

# **St. David Unified School District Wellness Policy**

## **Preamble**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and the physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and the major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2-19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the St. David Unified 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 St. David Unified School District that:

- the school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical education activities. We will evaluate this annually.
- all students in grades K-12 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.
- schools in our district will participate in available federal school meal programs, when applicable.
- 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.

## **I. School Health Council**

The St. David Unified School District and the individual schools within the district will strengthen and work within the existing Coordinated School Health Council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource to school sites for implementing those policies. (The school health councils consist of a group of individuals representing the school and community, and includes parents, students, representatives of the school food service, school administrators, teachers, health professionals and members of the public.)

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

### **A. SCHOOL MEALS**

Meals served through the National School Lunch and Breakfast Programs will be

- appealing and attractive to children;
- 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 fruits and vegetables;
- serve only low-fat (1%) and fat free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal program in order to identify new, healthful, and appealing food choices. In addition, schools will share information about

the nutritional content of meals with parents and students. Such information will be made available on menus, the website, on the cafeteria boards, placards or other point-of-purchase materials.

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

- Schools that serve breakfast or snacks to students will notify parents and students of the availability of the school breakfast or snack program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletters, take-home materials or other means.

Free and Reduced-priced Meals: 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-price school meals. Toward this end, schools may utilize electronic identification and payment systems; may provide meals at no charge to students, regardless of income; may promote the availability of school meals to all students; and/or may use nontraditional methods for serving meals, such as grab-and-go or classroom breakfast.

Meal Times and Scheduling:

- Schools will provide students with at least 10 minutes to eat after sitting down for breakfast or 20 minutes after lunch.
- Schools should schedule meal periods at appropriate times.
- Schools should not schedule tutoring, clubs, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Schools will attempt to schedule lunch periods to follow recess periods in elementary schools.
- Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- Schools should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (i.e. orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their level of responsibility.

Sharing of Food and Beverages. Schools should discourage students from sharing food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

## B. FOODS AND BEVERAGES SOLD INDIVIDUALLY

Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given children's limited nutrition skills, food

in elementary schools will be sold as balanced meals. If available, food and beverages sold individually should be limited to low-fat and non-fat milk, fruits and non-fried vegetables.

Middle/Junior High and High Schools. In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards.

- Beverages
  - Allowed: water or seltzer water without caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk and nutritionally-equivalent nondairy beverages (to be defined by USDA).
  - Not Allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).
- Foods (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, 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.
  - A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are limited to, fresh fruits and vegetables, 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).
- Portion Sizes - Limit portion sizes of foods and beverages sold individually to:
  - one and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky.
  - one ounce for cookies.
  - two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items.
  - four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream.
  - eight ounces for non-frozen yogurt.
  - twelve ounces for beverages, excluding water; and
  - the portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruit and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities. To support children's health and school nutrition-education efforts, school fundraising activities will use only foods that meet the above-nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National Lunch Program.

Rewards. Schools are encouraged to not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Schools will limit celebrations that involved food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (see above). The district will disseminate a list of healthy party ideas to parents and teachers.

School-Sponsored Events (such as, but not limited to, athletic events, dances or performances). Foods and beverages offered or sold at school-sponsored events will attempt to meet the nutrition standards for meals or for foods and beverages sold individually (above).

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

St. David Unified School District aims to teach, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste-testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure ( physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;

- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff and encouraged staff members to be healthy role models for students

Integrating Physical Activity Into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular activity as a personal behavior, students need opportunities for physical activity beyond physical education class and recess. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- Opportunities for physical activity will be incorporated into other subject lessons.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

#### Communication With Parents.

- The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standard and ideas for healthy celebrations/parties, rewards and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the community.
- The district/school will provide information about physical education and other school-based physical opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of the school. Such supports will include sharing information about physical activity and physical education through a website, newsletter or other take-home materials, special events, or physical education homework.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of food and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable)

include: vending machine covers promoting healthy drink choices; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness: St. David Unified School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, health professional and employee benefits specialist. The staff wellness committee could be a subcommittee of the school health council. The committee should develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from school staff and will outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

#### **IV. Physical Activity Opportunities and Physical Education**

Daily Physical Education (PE) K-12. The District will work towards providing all students in K-12, including students with disabilities and special health-care needs, daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and junior high school students) for the entire school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. In addition, the PE teacher(s) and coaches will encourage and teach games and activities for students to use at recess.

Daily Recess. All elementary school students will have at least 30 minutes a day of supervised recess and/or Physical Education classes, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.

Extended Periods of Inactivity. Schools should discourage extended periods (e.g., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long period of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. The District will work towards providing all elementary, middle and high school students extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools and middle schools, as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.

Physical Activity and Punishment. Teachers, coaches and other school and community personnel will not use physical activity (e.g., running laps or pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School. The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike

to school. When appropriate, the district will work together with local public works, public safety, ADOT and or Sheriff departments to those efforts. The school district will explore the availability of federal/state "safe routes to school" funds to finance such improvements.

Use of School Facilities Outside of School Hours. School spaces and facilities will be available to students, staff and community members before, during and after the school day, on weekends, and during school vacations. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety and community use will apply at all times.

## **V. Monitoring and Policy Review**

Monitoring. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School Food Service Staff. Food Service staff at the school, or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done on a school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) and review findings and any resulting changes. If the district has not received a SMI review form the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

Superintendent Report. The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. The report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review. The district will conduct a baseline assessment of the school's existing nutrition and physical environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments. Assessments will be repeated every year by the Coordinated School Health Council and formally with written evaluation every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education and program elements. The district, and individual schools within the district, will, as necessary revise the wellness policies and develop work plans to facilitate their implementation.