

## RIVERSIDE SCHOOL DISTRICT No. 2

To achieve the Riverside Elementary Schools District Wellness:

The district will have a wellness committee to engage students, parents, teachers, food service professionals, administrators, and other interested community members in developing, implementing, monitoring, and reviewing district-wide wellness policy, goals and practices for comprehensive school health. The council's purpose should be to address health issues using a coordinated approach in order to improve student health and wellness.

This plan 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. This plan establishes goals and procedures to ensure that:

- Students in the schools 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 district establishes and maintains an infrastructure for management, oversight, implementation, communication, and evaluation of the policy and its established goals and objectives.
- This plan applies to all students, staff, and schools in the district.

### I. Introduction and Background Information

On June 30, 2004, President George W. Bush signed Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. This law requires that each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq) to establish a local school wellness policy by July 1, 2006.

In December 2010, President Barack Obama signed The Healthy, Hunger-Free Kids Act (HHFKA) of 2010. This law required the establishment of national regulations for all foods sold in the breakfast and lunch programs.

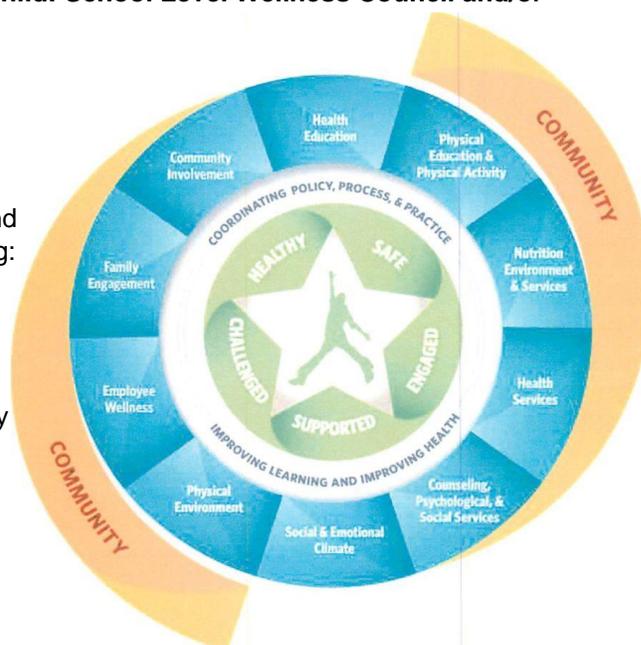
In July 2014, the regulations of HHFKA were expanded to cover the entire school building. This is known as the Smart Snacks Guidelines. In July 2016, the HHFKA finalized the regulations for the Local School Wellness Policy Implementation.

As required by law, the Riverside School District Wellness Policy includes:

- **Goals for nutrition education and promotion, physical education and activity, and other school-based activities** that are designed to promote student wellness;
- **Nutrition guidelines for all foods sold during the school day** with the objectives of promoting student health;
- **Guidelines for reimbursable school meals**
- **A plan for fostering community involvement and notification**, including parents, students, the school board, school administrators, and the public in the development and implementation of the school wellness policy
- **A plan for monitoring and measuring implementation of the wellness policy**

## II. Whole School, Whole Community, Whole Child: School Level Wellness Council and/or School Level Councils

. Whole School, Whole Community, Whole Child (WSCC) is a ten component model created by the Centers for Disease Control and Prevention addressing the emotional and physical needs of everyone in the school setting: students, teachers and administrators. The components include the following: Physical Education and Physical Activity; Health Education; Health Services; Counseling, Psychological & Social Services; Social and Emotional School Climate; Physical Environment; Employee Wellness; Community Involvement; Family Engagement; and Nutrition Environment and Services. Schools can modify the model to fit the needs of their schools, students and communities.



## III. Goal Areas for School Level Wellness Plans

1. Nutrition Education and Promotion

2. Nutrition Guidelines for Foods Available During the School Day
3. Other School-Based Activities that Promote Wellness
4. Physical Education and Physical Activity
5. Public Notification: Communication Engaging Parents, School Staff and the Community
6. Implementation and Evaluation

The following objectives and standards are outlined for each goal area. The school level wellness council should comply with the goals of the district wellness policy and choose to implement one or more standards for each goal.

