

# SELIGMAN UNIFIED SCHOOL DISTRICT

## Seligman Elementary K-8 Seligman High School 9-12 Local Wellness Policy

Date Created: 5-13-14

Updated: 6-13-17

Updated: 7-24-18

Updated: 12-20-22

### I. Wellness Policy Goals

Goal for Nutrition Promotion: All foods available in each school during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.

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.

Goal for Physical Activity: The goals for physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students regular participation in physical activity and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

Goal for Other School-Based Activities that Promote Student Wellness: The goal is to create a total school environment that is conducive to healthy eating and physical activity.

### 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:
  - 1. Available alternative meals. PBJ, Vegetarian
  - 11. Salad Bar Available
  - 111. Soy Milk or Juice Available for dietary purposes

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:

- 1. School Cafeteria

- 111. f. List any additional criteria the district

has established for competitive foods here:

- 11. N/A

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: All foods and beverages provided to students are compliant with USDA guidelines.

- 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: Food and beverages that do not comply with Nutrition Standards are sent home at the end of the school day in sealed packages to consume after the school day is complete.

## 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: We do not market to students here.
- 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: two 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): We invite parents, teachers, students, school nurse, food service, and administration to be involved with the wellness policy process.
- c. Description of how the public is notified that their participation is permitted: Through email and flyer notification.

#### 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: Rick Lindblad
- e. The designated official for convening the wellness committee is: Christy Carpenter
- f. The person designated for informing the public about the wellness policy is: Christy Carpenter

#### 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.

Discussion with teachers during orientation. Yearly assessment.

##### 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:

- Compilation of documentation review utilizing the Alliance for Healthy Generation criteria through focused conversation.

- i. (Optional) The person responsible for this assessment is:

- ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.

- i. (Optional) The person responsible for this assessment is:

- 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.

- i. (Optional) The person responsible for this assessment is:

##### 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: As Needed or at the least Yearly.

##### 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:

The policy will be included in the Elementary and High School Handbooks and on the school website. Future goal: The policy will be posted for review at our Fall Back to School Night and Spring Spectacular.

f. The annual progress reports and updates can be found at:  
The District Office

g. The District will make the Triennial Assessment available at:  
The District Office

7-24-2018

## Physical Activity

PE classes are scheduled for all Elementary students during the week. High School is offered multiple PE options. Grades K-5 will be scheduled two recess periods per day. High School students are offered the opportunity for physical activity during the school day.

## Nutrition Education

K-5 Students will receive curriculum from "Learn to be Healthy" produced by Byrnes Health Education Center during specific class time. Grades 6-8 has Nutrition education embedded in PE and Science classes. Grades 9-12 are offered a Health elective as well as embedded in PE and Agriculture classes.