall be no larger than 12 ounces.
- With the exception of milk and 100% juice beverages, the beverages may not contain more than 15 grams of sugar per 8 ounce serving.
- Milk Fat-Free (unflavored or flavored) and low-fat (unflavored)

2. Foods

- No more than 30% of the calories coming from total fat (With the exception of nuts and seeds).
- No more than 10% of the calories coming from saturated fat.
- No more than 35% of total weight of the food item may be derived from sugar (excluding fruit With No Sugar Added).
- No food item package or Container can exceed 200 calories per serving.
- Ice Machines on campus must follow District procedures. (Ice is considered a food).

LUNCH SCHEDULE

Lunches will be offered between 10:00 a.m. and 2:00 p.m. in order to be eligible for reimbursement. Schools will provide lunch periods that are long enough to give all students enough time to be served and to eat their lunches.

FUNDRAISING GUIDELINES

All Foods

- Fundraising activities should not compete with the Food Service Department.
- All food items being sold must come from a commercial business (supermarket, restaurant) with an approved Maricopa County Health permit. Food products sold cannot come from a residential kitchen.
- The Food Service Department reserves the right to check the fund-raising operation for compliance of Maricopa County Health code, ADE Child Nutrition Program nutritional guidelines and Riverside District policies and nutrition guidelines.
- The location of the fundraiser cannot take place inside the cafeteria or an area leading to the cafeteria during the breakfast or lunch period.
- Food and food products cannot be stored in any kitchen area including freezers, coolers and storerooms.

AFTER HOURS BARBEQUES/CARNIVALS

These functions need to be compliant with Maricopa County Health Department. In order to operate a BBQ/Carnival function where food is being served, a County permit is needed.

- The sponsoring group should obtain their own Maricopa County Health permit to operate. The fees for this permit range \$70 - \$260 per year depending on the type of permit. Any permit must also be accompanied by a person who can become certified in an approved Maricopa County Sanitation course. Access to the school kitchen will require additional fees and approval of the Food Service Department.
- Hire a catering company with an approved Maricopa County permit to service the function. The vendor must possess the proper permit to cater a barbeque/carnival. The vendor must be completely self-reliant. Caterer must have all necessary supplies for the function and be able to comply with Maricopa County regulations with regard to sanitation and safety.

FOOD IN THE CLASSROOM

These guidelines are established to ensure safety and compliance with Maricopa County Health Department. The County and District has strict regulations about food being prepared in residential kitchens and served at classroom parties. **It is not allowed. All food brought onto campuses for classroom parties must originate from certified kitchens, commercial institutions or commercial food service stores.**

- All food offered must originate from a Maricopa County Health Department approved kitchen or institution. Examples would be products prepared at a supermarket bakery, retail location or from a commercial restaurant. **For example, cupcakes prepared at home are not an approved item for a classroom party.**

- All food offered is delivered at the proper temperature and unwrapped food is served with a non-latex gloved hand or utensil. An example would be a pizza party from an approved vendor which is served by a gloved-hand or with a serving utensil.
- Notices of classroom parties will be delivered in Memo form to parents with the School policy list of approved prepared products that will be allowed.
- All food offered is being consumed within a reasonable time and is maintained at proper temperature.
- No contact is to be made by a non-gloved hand with any food items that are not pre-wrapped.
- Compliance of the above guidelines i.e., serving with gloves, pre-packaged food from list, etc. will be the responsibility of the classroom teacher or educator to monitor.
- To be able to comply with the guidelines set forth by the Arizona Department of Health and Education and the State of Arizona, the District would prefer that snacks being sent in by Parents for their children in their classes follow the mandated Wellness Policy.
- External groups that use the school kitchen must do so under the supervision of a food safety certified foodservice employee designated by the district foodservice director and must purchase food from approved sources.
- Use of kitchen facilities must be approved by the school foodservice director.

Candy, Snacks and Soda

Per the District Wellness Policy and the Arizona State Guidelines, please do not bring any candy, snacks or soda to school. Gum is never allowed.

