

LEA Name: Paloma School District #94
Local Wellness Policy

Date Created:
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I. Wellness Policy Goals

Goal for Nutrition Promotion: District will encourage participation in the school meal programs. Participation in the school meal programs will be promoted to families. School Menus will be posted on the district website or individual site. Local products are incorporated into the school meal program. School will take field trips to local farms.

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. Nutrition is taught be a health education class. Nutrition education is offered for each grade level as part of comprehensive standards-based health education curriculum.

Goal for Physical Activity: The goal is to create a total school environment that is conducive to healthy eating and physical activity. All students will receive physical education for 60 minutes a week along with recess up to at least 30 minutes per day and will not be used or withheld as punishment for any reason. The district has a shared-use agreement for indoor and outdoor physical activities facilities that are open to the students, families and community members outside of school hours.

Goal for Other School-Based Activities that Promote Student Wellness: All school sponsored events will abide by the Wellness Policy. Families will be invited to participate in school sponsored activities and will received health promotion efforts. The district will promote staff member participation in the Healthy U Wellness Program. When available, the district will offer resources to staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.

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. *All schools in the district will participate in the School Breakfast Program*
 - II. *All schools in the district will participate in the After School Care Snack Program.*
 - III. *Paloma will participate in the Fresh Fruit and Vegetable Program.*
 - IV. *Meals will be accessible to all students.*
 - V. *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.*

- VI. *The school will accommodate students with special dietary needs.*
- VII. *Students will be allowed to bring and carry water bottles with only water in them throughout the day.*

Competitive Foods and Beverages

- e. 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:*
 - I. *Gymnasium*
- f. *List any additional criteria the district has established for competitive foods here:*
 - I. *Competitive foods, snacks, and beverages sold from fundraising activities on school campus during the school day will comply with the Arizona Nutrition Standards as mandated by A.R.S. 15-242.*
 - II. *Meet all of the competitive food nutrient standards*
 - III. *Be a grain product that contains 50% or more whole grains*
 - IV. *Be a combination food that contains at least ¼ cup fruit and/or vegetable.*

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.

- g. *Describe your standards for all foods and beverages provided, but not sold, to students during the school day:*
 - I. *The district will provide a list of healthy ideas to parents and teachers for celebrations and parties.*
 - II. *The district will provide a list of healthy foods and beverages that meet the Smart Snacks nutrition standards for classroom snacks that are brought in by parents*
 - III. *Food and beverage will not be used as a reward.*
- h. *These guidelines apply to (check all that apply):*
 - School-sponsored events
 - Celebrations and parties
 - Classroom snacks provided by parents
 - Classroom rewards and Incentives

Fundraising

- i. *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:*
 - I. *Fundraising done after school hours will sell food and beverages that meet the USDA's Smart Snacks in Schools Standards.*

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.

- j. Describe your policies for food and beverage marketing: N/A*
- k. Describe any additional policies for foods and beverages marketed to students: N/A*

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: The District Wellness Committee will meet at least 4 times a 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 are included in the participation of the wellness policy process.*
- c. Description of how the public is notified that their participation is permitted: The public is notified of their ability to participate in the Local Wellness Program by a notice that is sent home with the students.*

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: Accounting Specialist/Food Service Director*
- f. The person designated for informing the public about the wellness policy is: Accounting Specialist/Food Service Director*

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.
Paloma School will hold a meeting to discuss and implement a wellness policy for the first year. Meetings will be held at the beginning of the school year and 3 other times during the school year to review the goals and plans to implement them during the year. The school's administrator will continuously monitor the policy and program throughout the school year. We will assess the policy at the end of the school year and make any necessary changes to be implemented for the next school year. The District will retain the written wellness policy in the school district office. The district will make the wellness policy available via the district website at www.palomaesd.org. Notices will be sent home with students regarding school events' and activities related to wellness policy implementation and how the public can be involved. Communications that are sent home will be in the appropriate languages.

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:
Comparing to the Alliance for a Healthier Generation's model policy.
Documentation of efforts to review and update the policy, including indication of who is involved in the update, and most recent assessment on implementation.
 - 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 small rural school that has a total of 25 employees which is easier for us to have all of our staff involved in implementing and being in compliance in our district's 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.
We will be using the Local Wellness Policy Template and Wellness Model Policy and compare to the Alliance for a Healthier Generation's model policy.
 - i. (Optional) The person responsible for this assessment is:

Revisions and Updating the Policy

The District will update or modify the wellness policy when the district changes priorities, wellness goals are met and new state and federal standards are issues.

- d. Describe how often the LEA will update or modify the wellness policy: Beginning of each school year or as necessary.

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 Website
- f. The annual progress reports and updates can be found at:
Paloma School District Office
- g. The District will make the Triennial Assessment available at:
Paloma School District Office