

Appendix 1: DEFINITIONS

1. *A La Carte*: Refers to individually priced food items provided by the school food service department. These items may or may not be part of the reimbursable meal.
2. *Competitive Foods*: Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or After School Snack Program. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores or as part of school fundraisers. School fundraisers include food sold by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization.
3. *Food Service*: Refers to the school's operation of the National School Lunch Program, School Breakfast Program and After School Snack Programs and includes all food service operations conducted by the school principally for the benefit of schoolchildren, all of the revenue from which is used solely for the operation or improvement of such food services.
4. *Fried Foods*: Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as "deep fat frying." This definition does not include foods that are stir-fried or sautéed.
5. *Fruit or Vegetable Drink*: Beverages labeled as containing fruit or vegetable juice in amounts less than 100 percent.
6. *Fruit or Vegetable Juice*: Beverages labeled as containing 100 percent fruit or vegetable juice.
7. *School Day*: The school day begins with the start of the first breakfast period and continues until the end of the last instruction period of the day (last bell).
8. *School Meals*: Meals provided under the National School Lunch Program, School Breakfast Program and After School Snack Program for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions and guidelines.
9. *Smart Snacks*: Defined as ala carte (see definitions above), sold at food service kitchens they are provided by the school food service department.
10. *Trans-Fat*: Occurs in foods when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Trans fats may be found in such foods as margarine, crackers, candies, cookies, snack foods, fried foods, baked goods, salad dressings and other processed foods.

V. EVALUATION /COMMUNICATION

- A.** Each school principal shall conduct evaluation of the wellness policy in May of each year. The evaluation shall be reported to the Director of Curriculum, Instruction, and Assessment by May 31 of each year.
- B.** Evaluation questions may include and are not limited to the following:
 - 1. Was the policy implemented in all of its components?
 - 2. How did implementation vary from the original plan?
 - 3. What were barriers to implementation?
 - 4. Are students choosing and enjoying healthier foods while on school premises?
 - 5. How did student fitness levels change?
 - 6. The Healthy Living Program will maintain record of data related to implementation and evaluation.
- C.** Local Wellness Policy is made available to public and community through Pinon USD district website. All communication is on district website regarding meeting dates/times, revision changes, and content. Committee is open for anyone to join and would encourage community wide involvement from students, parents, teachers, health services, school food service, members of school board, administrators, and members of the public.

week will engage the students indirect structured physical activity including SPARKS activities.

- a) Classroom activities: Beginning in February 2007, at least 10 minutes of structured physical classroom activities, by way of spontaneous physical exercise, such as stretching, running in place, jumping jacks, and structured non-competitive play activities.
2. Special Physical Activities: The school will promote programs that involve physical activity, such as walking programs, campaign walks, and field days.
3. Parent partnership: Because students should engage in a minimum of 60 minutes of physical activity a day, parents are encouraged as partners to promote physical activity beyond the school day.

C. Pinon High School

1. Physical Activity: The NASPE recommends that Pinon High School provide 150 minutes of physical activity per week (National Association for Sport & Physical Education). Of the 150 minutes per week, a minimum of 75 minutes per week will engage the students indirect structured physical activity including SPARK activities.
 - a) Classroom activities: Beginning in February 2007, at least 5 minutes of structured physical classroom activities, by way of spontaneous physical activity, such as stretching, running in place, jumping jacks, and structured non-competitive play activities is recommended.
2. Special Physical Activities: The school will promote programs that involve physical activity, such as walking programs, campaign walks, and field days.
3. Parent partnership: Because students should engage in a minimum of 60 minutes of physical activity a day, parents are encouraged as partners to promote physical activity beyond the school day.

III. NUTRITIONAL PROMOTIONS AND FOOD/BEVERAGE MARKETING IN SCHOOLS

- A.** 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.
- B.** Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. These are implemented through Monthly Newsletters, School Lunch Menus, Health Fairs, Farmer Market Events and more promotion outlets.
- C.** Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students.
- D.** Will ensure 100% of foods and beverages promoted on campus during the school day are only items that meet the USDA Smart Snacks in School nutrition standards

IV. PHYSICAL ACTIVITY

A. Pinon Elementary School

- 1. Physical Activity: the NASPE recommends that Pinon Elementary School provide 150 minutes of physical activity per week (National Association for Sport & Physical Education). Of the 150 minutes per week, a minimum of 75 minutes per week will engage the students indirect structured physical activity including SPARKS activities. SPARK equipment will be ordered after an inventory of current equipment.
 - a) Classroom activities: Beginning in February 2007, at least 10 minutes of structured physical classroom activities, by way of spontaneous physical exercise, such as stretching, running in place, jumping jacks, and structured non-competitive play activities.
 - b) Recess: Beginning in October 2010, at least 20 minutes of unstructured physical activity (recess) per day for all grades.
- 2. Special Physical Activities: The school will promote programs that involve physical activity, such as walking programs, campaign walks, and field days.
- 3. Parent partnership: Because students should engage in a minimum of 60 minutes of physical activity a day, parents are encouraged as partners to promote physical activity beyond the school day.

