Tombstone Unified School District's Wellness Policies on Physical Activity and Nutrition

Mission Statement

The Tombstone 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 Tombstone 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 activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or serviced t 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; and will provide clean, safe and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program).
- Schools will provide nutrition education and physical education to foster life long habits of healthy eating and physical activity, and will promote the communication between health education and school meal programs in the classroom, and with related community services.

To achieve these policy Goals:

I. School Health Advisory Council (SHAC)

Tombstone Unified School District and the individual schools within the 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 councils also will serve as resources to school sites for implementing those policies. The District will convene a representative School Health Advisory Council (hereto referred to as the SHAC) that will meet at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy. The policy will be available to all community members through the district website: http://www.tombstoneschools.org/. Additional updates and information will be sent home to parents digitally, through email or through hardcopy newsletters, and other communication methods that may be necessary. (A School Health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

Teresa Pierce has been designated to be the school-level official responsible for ensuring compliance at the school levels that would enhance the district policy.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

Name	Title	Email Address
Robert Devere	Superintendent	rdevere@tombstone.k12.az.us
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Brent DeRoest	Walter J Meyer Elementary Principal	bderoest@tombstone.k12.az.us
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II. Nutritional Quality of Food and Beverage Sold and Served on Campus

School Meals

The food provided at the District follows the USDA Nutritional Standards for School Meals as listed in: http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals and complies to promote the MyPlate method of food consumption (http://www.choosemyplate.gov/). Access to meal nutrition information is available through the food service director upon request.

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

- Be appealing and attractive to children
- Be served in a clean and pleasant setting
- Meet, at a minimum, nutrition requirements established by local, state and federal statues and regulations
- Offer a variety of fruits and vegetables
- Serve only low-fat and fat-free milk and a nutritionally-equivalent non-dairy alternative
- Ensure that all grains served are whole grain

Our goal is to share information about the nutritional content of meals with parents and students. This information could be made available on the menus, the district website http://www.tombstoneschools.org/index.cfm?pID=1394, on cafeteria menu boards, newsletters, or other point of purchase materials.

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

- K-8th grade schools will Operate the after the bell School Breakfast program.
- 9-12th grades will continue operating the School Breakfast program
- Schools will encourage participation in breakfast
- School will notify parents and student of the availability of the School Breakfast Program
- Schools will encourage parents to provide a healthy breakfast for their children through newsletters articles, take-home materials, or other means.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

Free and Reduced priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the over identification of students who are eligible for free and reduced price school meals. Schools K-8th grade have utilized the Community Eligibility Program, which allows schools to provide meals at no charge to all children regardless of income. Schools have also utilized electronic Identification and payment systems through My School Bucks.

Summer Food Service Program. Schools in which more than 50% of students are eligible for free and reduced-price school meals will sponsor the Summer Food Service Program for at least four weeks between the last day of the academic school year and the first day of the following school year.

Meal Times and Scheduling. Schools

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Meals should be scheduled at appropriate times, lunch should be scheduled between 10:30 A.M. and 1 P.M.
- There should not be scheduled tutoring, clubs, or Organizational meetings or Activities during mealtimes, unless students may eat during such activities.
- Will provide students with access to hand washing or hand sanitizing before they eat meals or snacks

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As a part operating a food service program Food Service Staff will continue professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their levels of responsibility.

Sharing Foods and Beverages. Schools should discourages students from sharing their foods or beverages with one another during meal or snack times, given concern about allergies and other restrictions on some children's diets

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria ala carte [snack] lines, fundraisers, school stores, etc.)

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Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, items that meet the Arizona State Nutrition Standards for nutritional content, fruits and non-fried Vegetables.

Middle/Junior High and High School. In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through ala 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 added caloric sweeteners; fruit and vegetables juices and fruit based drinks that contain at least 50% juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-

free fluid milk and nutritionally equivalent non dairy 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

- 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;
    - Ensure that all of the grains served are whole grain.
    - 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 not 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 those listed below:
    - One and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or Jerky;
    - Two ounces for cookies, bars, brownies, must meet all nutritional standards;
    - Three ounces for muffins, sweet rolls, doughnuts, pastries;
    - 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 fluid ounces for beverages, excluding water;

- The portion size of ala carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits 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 not involve food or 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.