#### **IV. School Wellness Council**

Riverside School District will convene a representative district wellness council that meets at least two 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 the district wellness policy. The district must allow parents, students, school nutrition staff, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy. The district wellness council meetings will be announced to the public to receive feedback in the development, implementation, review and any updates to the wellness policy.

##### **District Wellness Council Leadership:**

<b>Name:</b>	<b>Title:</b>	<b>Email Address:</b>	<b>Role:</b>
Eva Chalabi	CNS Manager	echalabi@riverside.k12.az.us	Council Leader
Alejandrina Macias	Kitchen Lead– Kings Ridge	amacias@riverside.k12.az.us	Council Leader
Alma Lopez	RESD & MIT- LPN Nurse	alopez@riverside.k12.az.us	Member
Gregory Sneed	Coordinator of Health and Physical Education	gsneed@riverside.k12.az.us	Member
Jocelyn Espinoza	MIT-Student Council		Student Member
Kimberly Valenzuela-Acosta	MIT-Student Council		Parent Member
Christine Hicks	Community Dietitian Supervisor	Christine.Hicks@Maricopa.Gov	Community Member

#### **1. Nutrition Education and Promotion**

The district aims to teach, model, encourage, and support healthy eating for all students throughout the school campus. Nutrition education and promotion positively influences lifelong eating behaviors by using evidenced-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Nutrition promotion includes marketing nutritious foods and beverages to students throughout the school campus.

**Standards:****Educational Reinforcement (Public Involvement)**

Collaborate with other school and community groups to conduct nutrition education activities such as health fairs, career days, health/nutrition professional presentations, etc.

Examples:

- School wellness committee
- Parent volunteer
- Local health departments
- Nonprofit health and community organizations

**Cafeteria Based Nutrition Education and Promotions at the School**

The school supports coordinated school nutrition programs with cafeteria-based lessons and activities that promote and reinforce healthy school nutrition environments. School Nutrition staff conduct promotions and nutrition activities that include students, staff and community.

Examples:

- School Nutrition staff visit classrooms and explain how the school food service program ensures that meals meet U.S. Department of Agriculture (USDA) nutrition standards and the Dietary Guidelines for Americans.
- Classes visit the cafeteria kitchen for a tour and demonstration on how meals are prepared.
- Involve students in planning the school menus.
- Display nutrition posters in the cafeteria and distribute nutrition information.
- Invite School Nutrition staff to conduct training sessions, presentations and/or information about the School Nutrition Program for students, staff and parents.

**Curriculum Content Areas**

The school supports the comprehensive health education curriculum nutrition concepts and skills in accordance with curriculum standards.

**Education Links with School**

Staff create nutrition education lessons in the school cafeteria and classroom by coordinating with the school nutrition manager and teachers. Staff integrates nutrition education with other school health initiatives.

**Marketing on the School Campus Complies with USDA Standards**

Only food items that meet USDA Smart Snacks in School nutrition standards are marketed on the school campus during the school day.

**Goal/Objective:** To provide nutrition education experiences that support the instructional component to improve students' eating behaviors and help develop healthy lifestyle practices. To encourage and support nutritious eating by students and adults.

<http://www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms>

<http://www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more>

<http://www.fruitsandveggiesmorematters.org/>

<http://www.farmtoschool.org/>

## **2. Nutrition Guidelines for Foods Available During the School Day**

Riverside School District is committed to serving healthy meals to children, with 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; and to meet the nutrition needs of school children within their calorie requirements.

All schools within the district participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and where applicable, After School Snacks, the Fresh Fruit and Vegetable Program (FFVP) and the Summer Food Service Program (SFSP).

School menus will be posted on the district website and individual school websites. All school nutrition program menus are created and reviewed by a web based program that analyzes nutrients. The school nutrition program will be administered by a team of child nutrition professionals.

The district is committed to ensure that all food and beverages made available to students on the school campus during the school day supports healthy eating. Food and beverages sold and served outside of the school nutrition program will meet the USDA Smart Snacks in School nutrition standards. These standards apply at all locations and services where food and beverages are sold to students during the school day, which may include, but are not limited to, a la cart options in cafeterias, vending machines, school stores, and snack or food carts.

