



Palomina School District Wellness Policy

9/1/2016

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Preamble

Palominas School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{11,12,13,14}

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The School Health Advisory Council (SHAC) establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.



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This policy applies to all students, staff, and schools in the District

I. School Health Advisory Council

Committee Role and Membership

The SHAC will meet at least four times per year to establish goals and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The SHAC membership will represent elementary school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the SHAC will include representatives from each school building and reflect the diversity of the community.

Leadership

The SHAC will facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

Bart Nieuwenhuisb 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
MaryLotti Copland	Superintendent	coplandm@palominas.k12.az.us
Nathan Kemnitz	Food Services Director	kemnitzn@psd49.net
Bart Nieuwenhuisb	Palominas Principal	nieuwenhuisb@pds49.net
Brandy Oletski	Staff Wellness Coordinator	oletskib@psd49.net
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II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The SHAC will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school level assessment based on Alliance for a Healthier Generation Healthy Schools Program Assessment, create an action plan that fosters implementation, and generate an annual progress report.

Recordkeeping

The SHAC will retain records to document compliance with the requirements of the wellness policy at District's Administrative Offices. Documentation maintained in this location will include but will not be limited to:

- § The written wellness policy;
- § Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- § Documentation of annual policy progress reports for each school under its jurisdiction; and
- § Documentation of the triennial assessment* of the policy for each school under its jurisdiction; § Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports



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The SHAC will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year, in May, and will include information from each school within the District. This report will include, but is not limited to:

- § The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- § A description of each school's progress in meeting the wellness policy goals;
- § A summary of each school's events or activities related to wellness policy implementation;
- § The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- § Information on how individuals and the public can get involved with the SHAC or SWC.

The annual report will be available in English and Spanish.

The SHAC will actively notify households/families of the availability of the annual report.

Triennial Progress Assessments

At least once every three years, the SHAC will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- § The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- § A description of the progress made in attaining the goals of the District's wellness policy.

The SHAC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The SHAC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach, and Communications



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The SHAC is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

The DWC will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. 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. 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.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Summer Food Service Program (SFSP). Free reduced price meals follow privacy protection under the Family Education Rights and Privacy Act (FERPA). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- § Are accessible to all students;
- § Are appealing and attractive to children;
- § Are served in clean and pleasant settings;
- § Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.



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§ Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):

- Sliced or cut fruit is available daily
- Daily fruit options are displayed in a location in the line of sight and reach of students – All available vegetable options have been given creative or descriptive names
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options
- Menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients.
 - The District child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets HSP Gold level).
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

At this time the District implements recess before lunch at Palominas Elementary School campus and the Valley View Elementary School campus. The District will strive to implement recess before lunch at the Coronado Elementary School campus by the 2017-2018 school year.

All District campuses are closed campuses that do not allow students to leave during lunch or any other meal time.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.



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Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks> . The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day, will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

There are no additional food items sold or provided to students before or after school at this time.

During classroom celebrations, cupcake treats are allowed as long as the classroom provides a healthy snack alternative to also be available. Sporting events at the district provide regular field snacks that are provided after school operating hours.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- § Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- § Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards.

Nutrition Education



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The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that meets the Arizona College and Career Ready Standards to all grade levels.

Essential Healthy Eating Topics in Health Education

The District, may collaborate with the U of A Cooperative Extension, that will include in the health education curriculum on the following essential topics on healthy eating:

- § The relationship between healthy eating and personal health and disease prevention
- § Food guidance from [MyPlate](#)
- § Reading and using USDA's food labels § Eating a variety of foods every day
- § Balancing food intake and physical activity
- § Eating more fruits, vegetables, and whole grain products
- § Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat § Choosing foods and beverages with little added sugars
- § Eating more calcium-rich foods
- § Preparing healthy meals and snacks
- § Risks of unhealthy weight control practices § Accepting body size differences
- § Food safety
- § Importance of water consumption § Importance of eating breakfast
- § Making healthy choices when eating at restaurants § Eating disorders
- § The Dietary Guidelines for Americans § Reducing sodium intake
- § Social influences on healthy eating, including media, family, peers, and culture
- § How to find valid information or services related to nutrition and dietary behavior
- § How to develop a plan and track progress toward achieving a personal goal to eat healthfully § Resisting peer pressure related to unhealthy dietary behavior
- § Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to



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advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food advertising and marketing is defined¹⁵ as 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. This term includes, but is not limited to the following:

- § Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- § Displays, such as on vending machine exteriors.
- § Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- § Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.
- § Advertisements in school publications or school mailings.
- § Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

The District makes vending machines available to staff members. These vending machines are located out of sight of the students at all District campuses in staff break areas.

IV. Physical Activity

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.



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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.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The district currently uses Beyond Textbooks curriculum through the Vail district for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

ADE reports that the National Association for Sports and Physical Education (NASPE) recommends **150 minutes of physical education** for elementary school students and **225 minutes of instructional physical education** for middle school students.

At this time all District **elementary students** in each grade will receive physical education for at least 50 minutes per week throughout the school year.

The maximum teacher to student ratio for physical education classes does not exceed 25:1



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The District currently has one certified Physical Education teacher at the Palominas Elementary School site. Valley View Elementary School and Coronado Elementary School provide physical education through classroom teachers.

The District addresses PE waivers on a case by case basis to ensure the safety of each student. In the event of injury or inability to participate in physical education classes, alternate assignments are provided to students on topics that focus on physical activity.

Active transport is difficult to implement as the location of all three campuses is in rural areas. The District is researching the idea of having school bus drop offs take place at the Palominas Fire Station to encourage partial walking to at least one of the District sites.

Staff, family, and community engagement in physical activity is done through a minimum of three events per year where games and activities of students competing against parents and community members are held. These activities are in the form of sports such as kickball, volleyball, softball, etc.

Essential Physical Activity Topics in Health Education

The District will include in the health education curriculum, essential topics, on physical activity that align with the Arizona College and Career Ready Standards.

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all or most days during the school year. (*This policy may be waived on early dismissal or late arrival days*). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District



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recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers, when possible, are encouraged to incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

The DWC will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school.

Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the District will coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District’s curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the SHAC/SWC.



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All school-sponsored events, during school hours, will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

Community Health Promotion and Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the District will use electronic mechanisms (such as email or displaying notices on the district’s website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

A Staff wellness and health promotion, subcommittee, will be coordinated through the district office, which will focus on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader’s name is Brandy Oletski.

Glossary:

Extended School Day - time during before and after-school activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school



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building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – bell to bell.

Triennial – recurring every three years.

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