A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

- If eligible, schools will provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards. Schools will not use food 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. Classroom parties should encourage and include nutritious snacks. The district will disseminate a list of healthy party ideas to parents and teachers. Celebrations are allowed the day of the student's birthday, but any food

items that are present during the celebration are served *after* the school's lunch program as to not interfere with the food being offered for lunch.

III. Nutrition and physical Activity Promotion and Food Marketing

Nutrition Education and promotion. The Tombstone Unified School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotions 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 science 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 healthy-enhancing nutrition practices;
- emphasizes caloric balances 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;
- Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. 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, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons;
- Classroom teacher will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. Tombstone Unified School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will 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 snack 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 standards 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 school community.

Tombstone Unified School District will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physically active outside of 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 promotion of foods and beverages that meet the nutrition standard for meal or for foods and beverages sold individually. 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.

III. Physical Activity Opportunities and Physical Education

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, and out-of-school time activities and the district is committed to providing these opportunities.

The goal for physical activity are to provide opportunities for every student to develop knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of physically active and healthful lifestyle.

The current state physical education standard states:

1. Demonstrate proficiency and achievement of high-order cognitive skills necessary to enhance motor skills.
2. Basic physical activity principles and concepts—make decision, solve problems, and become self-directed lifelong learners and informed physical activity consumers.
3. Exhibit physical activity lifestyle
4. Achieve and maintain health-enhancing level of physical fitness
5. Develop self-initiated behaviors that promote effective personal and social interactions in physical activity setting
6. Understand and respect for differences among people in physically active setting
7. Develop self-management skills essential for maintaining physically active.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. *"This does not include participation on sports teams that have specific academic*

requirements]. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Daily Physical Education (P.E.) K-12. All students in grades K-8 including students with disabilities, special health-care need, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle school students) for the entire school year. All students in grades 9-12 will have at least one PE credit upon graduation. All physical education will be taught by a certified physical education teacher. 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.

- The maximum teacher to student ratio for physical education classes at the Walter J Meyer Elementary School campus is 1:24, Huachuca City Elementary 1:24, and Tombstone High School 1:24.
- The District current does not utilize a specific Physical Education Curriculum but ensures adequate physical activity and classes for designated time periods for each campus. Annual professional development assists in effective teaching strategies for all staff members in physical education and activity.
- The District addressed PE waivers on a case by case basis to ensure the safey of each student. A note from a medical professional is required to verify any injuries which would excuse a student from physical education.
- The District encourages and utilizes physical activity as a *reward* for positive behavior at one of the district sites. Huachuca City Elementary school students who do very well academically and through positive behavior get a chance to play basketball with the principal. The other

campuses will strive to research similar opportunities to reward positive student performance.

- To promote staff, family, and/or community engagement with physical activity opportunities, the District is working on making physical activity locations available to the community members and in the 2017-2018 school year will research resources and funding sources to fund and implement family focused activities at each site.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors (when weather is feasible), during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., 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 periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

At this time the Huachuca City Elementary School campus offers recess before lunch to some classes and will strive to implement recess before lunch throughout the entire campus during the 2017-2018 school year.

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

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

Safe Routs 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, and or police departments in those efforts.

V. Monitoring and Policy Review

Monitoring. The superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal 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, at the district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (of if done at the school level, the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) 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 a possible.

The superintendent 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, That 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 SHAC will continue to meet at least quarterly as a necessary to revise the wellness policies and develop work plans to facilitate their implementation.

This Local Wellness Policy is a model of goals that TUSD#1 is working to implement in our district to promote our student's health, well-being, and ability to learn by supporting healthy eating and physical activity. This Policy is reviewed once a year. It was last reviewed August 15, 2016. If you are interested

in becoming involved in our School Health Council and working with us to implement the Local Wellness Policy, please contact:

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