

Ash Fork Joint Unified School District #31

Local Wellness Policy

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I. Wellness Policy Goals

Goals for Nutrition Promotion:

- School meal program menus will be posted on the District website.
- Local and/or regional products are incorporated into the school meal program.
- Messages about agriculture and nutrition are reinforced through a learning environment

Goals for Nutrition Education:

- Staff will teach, model, encourage and support healthy eating by all students.
- Nutrition education will be integrated into health education or core curriculum.
- Nutrition education links will be made available on our District's website.

Goals for Physical Activity:

- Physical Education is recommended for 30 minutes at a minimum of once a week in grades K-8.
- Schools will ensure that students are moderately to vigorously active at least fifty (50%) of the time while participating in physical education classes.
- Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) is not used as punishment for any reason.
- The District will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.
- Recess will be offered outdoors when weather is feasible.
- Students have opportunities to participate in monthly "Walk-a-Thon" competitions

Goals for Other School-Based Activities that Promote Student Wellness:

- Invite families to participate in school-sponsored activities and receive information about health promotion efforts.
- Provide staff wellness material to promote modeling healthy eating and physical activity behaviors.

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.

- All schools in the District will participate in the National School Lunch Program.
- All meals will, at a minimum, meet the New Meal Pattern requirements.
- Free, potable water will be available to all students during meal periods.
- Additional standards include:
 - Carbonated Drinks: For all grade levels including K-8 and 9-12. All beverages containing carbonation must be plain water or 100% fruit and vegetable juices of full strength juice diluted with water. No added sweeteners.
- Students are prohibited from having access to vending machines which sell beverages that do not meet the established nutrition requirements.

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:

- Ash Fork Elementary School
- Ash Fork Middle School
- Ash Fork High School

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.

- Parents and teachers are encouraged to follow the Beverage and Nutrition Standards when planning classroom parties, classroom rewards and classroom incentives.
- All beverages containing carbonation must be plain water or 100% fruit and vegetable juices or full strength juice diluted with water. No added sweeteners.
- The classroom teacher is responsible for adhering to the above guidelines.
- The classroom teacher is encouraged to send their snack/party guidelines in a welcome packet to the parents at the start of each year.
- The classroom teacher is encouraged to suggest non-food awards for student/class incentives such as birthdays, etc.

These guidelines apply to:

- School-sponsored events
- Classroom snacks provided by parents

Fundraising

Fundraising food and beverage sales may not be in competition with the District's breakfast, lunch or snack program. The District does not allow exempt fundraisers.

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.

- All food and beverages advertised on the school campus during the day meet or exceed the USDA Smart Snacks in School nutrition guidelines. These guidelines apply to:
 - Vending machine exteriors.
 - School equipment such as marquees, message boards, scoreboards, busses, etc.
 - Cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment.
 - Posters, book covers, displays, etc.
 - Advertisements in school publications or mailings.
 - Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product.
 - The District's nutrition services and athletic directors will consider applicable Local Wellness Policy marketing guidelines with new equipment purchasing decisions.

III. Local 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.

- It is the goal of the Wellness Committee to meet a minimum of 4 times per school year.
- Parents, students, and representatives of the school food service dept., teachers of physical education, school health professionals, the school board, and school administrators are permitted to participate in the wellness policy process.
- The District will notify the public that their participation is permitted via our Wellness page on our District'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.

- The designated official for oversight of implementation at each school is: Team Leaders
- The designated official for convening the wellness committee is: Carrie Sotelo-Ayala
- The person designated for informing the public about the wellness policy is: Carrie Sotelo- Ayala

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

Implementation of the Wellness Policy

The Local Wellness Policy will be evaluated at least annually by the Local Wellness Committee to determine its effectiveness in promoting a healthy lifestyle. Programs can be changed as appropriate to increase its effectiveness.

A report will be made to the Governing Board at the end of each school year regarding the District's compliance with the law and policies related to student wellness.

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.

- The District will assess compliance and progress of their local wellness policy at least once every 3 years.
- The District will assess the progress made in attaining the goals of the District's wellness policy using the Local Wellness Policy Activity and Assessment Tool.
- The School Administrator will assess each school's compliance with sections I-IV of this wellness policy.
- The District will assess how their wellness policy compares to model wellness policies.
- The District will compare their policy with the model policies using the Model Policy Comparison tool.

Revisions and Updating the Policy

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

- The District will update or modify the wellness policy 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.

- The District's wellness policy will be made available to the public via the District's website.
- Annual progress reports and updates can be found on the District's website.
- The District will make the Triennial Assessment available on the District's website.