

# Sentinel Elementary District Local Wellness Policy

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## I. Wellness Policy Goals

*Goal for Nutrition Promotion: Sentinel School will post its menu on the district's website, send Nutrition Nugget to families to promote healthy eating habits and to educate the family. Host a trip to a local farm. Smarter Lunchroom techniques are implemented in the cafeteria: A) sliced or cut fruit is offered B) Both hot or cold vegetables are offered. C) Milk cases are kept full throughout the meal service. D) Staff smiles and greets students upon entering the service line and throughout the meal. E) Cleaning supplies or broken/unused equipment are not visible during meal service. F) All lights in the dining and meal service areas work and are turned on. G) Trash cans are emptied when full. H) Students have the opportunity to volunteer in the lunchroom. I) Monthly menu is provided to families, students and staff.*

*Sentinel School provides safe designated routes to school. The number of children walking and/or biking to and from school is documented.*

*Goal for Nutrition Education: Sentinel School teaches nutrition education grades K – 8<sup>th</sup>: A) Relationship between healthy eating and personal health and disease prevention. B) Food guidance from MyPlate. C) Reading and using the FDA's nutrition fact label. D) Eating a variety of foods every day. E) Balancing food intake and physical activity. F) Eating more fruits and vegetables and whole grain products. G) Choosing foods and beverages with little added sugar. H) Preparing healthy meals and snacks. I) Importance of water consumption J) Reducing sodium intake.*

*Physical Activity Topics: A) Health education is required in all elementary grades. B) The physical, physiological, or social benefits of physical activity C) How physical activity can contribute to a healthy weight D) How an inactive lifestyle contributes to chronic disease E) Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition F) Decreasing sedentary activities such as TV watching G) Opportunities for physical activity in the community H) Preventing injury during physical activity I) Weather-related safety for example, avoiding heat stroke, hypothermia, and sunburn while being physically active. J) Developing an individualized physical activity and fitness plan. K) Monitoring progress toward reaching goals in an individualized physical activity plan L) Dangers of using performance-enhancing drugs such as steroids. M) Overcoming barriers to physical activity.*

*Goal for Physical Activity: Physical education for K – 3<sup>rd</sup> will be two times a week and physical activity for at least 30 minutes per day. Physical education for 4<sup>th</sup> – 8<sup>th</sup> will be three times a week and physical activity for at least 30 minutes per day. Students will do one lap around track every morning, in March a lap before lunch will be added. K – 5 will have recess in morning and afternoon. Comprehensive school physical activity program (CSPAP) is used to coordinate physical activity before, during and after school. Students have opportunities to participate in physical activity before and after school. Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education. Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions. Physical activity may not be substituted for any other class.*

*Students are offered periodic opportunities to be physically active or to stretch in the classroom thru out the day on all or most days during a typical school week. Teachers provide short physical activity breaks*

to students during and between classroom time at least 3 days per week. Teachers are provided with any resources, tool or technology having ideas for classroom physical activity breaks. Teachers incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible to reduce sedentary behavior during the day.

Goal for Other School-Based Activities that Promote Student Wellness: Sentinel School will sponsor events to incorporate wellness components including physical activity and healthy eating opportunities.

Sentinel School staff participates in the Wellness Program offered through the school’s insurance company.

## 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.

### **Competitive Foods and Beverages**

- d. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA’s Smart Snacks in Schools guidelines.

### **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. Describe your standards for all foods and beverages provided, but not sold, to students during the school day:  
After school snacks will meet the USDA’s Smart Snacks in Schools guidelines.
- 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. Describe your policy on food and beverage related fundraisers sold to students on school campus during the school day, including the frequency and duration of exempt fundraisers as appropriate:  
NA*

## **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. Describe your policies for food and beverage marketing: NA*
- i. Describe any additional policies for foods and beverages marketed to students: NA*

## **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. Describe frequency of meetings: one times per year*
- b. Description of who the LEA permits to participate in the wellness policy process. (e.g. parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators):  
Parents, teachers, School Food Authority and School Administrator*
- c. Description of how the public is notified that their participation is permitted: School's website*

### **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: School Administrator*
- e. The designated official for convening the wellness committee is: Business Manager*
- f. The person designated for informing the public about the wellness policy is: Business Manager*

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

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

- a. Describe the District's plan for implementation to manage and coordinate the execution of this wellness policy.

There is a meeting at the beginning of the year to set up the wellness policy for the first year, then the meetings at the beginning of the year will refresh everyone's memories on what the goals are and plans to implement them for the new year. Also there may be new committee members that need to be involved or replaced. The School's Administrator will continuously monitor the program throughout the school year. At the end of the year we have a meeting to assess how we are doing and if there needs to be any changes.

### ***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. Provide a description of how the District will assess the progress made in attaining the goals of the District's wellness policy:  
Teachers turn in lesson plans to School Administrator.
  - i. (Optional) The person responsible for this assessment is: School Administrator
  - ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.  
We are a one school rural district which makes assessing compliance easier, all staff are involved in our District Wellness Policy.
    - i. (Optional) The person responsible for this assessment is: School Administrator
- c. The District will assess how their wellness policy compares to model wellness policies.
  - i. Provide a description of how the District will compare their policy with the model policies.  
The school is using the model wellness policy templates.

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

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

- d. Describe how often the LEA will update or modify the wellness policy: At the beginning of each year.

### ***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.

- e. Describe how the LEA will make the district wellness policy available to the public:  
School's website
- f. The annual progress reports and updates can be found at:

The District's office

- g. The District will make the Triennial Assessment available at:  
*The district's office*