**Goal/Objective:** To provide students with a variety of affordable nutritious meals and snacks. To plan all menus in accordance with federal, state, and local regulations, rules, and guidelines

<b>Standards:</b>
<b>Foods available during the School Day</b> School meals and after-school snacks adhere to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), and Arizona Department of Education for Health & Nutrition (ADE). Local menus for breakfast, lunch and after-school snacks are followed as written with minimum menu substitutes.
<b>Extra Food Sales</b> All foods sold in school adhere to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), Arizona Department of Education, AZ. ADE.

<p><b>Fundraisers</b></p> <p>Schools follow the existing Arizona Nutrition Standards and Competitive Foods fund raising policy/procedure. Standards do not apply during non-school hours, on weekends and at off-campus fundraising events.</p>
<p>The standards do not apply to fundraisers in which the food or beverage is clearly not for consumption on the school campus during the school day (ex. cookie dough, pizza dough, vouchers for food).</p> <p>Appendix-Smart Snacks and Fundraisers</p>
<p><b>Snacks</b></p> <p>Food provided, but not sold, to students during the school day should meet Smart Snacks in School nutrition standards.</p> <p>This includes classroom snacks/instructional use of food, snacks offered during student meetings during the school day, and student celebrations and recognition.</p> <p>Use of nonfood treats as a reward is encouraged.</p> <p>A recommended list of healthy snack choices for service and consumption by students is included as a resource for school staff, parents and administrators.</p>
<p><b>Water</b></p> <p>Drinking water fountains are available to all students throughout the school day.</p>
<p><b>Documentation</b></p> <p>Schools maintain files to document that all items sold within the school meet the Smart Snack requirements. This includes nutrition fact labels and ingredient statements for each item.</p>

**Describe any other Nutrition Guidelines for Foods Available during the School Day activities implemented at the school level:**

**3. Other School-Based Activities to Promote Wellness**

Schools in the District are encouraged to promote health and wellness to all students and staff members. Schools will provide a clean, healthy and safe environment.

**Goal/Objective:** To provide school-based activities that are designed to promote student and staff wellness.

<http://cdc.gov/healthyouth/sher/standards/index.htm>

<http://azed.gov/health-nutrition/health-ed-sandard/>

**Standards:**

**Encourage student and staff members to improve their health and wellness through promotions and programs**

Examples of promotions/programs:

- Introduce wellness programs to staff members
- Health screenings
- Physical activity and fitness
- Nutrition education
- Weight management
- Influenza vaccinations

e-mail messages through the new Wellness Committee communication forums.

**Promote a clean, healthy, safe environment conducive to maximizing instructional focus. A healthy, clean and safe environment will promote a positive effect on students and the school staff.**

Examples:

- Environmental Services and Nutrition Services will insure that school meals are served in a clean and pleasant setting.
- Dining areas will be attractive and have sufficient space for seating.
- School staff will provide appropriate supervision in school cafeteria areas and serve as role models to students.
- Schools will provide safe, clean, and hygienic-supported restrooms. Hand-washing equipment, soap, and supplies will be placed in convenient places so that students and staff can wash their hands before eating and other appropriate times. School classrooms will be kept clean and neat.
- Schools will have appropriate required safety plans.
- Schools will meet the district policy on staff being trained in CPR.

**Schedule meal times to provide adequate time for students to enjoy eating healthy foods.**

Students should be allowed a minimum of 20 minutes to eat after sitting down for lunch. Lunch should be scheduled between 10:00AM and 2:00PM daily.

Schools should not schedule tutoring, club, or organizational meetings or activities during meal times, unless students may eat during such activities.

**Food Safety**

All foods not prepared by trained district school nutrition staff on campus and made available to students, should be purchased from a reputable commercial establishment to ensure the safety of

students. This does not pertain to an individual student's lunch from home.

Schools discourage students from sharing their foods or beverages with one another during meal or snack times, with respect to allergies and other dietary restrictions.

Each food preparation site is represented by at least one person credentialed in food safety.

All food handlers and foods available on campus adhere to food safety standards.

Sanitation deficiencies cited on local inspections are corrected immediately, including facility deficiencies.