VENDING

Vending Sales must comply with U.S.D.A. federal guidelines and Riverside School District Policies. The following nutrition guidelines will assist in this process:

<p>1. Beverages</p> <ul style="list-style-type: none">▪ No carbonated soda beverages allowed.▪ With the exception of bottled water, the available beverage container size shall be no larger than 12 ounces.▪ With the exception of milk and 100% juice beverages, the beverages may not contain more than 15 grams of sugar per 8 ounce serving.▪ Milk Fat-Free (unflavored or flavored) and low-fat (unflavored)	<p>2. Foods</p> <ul style="list-style-type: none">▪ No more than 30% of the calories coming from total fat (With the exception of nuts and seeds).▪ No more than 10% of the calories coming from saturated fat.▪ No more than 35% of total weight of the food item may be derived from sugar (excluding fruit).▪ No food item package or Container can exceed 200 calories per serving.▪ Ice Machines on campus must follow District procedures. (Ice is considered a food).
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PHYSICAL ACTIVITY POLICY

Physical Activity Policy – For Kings Ridge

- Kings Ridge School does have a certified physical education instructor to fulfill basic physical education requirements. During the time allotted for physical education class, students are participating in individual activities as well as competitive and non-competitive team sports.
- Kings Ridge supplies safe equipment needed for students to participate in physical education class.
- Daily recess also provides an opportunity for students to participate in physical activity.
- After school programs will encourage physical activity and help promote mental, emotional, social and physical well-being.

Physical Activity Policy – For Riverside School

- At time Riverside School does have a Physical Activity Policy in place for Pre-school thru Fourth Grade with a certified physical education instructor.
- Riverside School supplies safe equipment needed for students to participate in physical education class.
- Daily recess also provides an opportunity for students to participate in physical activity.
- After school programs will encourage physical activity and help promote mental, emotional, social and physical well-being.

STUDENTS EDUCATION OF FOOD NUTRITION AND SAFETY

Health and Nutrition Education

- Kings Ridge School does have a physical education teacher. Health is integrated into the 5th, 6th, 7th and 8th grade Health curriculum as part of Physical Education.
- The Schools Kings Ridge School and Riverside School have a full time School Nurse that is available for further instruction either in the classroom or on an individual basis.
- Each school has a Health and Wellness Coordinator who can help in assisting with health curricula.

When all of these guidelines are followed by the various school groups regarding fundraisers, vending, BBQ's and classroom parties, our students and adult customers will be safer and our school functions will be compliant with the various Government agencies.

STAFF WELLNESS PROGRAM

Each school site has health and nutrition coordinator. Receive wellness updates once a week (Wellness Wednesday). Coordinators plan motivational activities to achieve results in getting healthy.

POLICY DEVELOPMENT

Development of the district's Wellness Policy will include involvement from a representative of the Governing Board, parents, students, school administrators, teachers, the school food service authority, and the general public.

In each school, the principal will ensure compliance with established district student wellness goals and will report on the schools compliance to the Superintendent.

In addition, the policy will be evaluated at least annually by the Wellness Policy Committee to determine its effectiveness in promoting

a healthy lifestyle and changing programs as appropriate to increase its effectiveness.

A report will be made to the Governing Board at the end of each school year by the Director of Food Services regarding the district's compliance with law and policies related to student wellness.

EVALUATION

A primary goal will be to regularly (at least annually) evaluate the effectiveness of this policy in promoting healthy eating and changing the program as appropriate to increase its effectiveness.

This evaluation will be measurable. The results of each evaluation, including the extent to which schools are in compliance with District policy, the extent to which the District policy complies with federal regulations, and a description/summary of the progress made in attaining the goals of the District, shall be made available to the public. Physical education teachers and school health professionals shall have an opportunity to participate in the evaluation and implementation of this policy.

Keeping the public informed by making the District Wellness Policy available on District website.

All District policies are approved by the School Board and are part of the Student Handbook where the policy is available to the Parents for their information and written acceptance. Signed documentation will be part of the students file.

Questions or interest to serve as a committee member on the Wellness Policy can be forwarded to the Food Services Department at (602)477-8900 EXT. 1614, to your site Food Service Manager or (602)477-8960 to your Campus Administrator.

Updated 12/13/2011, 1/23/2013, 11/11/2013, 2/19/2015, 8/6/15

Board approved 9/17/15.