B. Pinon Middle School

- 1. Physical Activity: The NASPE recommends that Pinon Middle School provide 150 minutes of physical activity per week (National Association for Sport & Physical Education). Of the 150 minutes per week, a minimum of 75 minutes per

highly encouraged that nutrition education be integrated into other curriculums such as science, math, language arts, social sciences, etc.

2. Healthy nutrition practices will be promoted throughout school premises by way of nutrition posters, positive eating atmosphere environment, promotional incentives, pricing incentives, etc.
3. Advertising of foods is limited to foods that meet the standards described in this policy.
4. This policy will be promoted among school faculty/staff and student families by means of formal in-service, handouts, newsletters, fun events (food demonstrations, taste-testing), and other means.
5. The Great Body Shop is the middle school health curriculum.
6. Implementation and Evaluation: The Physical Education teacher will monitor and maintain records of usage of school health curriculum and submit a quarterly report to the Director of Curriculum, Instruction, and Assessment.

C. Pinon High School

Nutrition education will be comprehensively given to the students via the following:

1. Age and grade-appropriate nutrition education will be coordinated into the school's comprehensive school health curriculum. It will be applied especially in PE Health classes every quarter. It is also highly encouraged that nutrition education be integrated into other curriculums such as science, math, language arts, social sciences, etc.
2. Healthy nutrition practices will be promoted throughout school premises by way of nutrition posters, positive eating atmosphere environment, promotional incentives, pricing incentives, etc.
3. Advertising of foods is limited to foods that meet the standards described in this policy.
4. This policy will be promoted among school faculty/staff and student families by means of formal in-service, handouts, newsletters, fun events (food demonstrations, taste-testing), and other means.
5. Implementation and Evaluation: physical education teacher will monitor and maintain records of usage of school health curriculum and submit a quarterly report to the Director of Curriculum, Instruction, and Assessment.

that nutrition education be integrated into other curriculums such as science, math, language arts, social sciences, etc.

2. Healthy nutrition practices will be promoted throughout school premises by way of nutrition posters, positive eating atmosphere environment, promotional incentives, pricing incentives, morning announcements, etc.
3. Advertising of foods is limited to foods that meet the standards described in this policy.
4. This policy will be promoted among school faculty/staff and student families by means of formal in-service, handouts, newsletters, fun events (food demonstrations, taste-testing), and other means.
5. Implementation and Evaluation: The District Nurse and physical education teacher will monitor and maintain records of usage of school health curriculum and submit a quarterly report to the Director of Curriculum, Instruction, and Assessment.

B. Pinon Middle School

Nutrition education will be comprehensively given to the students via the following:

1. Age and grade-appropriate nutrition education will be coordinated into the school's comprehensive school health curriculum. It will be applied especially in PE classes every quarter using *The Great Body Shop* two days a week. It is also

service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations and Arizona Nutrition Standards.

3. **AZ Merit Test Days:** Schools and parents may provide nutritious snacks for students taking state standardized tests. The snack must comply with the fat and sugar limits of the Public School Nutrition Policy and may not contain any foods of minimal nutritional value or consist of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.).
 4. **Instructional Use of Food in Classroom:** For instructional purposes, teachers may use foods as long as the food items are not considered snacks or candy. Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy. However, snacks may not be served during meal periods in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.
 5. **Field Trips:** School-approved field trips are exempt from the nutrition policy. A school official must approve the dates and purposes of the field trips in advance. However, all elementary and middle school federal reimbursement claims must follow Arizona State Nutrition Standards.
 6. **Athletic, UIL, Band and Other Competitions:** The nutrition policy does not apply to students who leave campus to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.
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II. NUTRITION EDUCATION

A. Pinon Elementary School

Nutrition education will be comprehensively given to the students via the following: Nutrition information will include new information from MyPlate from the CDC.

1. Age and grade-appropriate nutrition education will be coordinated into the school's comprehensive school health curriculum. It is also highly encouraged

C. Pinon Middle School:

1. Competitive Foods

- a) A middle school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises throughout the school day.

D. Pinon High School

1. Snack Policy

- a) High school campus may not serve or provide access for students to all other forms of candy at any time anywhere on school premises throughout the school day until end of the last scheduled class. For exemptions and a listing of foods and beverages restricted by the snack policy, see Section E below and Appendix 1.
- b) High school campus may not serve or provide access to snack during meal periods when reimbursable meals are served and/or consumed. For exemptions and a listing of foods and beverages restricted by the snack policy, see section E and appendix 1. New contracts must expressly prohibit the sale of sugared, carbonated beverages.
- c) Competitive Foods: Pinon High School may not serve or provide access to competitive foods during meal periods in areas where reimbursable meals are served and/or consumed. All competitive foods sold or provided to students must meet the nutrition standards of this policy.

