

Willcox Unified School District Wellness Policy

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Preamble

The Willcox Unified School District (hereto referred to as the District) strives to make a significant contribution to the general well-being, mental and physical capacity, and learning ability of each student while affording them the opportunity to fully participate in the educational process.

The District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Healthy eating is demonstrably linked to reduce risk for mortality and development of many chronic diseases as adults.

To ensure the health and well-being of all students, the Board shall promote and monitor student wellness in a manner that the Board determines appropriate in the following areas:

- *Nutrition Guidelines:* 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 guidelines issued by the Secretary of Agriculture, as those regulations and guidelines apply to schools.
- *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.
- *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.
- *Other School-Based Activities:* The goal is to create a total school environment that is conducive to healthy eating and physical activity.
- *Evaluation:* A primary goal will be to regularly (at least annually) evaluate the effectiveness of this policy in promoting healthy eating and changing the program as appropriate to increase its effectiveness.
- *Parent, Community, and Staff Involvement:* A primary goal will be to engage family members, students, and representatives of the school food authority, the Governing Board, school administrators, and the public in development and regular review of this school policy.

School Health Advisory Council (SHAC)

The District will convene a representative School Health Advisory Council (hereto referred to as the SHAC) that will meet at least four 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 this district-level wellness policy. The policy will be available to all community members through the district website: <http://www.wusd13.org/>. Additional updates and information will be sent home to parents digitally, through email or through hardcopy newsletters, and other communication methods that may be necessary.

The SHAC membership will strive to represent all school levels (elementary and secondary schools) and include (to the extent possible) but not limited to; representatives of the school nutrition program, physical education teachers, school health professionals, school administrators, and community partners to include community members.

Patricia Lee has been designated to be the school-level official responsible for ensuring compliance at the school levels that would enhance the district policy.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

Name	Title	Email Address
Kevin Davis	Superintendent	Kevin.davis@wusd13.org
Courtney Purcell	Nurse	Courtney.Purcell@wusd13.org
Christine Glockner	Food Service Director	cafemgr@wusd13.org
Crystal Ward	Nurse	Crystal.ward@wusd13.org

Program Evaluation

In each school, the principal will ensure compliance with the established District-wide wellness goals and will report on the school’s compliance to the Superintendent.

The District, and individual schools within the District, will, as necessary, revise the policy and develop action plans to facilitate their implementation.

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will have the Wellness Policy available to the general public on the District webpage: <http://www.wusd13.org/>.

The District will retain records to document compliance with the requirements of the wellness policy at the District’s Administrative Office and webpage. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update to the wellness policy; including an indication of who is involved in the update and methods the district used to make stakeholders aware of this ability to participate in the district wellness policy;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;

- Documentation demonstrating the most recent assessment on the implementation of the school wellness policy has been made available to the public.

Nutrition

School Meals

The district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. 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 within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Family access to information about qualifying for free or reduced price meals is sent home in the beginning of the school year and remains available in all cafeteria settings throughout the school year. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;

Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

The food provided at the District follows the USDA Nutritional Standards for School Meals as listed in: <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals> and complies to promote the MyPlate method of food consumption (<http://www.choosemyplate.gov/>). Access to meal nutrition information is available through the food service director upon request. The menus for school meals are available on the district website and get sent home with the student monthly.

Does the district implement recess before lunch at the elementary school setting? Would this be something that would be considered?

What, if any, specific strategies are being used to encourage increased participation in school meals?

The District provides at least 20 minutes for school meals after being seated at all campuses.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

Additionally, the District supplies Arizona Department of Education approved “Smart Snack” options during any afterschool programs.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. To encourage healthier classroom party choices, the district will provide healthy part ideas to parents and teacher, including non-food celebration ideas. Healthy party ideas are available from the USDA at <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-celebrations>. The District will also provide parents a list of foods and beverages that meet Smart Snack nutrition standards to encourage healthier options for classroom celebration. This information can be provided through <https://foodplanner.healthiergeneration.org/products/>.

Fundraising

At this time the District does not conduct fundraising activities at the Elementary School campus. One annual activity, Jump Rope for Hearts, is held annually and promotes physical activity. The District currently allows the Middle School and High School campuses to conduct catalog fund raising that includes various food items and home goods. The District will research alternate fundraising options that can meet Smart Snacks criteria.

Nutrition Education

Nutrition education shall focus on students’ eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local District health education standards.

