

# Show Low Unified School District Local Wellness Policy

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## I. Wellness Policy Goals

*Goal for Nutrition Promotion:* All foods available in each school during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.

*Goal for Nutrition Education:* The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into health education or core curricula; and provides opportunities for students to practice skills and have fun.

*Goal for Physical Activity:* The goals for physical activity are to provide opportunities for every student to develop the 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 a physically active and healthful lifestyle.

*Goal for Other School-Based Activities that Promote Student Wellness:* The goal is to create a total school environment that is conducive to healthy eating and physical activity.

## II. Nutrition Standards

### **School Meals**

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

- a. *All schools in the district will participate in the National School Lunch Program.*
- b. *All meals will, at a minimum, meet the New Meal Pattern requirements.*
- c. *Free, potable water will be available to all students during meal periods.*
- d. *Additional standards include:*
  - I. Provide meals at a reasonable price and accordingly shall use state allocated food services funds to supplement federal funds as a means of keeping prices within reach of paying students.
  - II. Encourage students to participate in each school's meal program while still allowing meals to be brought from home.

III. Provide modified meals, upon a physician's written request, for students with food allergies or other special food needs. (The allergies would be of a life threatening or severe reaction nature.)

IV. Each school that includes grades kindergarten (K) through eight (8) shall:

Ensure that nutritious foods are available as an affordable option whenever food is sold or served and that Foods of Minimal Nutritional Value (FMNV) as defined by the United States Department of Agriculture (USDA) and the Arizona Department of Education (ADE) are prohibited. This includes all food and beverages sold and/or served to students at school during the normal school day exclusive of school parties.

Each school that includes grades nine (9) through twelve (12) are:

Prohibited from the sale of FMNV in the dining, serving, and kitchens areas during breakfast and lunch periods.

Each school, (kindergarten [K] through twelve [12]) shall inform families, upon request, about the ingredients and nutritional value of the foods served.

### **Competitive Foods and Beverages**

Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. *These guidelines apply to all foods sold in the following locations:*

- IV. *Linden Elementary*
- V. *Whipple Ranch Elementary*
- VI. *Nikolaus Homestead Elementary*
- VII. *Show Low Junior High*
- VIII. *Show Low High School*

- I. Competitive foods mean any foods sold in competition with the National School Breakfast and Lunch Program to students during the meal periods. The principal may approve the sale of competitive foods if:
  - II. All income from the sale of such foods accrue to the benefit of:
    - III. The nonprofit school food service; or
    - IV. The school or student organizations approved by the District.
    - V. They are sold in locations other than the dining, serving, and kitchen areas.
    - VI. The school promotes an overall school environment that encourages students to make healthy food choices.
    - VII. The competitive foods meet the state nutrition standards.

### **Celebrations and Rewards**

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.

- e. Ensure that nutritious foods are available as an affordable option whenever food is sold or served and that Foods of Minimal Nutritional Value (FMNV) as defined by the United States Department of Agriculture (USDA) and the Arizona Department of Education (ADE) are prohibited. This includes all food and beverages sold and/or served to students at school during the normal school day exclusive of school parties.
- f. *These guidelines apply to (check all that apply):*
  - School-sponsored events
  - Celebrations and parties
  - Classroom snacks provided by parents
  - Classroom rewards and Incentives

### **Fundraising**

- g. *Exempt Fundraiser selling Food Items must be approved by the school's Principal. These exemptions may be offered in a limited amount. Frequency of these exemptions shall not exceed 6 times per school year. Duration of Exempt fundraisers will not exceed 30 calendar days.:*

### **Food and Beverage Marketing in Schools**

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines.

- h. Competitive food sales and marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meets nutrition standards for meals or for foods and beverages sold individually. School-based marketing of Foods of Minimal Nutritional Value (FMNV) is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Allowable marketing activities that promote healthful behaviors include vending machine covers promoting water; pricing structures that promote healthy options in á la carte lines or vending machines; sales of fruit for fund-raisers; and coupons for discount health and fitness memberships.

Vending machines will only dispense foods that meet nutrition standard guidelines as set forth by the Arizona Department of Education Child Nutrition Programs and the U.S. Department of Agriculture requirements for foods and beverages that are sold individually. Vending machines shall not compete with the District food service program.

### **III. School Wellness Committee**

#### ***Committee Role and Membership***

The District will convene a representative district wellness committee that meets 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.

- a. *The School Wellness Committee will meet, at a minimum, annually.*
- b. *The School Wellness Committee will be comprised of parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators.*
- c. *Public notice of all meetings for the School Wellness Committee will be posted on the Districts Food Service Website. Individuals that wish to receive email notification can request that their address will be added to our email notification list.*

#### ***Leadership***

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

- d. *The designated official for oversight of implementation at each school is: The School Principal*
- e. *The designated official for convening the wellness committee is: Food Service Director*
- f. *The person designated for informing the public about the wellness policy is: Food Service Director*

### **IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

#### ***Implementation of the Wellness Policy***

- a. Wellness Plan will be posted on the District Website. Quarterly inspections of stated policy will be reviewed and assessed by the Food Service Director and/ or School Principal to ensure compliance

#### ***Triennial Progress Assessments***

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the District will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires

that the District will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

- b. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
  - i. The Director of Food Services or School Principal, will review key points of the Wellness Policy on a Quarterly Basis. They will share observations with the Superintendent, and note any changes, advancements, or regression in plan goals.
  - ii. Key Points of assessment will be developed by the Food Service Director, and shared with schools. The schools will be evaluated quarterly for compliance.
  - iii. The District will assess how their wellness policy compares to model wellness policies.
  - iv. The Wellness Committee will draw comparative data for no less than three (3) school Wellness Policies in our state. Policies selected should represent the following, 1. School of comparable size and location. 2. Large district (2500-9999 students) policy. 3. School with traits that our district would like to emulate.

#### ***Revisions and Updating the Policy***

The District will update or modify the wellness policy as appropriate.

Describe how often the LEA will update or modify the wellness policy: As needed, or annually.

#### ***Notification of Wellness Policy, Policy Updates and Triennial Assessment***

The District will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

- c. Describe how the LEA will make the district wellness policy available to the public:  
Via District website and District Food Services Website.
- d. The annual progress reports and updates can be found at:  
District Food Services Website
- e. The District will make the Triennial Assessment available at:  
The District Food Service website.