**Describe any other School-Based Activities implemented at the school level:**

**4. Physical Education and Physical Activity**

Children and adolescents should participate in 60 minutes of physical activity, daily. A substantial percentage of students' daily physical activity requirements can be met through comprehensive school-based physical activity programs. The district will provide students with physical education, using age appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

**Goal/Objective:** To provide students with opportunities for a quality physical education and daily physical activity. To provide these opportunities for each student in order to foster an understanding of the short and long-term benefits of a physically active and healthy lifestyle.

Arizona Physical Education Standards <https://www.azed.gov/standards-practices/k-12standards/standards-physical-education/>

Centers for Disease Control and Prevention: Physical Education Curriculum Analysis Tool <http://cdc.gov/healthyyouth/pecat/highquality.htm>

Centers for Disease Control and Prevention: Physical Activity for Everyone <http://cdc.gov/healthyyouth/pecat/highquality.htm>

<b>Standards:</b>
<b>Sequential, standards-based, physical education instruction to include health related fitness components are available for students in grades K-12. (Health-related fitness focuses on activities that promote a healthy lifestyle).</b>
<b>Elementary and Middle:</b> grade K-8 provides daily 45 minutes of instructional health and physical education, and 15 minutes of recess.
<b>High:</b> Offers health class online to students. School also has sports teams (Volleyball and Soccer). Extended periods of inactivity should be discouraged. When there are activities that make it necessary for students to be sitting for long periods of time, such as school-wide testing, students should have periodic "brain breaks," where they are encouraged to stand up and be moderately active.
<b>Daily physical activity will be available for students in grades K-5.</b>

Schools are encouraged to provide physical activity opportunities before and after-school for students in grades 6-8.

**Physical activity is neither used as punishment nor withheld as a punishment.**

**Recess is available for all elementary age children for at least 15 minutes on all or most days during the school year. Recess will compliment, not replace, physical education class.**

**5. Public Notification: Communication Engaging Parents, School Board/ Administrative Staff and the Community**

Riverside School 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.

**Goal/Objective:** To promote clear and consistent messages that explain and reinforce healthy eating and physical activity habits. Messages will be directed to students, staff, parents, and the community.

**Standards:**

**Public Notification**

The Wellness Council will use electronic (such as email or displaying notices on the school website) and/or non-electronic (such as newsletters or presentations) 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.

**Promote messages in school communications that exemplify:**

- Healthy foods taste good and are good for you
- Fitness is fun
- Healthier students are smarter students
- Our school provides healthy foods for our students and staff
- Our school promotes healthy lifestyles

Healthier lifestyles enable school employees to be happier and more productive

**Engage parents through activities that promote healthier lifestyles.**

Examples:

- Walk Your Child to School days
- Parent activity nights
- School, charity and foundation fun runs, walks, fund raisers
- Post nutrition tips on the school website
- Send home nutrition information with children
- Share information about local active events and/or education, through the website or take-home materials.

Assign homework that prompts family discussion on healthy habits.

**Establish partnerships with community organizations and make outreach to groups that support the school's wellness goals.**

**Communicate activities to news media that promote the school wellness initiatives**

Examples:

- News releases promoting school sponsored wellness activities
- Photographs of activities

## **6. Implementation and Evaluation**

The district will develop and maintain a plan for implementation to manage and coordinate the execution of the wellness policy. At least once every three years, the district will evaluate compliance with the wellness policy to assess implementation. Local Wellness Policy Assessment Comparison with a Model Policy. <https://cms.azed.gov/home/GetDocumentFile?id=5900d4191130c00aac66127b>

**Goal/Objective:** To measure implementation of the wellness policy, including the designation of one or more persons with operational responsibility for ensuring that schools are addressing the policy.

The School Nutrition Department will be responsible for collecting and reporting the data to document the school level implementation of the Wellness Policy by using ADE's Activity and Assessment Tool (attached Link). <https://cms.azed.gov/home/GetDocumentFile?id=5900d2e71130c00aac661273>

## Glossary

- 1. School Day-** Midnight the night before to 30 minutes after the end of the instructional day.
- 2. 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 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
- 3. Smart Snacks-** nutrition standards for all foods sold in schools as required by the Healthy, Hunger-Free Kids Act of 2010.