

LITTLETON SCHOOL DISTRICT #65

HEALTHY SCHOOL WELLNESS PLAN **LOCAL WELLNESS POLICY**

The Littleton School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The district supports a healthy environment where children can learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children and help optimize student performance.

As required by the Child Nutrition and WIC Reauthorization Act of 2004, effective July 1, 2006, Littleton School District will implement and monitor policies to conform to the Arizona Nutrition Standards mandated by A.R.S. §15-242.

POLICY DEVELOPMENT & EVALUATION

Development of the district's Local Wellness Policy can include volunteer involvement from a representative of the Governing Board, parents, students, school nurses, school administrators, teachers, school food service professionals, wellness advocates, and community members.

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

In addition, the policy will be evaluated at least annually by the Local Wellness Policy Committee to determine its effectiveness in promoting a healthy lifestyle and changing programs as appropriate to increase its effectiveness.

The Littleton Elementary School District 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. Therefore, it is the policy of the Littleton Elementary School District that:

- The Littleton School District will engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent possible, our district will participate in available federal programs (including the School Breakfast Program, National School Lunch Program and After School Snack Program).

- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

The school district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The council will also serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals and members of the public)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals served through the Breakfast Program and National School Lunch Program will:

- Be appealing and attractive to children.
- Be served in clean and pleasant surroundings.
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fresh, canned and frozen fruits and vegetables, a minimum of five different fruits and five different vegetables over the course of the week. Schools are encouraged to source fresh fruit and vegetables from local sources whenever possible.
- Ensure that half of the served grains are whole grain. A whole grain is one labeled as a whole grain product or with whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice and oatmeal.
- Schools should engage students and parents, through taste tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point of purchase materials.

Breakfast: to ensure that all children have breakfast, either at home or at school in the classroom in order to meet their nutritional needs and enhance their ability to learn.

- Schools will, to the extent possible arrange bus schedules and utilize methods to serve school breakfasts that encourage participation including serving breakfast in the classroom.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletters, take-home materials or other means such as free and reduced meal

applications. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced priced school meals. Toward this end, schools may utilize electronic identification and payment systems; or provide meals at no charge to students.

NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON CAMPUS DURING THE SCHOOL DAY

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. In addition to ensuring that reimbursable school meals meet current ADE & USDA guide lines and the nutrition standards set forth under their program, the district will also ensure nutrition standards are met for food and beverages sold or served to students outside the school meals program during the normal school day. **(A normal school day is defined as beginning with the start of breakfast delivery to the classrooms and ending with the last bell of the instruction period.)**

Beverage Standards

Students are prohibited from having access to vending machines which sell beverages that do not meet the established nutrition standards.

- Allowed: water without added caloric sweeteners; fruit and vegetable juices and fruit based drinks that contain at least 50% fruit juice and do not contain additional caloric sweeteners; flavored or unflavored low fat or fat free milk and nutritionally-equivalent non-dairy beverages(to be defined by USDA).
- Not allowed: soft drinks containing caloric sweeteners; sport drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding fat-free chocolate milk (which contain trivial amounts of caffeine).

Food Standards

Students are prohibited from having access to vending machines that sell snack foods that do not meet the established nutrition standards.

A food item sold individually:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10% of its calories from saturated and trans fat combined.
- Will have no more than 35% of its weight from added sugars.
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes.

Specific Prohibited Foods

- All deep-fat fried chips and crackers are prohibited.
- Final preparation method cannot be deep-fat fried.
- Entrée portions in excess of those served for a NSLP reimbursable meal.

NUTRITION EDUCATION

- Students will be encouraged to start each day with a healthy breakfast.
- Students will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education shall be age appropriate and reflect students' cultures.
- Nutrition education will be integrated into health education or core curricula and provide opportunities for students to practice skills and have fun.
- Nutrition education information will be shared with students' families and the community through monthly menus, school newsletters, district website and a wellness parent guide.
- Students will receive consistent nutrition messages throughout the school day in the classroom, cafeteria, and on the playground.
- Staff who provides nutrition education will follow State standards.

PHYSICAL ACTIVITY

Students will be given opportunities for physical activity throughout the school day to reinforce the benefits of being physically active.

- Students in grades K-6 will have recess or physical education classes daily.
- Physical Education is recommended for 30 minutes at a minimum of twice a week in Grades K-8, depending on district staffing.
- Schools will ensure that students are moderately to vigorously active at least fifty percent (50%) of the time while participating in physical education classes.
- The district will discourage the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes.
- Community schools will contribute to students' physical activity opportunities by encouraging safe walking to and from school daily.

- Programs may be offered, dependent on funding, that provide opportunities for additional school-sponsored physical activity after school, such as sports opportunities, intramurals, etc.

OTHER SCHOOL-BASED ACTIVITIES

Classroom parties:

- Parents and teachers are encouraged to follow the Nutrition Standards when planning classroom parties.
Serving carbonated beverages is discouraged.
- **All food brought onto campus for classroom parties must originate from a Maricopa County Environmental Services approved kitchen or institution, such as a supermarket or bakery. Baked goods prepared at home are not acceptable.**
- Food should be delivered at proper temperature and unwrapped food should be served with a non-latex gloved hand or serving utensil.
- All food should be maintained at proper temperature.
- The classroom teacher is responsible for adhering to the above guidelines.

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 measureable. 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.

PARENT, COMMUNITY AND STAFF INVOLVEMENT:

A primary goal will be to engage family members, students and representatives of the school food authority, the Governing Board, school administrators, and the public in development and regular review of this school policy.

Fundraising:

- All fundraising projects are encouraged to follow the Nutrition Standards when determining what products are being sold in order to send a consistent message to our students. *The exception is broad-based fundraisers that have a variety of items for purchase. For example, the vendor package offers wrapping paper, decorative items, candles and chocolates.*
- Fundraising products that do not meet the Nutrition Standards are not to be offered to or sold to students during the normal school day.
- All food must come from a facility licensed for food preparation and distribution or commercially prepared and packaged, with the exception of fresh fruit.
- Fundraising food sales may not be in competition with the school district's breakfast, lunch or snack programs.

AFTER HOURS FUNCTIONS

These functions need to be compliant with the Maricopa County Environmental Services Department regulations. In order to operate a function on school grounds where food is being served or sold, **a county permit and a Manager's Food Handlers Card(s)** is required.

School affiliated events, such as a school carnival, where food is being served to the public must adhere to one of the following:

1. Serve only pre-packaged foods purchased from an approved kitchen or institution.
2. Hire a catering company who possesses a valid Permit to Operate.
3. Hire the district's Food Service Department to cater their event.
4. Obtain their own Permit to Operate and Food Handler's Card(s) from Maricopa County Environmental Services Department.

This is not applicable to private social events such as teacher potlucks or other adult staff functions.

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