Nutrition education at all levels of curriculum shall include, but not be limited to, the following essential components designed to help students learn:

- Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse

of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating;

- Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and
- How to assess one's personal eating habits, set goals for improvement and achieve those goals.

In order to reinforce and support nutrition education efforts, the guidelines will ensure that:

- Nutrition instructions provides sequential, comprehensive health education in accordance with the Arizona Department of Education curriculum regulations and academic standards;
- Cooperation with agencies and community organizations is encouraged to provide opportunities for appropriate student projects related to nutrition;
- Consistent nutrition messages are disseminated from the District throughout the schools, communities, homes, media; and
- Nutrition education is extended beyond the school environment by engaging and involving families and community.

The District, may collaborate with the U of A Cooperative Extension, that will include in the health education curriculum on the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food Service Staff receive annual ADE training through Continued Education Units (CEU) and SODEXO.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, and out-of-school time activities and the district is committed to providing these opportunities.

The goal for physical activity are to provide opportunities for every student to develop 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 physically active and healthful lifestyle.

The current state physical education standard states:

1. Demonstrate proficiency and achievement of high-order cognitive skills necessary to enhance motor skills.
2. Basic physical activity principles and concepts—make decision, solve problems, and become self-directed lifelong learners and informed physical activity consumers.
3. Exhibit physical activity lifestyle
4. Achieve and maintain health-enhancing level of physical fitness
5. Develop self-initiated behaviors that promote effective personal and social interactions in physical activity setting
6. Understand and respect for differences among people in physically active setting
7. Develop self-management skills essential for maintaining physically active.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. *“This does not include participation on sports teams that have specific academic requirements”*. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

ADE reports that the National Association for Sports and Physical Education (NASPE) recommends 150 minutes of physical education for elementary school students and 225 minutes of instructional physical education for middle school students.

At this time all District elementary students in each grade receive physical education for at least 40 minutes per week throughout the school year. The Middle School students receive 80 minutes of physical education per week split into two days, and the District's High School students are offered 50 minutes of physical education daily.

The maximum teacher to student ratio for physical education classes at the elementary school campus is 1:25, for the middle school campus 1:30, and for the high school campus 1:35.

The District currently employs certified Physical Education teachers at all campuses. The teachers possess state accreditation on Physical Education endorsements. There are no Physical Education credential exceptions at this time. The Physical Education teachers follow the Arizona PE standards.

The District addresses PE waivers on a case by case basis to ensure the safety of each student. In the event of injury or inability to participate in physical education classes, alternate assignments are provided to students on topics that focus on physical activity.

To promote staff, family, and/or community engagement with physical activity opportunities, the District holds several events at their campuses that encourage family and staff participation. The District's Middle School holds an annual staff versus students' athletic event and the Elementary School campus hosts annual field days with various physical activities that invite staff and family member participation. The District focuses on staff wellness through their benefits coordinator and they receive monthly wellness newsletters from the District Office.

Recess

The District's Elementary school campus currently offers at least 20 minutes of recess on all days during the school year. The District will strive to allow for a total of 55 minutes of recess per school day by 2017. Does the District wish to consider implementing recess before lunch? If so, by which date?

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Classroom Physical Activity Breaks

The District encourages and promotes classroom activity breaks at the elementary school site. The teachers currently use the "Go Noodle Brain Breaks" activities in the classroom.

For the Before and After School hours, the elementary school campus has a 21st Century funded after

school program that ensures at least 15 minutes of physical activity daily, with 20 to 30 minutes of physical activity on Fridays. The District High School campus opens early before school hours to allow entry and use of the gymnasium and weight training facility.

Other Activities that Promote Student Wellness

The District Staff are encouraged to practice healthy eating habits and have lunch with students at all sites when possible. The consumption of carbonated beverages and candy bars is discouraged in front of students. Students and teachers are welcome to have lunch in the cafeteria together.

The district will not use physical activity as punishment and not withhold physical activity as punishment

Rather than using food as a reward, the District encourages the use to “Treasure Boxes” that contain non edible rewards for positive performance in the classroom.

Legal References

LEGAL REF.: A.R.S. 15-108 15-242

42 U.S.C. 1751 *et seq.* (National School Lunch Act)

42 U.S.C. 1771 *et seq.* (Child Nutrition Act)

CROSS REF.: ABA – Community Involvement in Education

ABAA- Parent Involvement

BBA – Board Powers and Responsibilities

EF – Food Services

EFE – Vending Machines

IA – Instructional Goals and Objectives