E. POLICY EXEMPTIONS

- 1. School Nurses: This policy does not apply to school nurses using snacks's during the course of providing health care to individual students.
- 2. Accommodating Students with Special Needs: Special Needs Students whose Individualized Education Program (IEP) or 504 plan indicates the use of a Smart Snack or candy for behavior modification (or other suitable need) may be given Smart Snacks or candy items.

School Events: Students may be given snacks, candy items or other restricted foods during the school day for up to three different school events each school year to be determined by the officials Principal.

- a) During events, snacks may not be given during meal times in the areas where school meals are being served or consumed, and regular meal

and canned fruits should be packed in natural juice, water or light syrup when available.

- b) Schools may offer 1 percent white and fat free milk at all points where milk is served.
- c) In this policy, all beverages served in the elementary school would be milk, unflavored or flavored (search for one with less sugar), unsweetened water and 100 percent fruit and/or vegetable juice.

3. Healthy nutrition environment:

- a) All school cafeterias and dining areas should be healthy nutrition environments. Pinon public schools participating in federal child nutrition programs should ensure that all students have daily access to school meals (breakfast and lunch). Schools should not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict meal access.
- b) Adequate time should be allowed for students to receive and consume meals, and cafeterias should provide a pleasant dining environment. The minimum recommended eating time for each student after being served is at least 15 minutes for breakfast and 20 minutes for lunch.
- c) It is strongly recommended that PE or recess should be scheduled before lunch whenever possible.

B. Pinon Elementary School

- 1. Competitive Foods and Snacks on elementary school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises throughout the school day until the end of the last scheduled class. This does not pertain to food items made available by the school food service department.
- 2. Snacks
 - a) Elementary classrooms may allow one nutritious snack per day under the teacher's supervision. The snack may be in the morning or afternoon but may not be at the same time as the regular meal periods for that class. The snack may be provided by the teacher, parents or other groups and should be at no cost to students.

(1) The snack must comply with the fat and sugar limits of the Pinon School Nutrition Policy and may not contain any snacks or consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). Please refer to the attached suggestions for nutritious snacks.

PINON UNIFIED SCHOOL DISTRICT #4

WELLNESS POLICY

The Pinon Unified School District is issuing the following Nutrition Policy to promote a healthier environment in schools. This policy is the result of a Federal Mandate, PL 108-265, which requires schools to implement nutrition standards, physical activity goals, nutrition education goals and goals for other school based activities designed to promote student wellness by June 30, 2006. A first revision was completed in April of 2008. Second revision completed October 2010. The third revision was completed in March 2013 and adopted in June 2013. This is the fourth revision of this document and a few minor changes have been agreed upon. A collaborative effort of nutrition policies from other states and a committee of local professionals, and district staff formed this policy.

I. NUTRITION STANDARDS

Effective November 1, 2010, all Pinon Unified School District schools shall comply with the nutrition policies outlined below. These policies are intended to provide a healthier school environment for Pinon Unified School District students and employees. The following specific nutrition standards pertain to all foods and beverages served or made available to students on elementary school campuses. This includes school meals, a la carte and the nutritious classroom snacks.

A. Pinon Unified School District #4

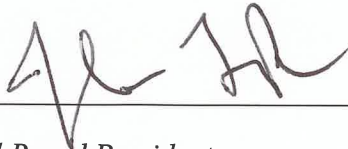
1. Smart Snack Compliance:

- a) Schools and other vendors may not serve food items containing more than 28 grams of fat per serving size more than twice per week, for all a la cart, school stores and vending.
- b) Schools have eliminated frying as a method of on-site preparation for foods served as part of school meals, a la carte, snack lines and competitive foods.
- c) Foods that have been flash-fried by the manufacturer may be served but should be baked or heated by another method.

2. Other:

- a) Fresh Fruit and/or vegetables should be offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen

Date approved: November 8, 2018



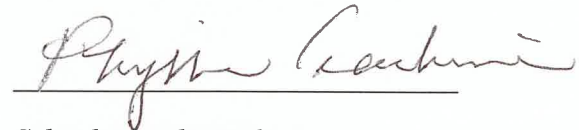
School Board President




School Board Member



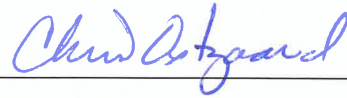
School Board Member



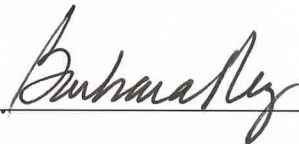
School Board Member



School Board Member



Superintendent



Wellness Team Member

