

## **San Carlos Unified School District #20 Wellness Policy-Guidelines and Procedures**

The San Carlos Unified School District #20 is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

It is with this in mind that the Governing Board supports a school environment that encourages and models nutritious eating habits and physical activity, which promote academic success and lifelong health for our students, staff, and community.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and an appropriate amount of physical activity. Foods made available on the school campus should offer children nutritious choices, and physical activity should be incorporated into the school day as often as possible. The healthy, physically active child is more likely to be academically successful.

To accomplish these goals, the governing board supports the following wellness policies:

### **PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

#### **Physical Education Curriculum**

- PE Curriculum should meet all Arizona State Standards. NASPE standards will be used as a guideline when planning physical education classes and time allotted for physical activity should be consistent with research, national and state standards.
- While the Carole M. White PEP Grant is in effect, all students in grades 1-6 will be scheduled for PE instruction at least every other day and all students in grades 7-12 shall be scheduled in regular PE classes every day.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- Physical education and physical activity shall be an essential element of each school's instructional program. The program shall strive to provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.
- Physical Education Program shall be designed to stress physical fitness and encourage healthy active lifestyles. The program should consist of physical activities of varying intensities and for a duration that is sufficient to provide a significant health benefit to students.
- Physical activity participation should take into consideration the "balancing equation" of food intake and physical activity.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Information shall be provided to students and families to help them incorporate physical activity into their student's lives.

- Schools encourage families and communities through partnerships, use of facilities, programs and activities to promote and support physical activity.
- Teacher-Student Ratios for Physical Education classes should have the same student/teacher ratios used in other classes as much as possible.
- The equipment and Facilities for Physical Education Program shall be provided and adequate space and equipment which conforms to all applicable safety standards are a priority.
- Physical education courses will be in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Policies ensuring that state certified physical education instructors teach all physical education classes.
- Physical education staff will receive professional development on a yearly basis.
- Academic activities should not take the place of physical education.
- Regular Physical Activity Breaks for Elementary School Students will be provided throughout the day, beyond recess and PE. It is recommended that students have frequent opportunities to stretch and move.
- Physical activity may be integrated across curricula and movement can be made a part of science, math, social studies and language arts.
- Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours.
- Structured intramural and enrichment offerings should be maintained at present levels and steadily increased as possible to accommodate all grade levels.
- After school program shall encourage physical activity and healthy habit formation.
- It is imperative that staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question, likewise physical activity shall not be used as a form of punishment.
- Elementary School students shall be provided daily recess period which is not used as a punishment or reward.
- Elementary Schools are encouraged to consider implementation of recess before lunch, since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.

## **NUTRITION EDUCATION WELLNESS PROMOTION**

The link between learning and nutrition has been well documented. To achieve full academic potential, physical and mental growth, and lifelong well-being, students must develop healthy eating habits.

- Sequential and interdisciplinary nutrition topics shall be integrated within comprehensive health and/or other areas of curriculum (such a math, science, language arts, and social studies), and will be taught at every grade level as appropriate.
- Staff shall be provided nutrition education and should be properly trained and regularly participate in professional development activities to effectively deliver quality nutrition education.

- The school district should utilize the services of a qualified nutrition professional, who is specialized in school based nutrition, to lead the effort to implement nutrition education.
- The nutrition education program may use the cafeteria as a learning laboratory to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will incorporate lessons helping children acquire skills for reading Nutrition fact and food label and menu planning.
- Staff is encouraged to model healthy eating and physical activity as a valuable part of daily life.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Schools will provide information through handouts, school websites, articles and information provided in district or school newsletters to encourage families to teach their children about health and nutrition and ways to provide nutritious meals.

### **Marketing/Restrictions of Marketing**

- The healthiest choices, such as salads and fruits, will be prominently displayed in the cafeterias to encourage students to make healthy choices.
- Education materials shall be free of brands and illustrations of unhealthful foods.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment for all age groups.
- Advertising of foods or beverages in the areas accessible to students during meals times should be consistent with established nutrition environment standards.

### **Nutrition Standards for the USDA School Meals:**

Healthy school meals provide energy and nutrients children need for sound minds and bodies. Children who are not well nourished have difficulty learning. The variety of healthy foods offered in school meal program allows children to learn to enjoy different foods and develop healthy eating habits.

- All schools will offer daily breakfast through the U.S Department of Agriculture School Breakfast Program which students are encouraged to participate in.
- Child Nutrition Programs are accessible to all children
- Students are encouraged to start each day with a healthy breakfast.
- Child Nutrition Programs shall meet or exceed federal (USDA Dietary Guidelines), state (AZ Nutrition Standards) and local requirements.
- Menus will meet the Federal and State nutrition standards, featuring a variety of healthy choices.  
A la Carte offerings shall meet the same standards.

### **Time for Meals**

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch. It is recommended that students be provided a minimum of 20 minutes to eat their lunch, however if that is not logistically possible, students will be given no less than 15 minutes to eat.
- Cafeterias include enough serving lines/areas so that students do not have to spend too much time waiting in line.

### **Meal Environment**

- A safe, comfortable, and pleasant environment in which to eat will be provided with adequate space and convenient access to hand-washing facilities.
- Appropriate supervision shall be provided and rules for safe behavior shall be consistently enforced. The lunchroom should have a relaxed enjoyable climate where healthy eating habits are established.
- Drinking water is available for students at meals; fountains are located in the cafeteria.

### **Nutrition Training for Food Service Director and/or onsite manager**

- The District shall ensure that professional development in the area of food and nutrition is provided for food service managers and staff.

### **Nutrition Information for School Meals**

- Cafeterias and schools will share and publicize information about the nutritional content of meals with students and parents: on-line, in school offices, and upon request.

### **Food Safety/Food Security**

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented in the school nutrition program and whenever possible in other programs to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operation is limited to Child Nutrition staff and authorized personnel only. For further guidance, see the US Dept. of Agriculture food security guidelines.

### **Nutrition Standards for Competitive and Other Foods and Beverages:**

SCUSD will comply with all Nutrition Requirements for students in Grades Pre-K through 12<sup>th</sup> Grade as set forth by the most current USDA National School Lunch Program and School Breakfast Program. Nutrition Standards for All Foods Sold in School as required by the Healthy, Hunger-Free, Kids Act of 2010 and Arizona Nutrition Standards set forth by the Arizona Department of Education.

- The USDA and Arizona Nutrition Standards will apply to all foods and beverages sold or otherwise made available to Pre-K through 12<sup>th</sup> Grade students during the normal school day:
  - Vending Machines (not permitted for students on preK-8 campuses)

- A La Carte
- Beverage contracts
- Fundraisers
- Concession stands
- Student stores
- Classroom Snacks
- School parties/celebrations (whenever possible)
- Birthday parties (whenever possible)
- THE NORMAL SCHOOL DAY is defined as “The period from the midnight before, to 30 minutes after the end of the official school day (30 minutes past the last bell of the school day).
  - For complete details of specific nutrient requirements, refer to the most current version of the USDA’s “All Foods Sold in Schools Standards” and “Arizona Nutrition Standards”
  - To assist staff and parents/guardians in complying with USDA and Arizona Nutrition Standards, the most current/update Arizona Nutrition Standards, Quick Reference Arizona Nutrition Standards, and a Nutrition Calculator are available on-line at AZ Department of Education and San Carlos USD Web-pages.
- The district will also provide “Healthy Guidelines for School Snacks” for schools and parents to use as a resource, which will be updated as needed.
  - The USDA and Arizona Nutrition Standards do NOT apply to individual student snacks provided by parents/guardians. They also do not apply to fundraisers, concession stands, and student stores that occur AFTER the normal school day. Because healthy nutrition should take place 24 hours a day/7 days a week, it is strongly encouraged that staff and parents continue to adhere to the Arizona Nutrition Standards in the planning of food associated with these events whenever possible.
- Energy Drinks are prohibited for ALL STUDENTS on campus (including individual snack/lunch), during normal school hours.
- It is recommended that preK-8<sup>th</sup> grade students should not bring carbonated or caffeinated beverages and/or candy to school. These items are of minimal nutritional value.
- Vending Machines are not available to students on preK-8 campuses.
- All Vending Machines on the High School Campuses will comply with USDA and AZ Nutrition Standards.
- All foods made available on campus (including school sponsored events) adhere to food safety and sanitation and security guidelines.
- Students and staff will have access to free, safe, and fresh drinking water throughout the school day.
- Drinking water fountains are available to students and staff through the school building.

### **Classroom Parties or other Celebration/Rewards**

- It is recommended the holiday and birthday celebrations that include food are limited to 1 time per month.
- We suggest classrooms come up with alternate ways of celebrating the child’s birthday that are not focused on food.
- Holiday and other classroom celebration should be focused on *activities* rather than food.
- Food and physical activity should not be used a reward or punishment.

- Consideration should be given to non-food items as part of any teacher-to-student incentive programs. Should school staff use food as a reward for student accomplishment, foods should meet AZ Nutrition Standards whenever possible.

## **Fundraising**

- All fundraising during the normal school day will comply with USDA and AZ Nutrition Standards.
- All fundraising and competitive foods served during the normal school day will comply with USDA and Arizona Nutrition Standards; this includes any fundraiser, vending machines, school store, and concession stand food sales.
- Candy sales may not take place DURING the normal school day (per USDA and Arizona Nutritional Standards).
- All other fundraising projects (those that take place AFTER normal school day) are encouraged to follow USDA and Arizona Nutrition Standards. Items being sold that do not meet nutritional standards may be acceptable when offered on an intermittent basis.
- Food and beverages sold at fundraisers will include healthy choices and provide age appropriate selections for all age groups.
- Organizations operating concessions at school functions will include a selection of healthy food choices in their offerings.

## **Other School Based Wellness Activities:**

The San Carlos School District Wellness Policy is only one step in addressing the obesity problem that exists in the United States. With the combined efforts of schools, parents, and communities, we can make a difference in changing habits for a lifelong healthy lifestyle for our children.

- Local wellness policy goals should be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- Support for health of all students and staff is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- In the future, Parent-Teacher/Booster organizations could consider developing a family-based healthy activities program. This could include such activities as family track time, a walking program with incentives for walking certain distances, etc.
- The District should have a written and up-to-date Crisis Response Plan.
- Health Classes shall address subjects such as sun safety, eating disorders, and health problems affected by nutrition.
- The District should have an up-to-date breastfeeding wellness policy which provides for time and facilities for employees to breastfeed or express their milk. A refrigerator should be available for safe storage of expressed milk and employees shall be provided flexible breaks to accommodate breastfeeding or milk expression. Staff is expected to provide support for breastfeeding employees and promotion information displayed.

## **Policy and Implementation**

Establishment of Advisory Committee:

- The District Wellness Committee/School Health Advisory Council shall include stakeholders and shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy.
- The school district will create, strengthen, and/or work within existing school health advisory councils to develop, monitor, review, and revise nutrition and physical activity policies. The councils will serve as resources to school sites for implementing these policies.
- As a plan for Implementation by Principals shall ensure that their schools are adhering to the policies.
- The wellness committee will discuss ways to present their progress to the Superintendent.
- The Policy shall be revised as necessary.