

PAGE UNIFIED SCHOOL DISTRICT #8

LOCAL WELLNESS POLICY

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APPROVED

BY THE
GOVERNING BOARD

Preamble

The Page Unified School District is issuing the following Local Wellness Policy as an important tool in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards. This policy is the result of the Child Nutrition and WIC Reauthorization Act of 2004 (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. With the passage of the Healthy, Hunger- Free Kids Act of 2010 (PL 111-293, Sec 204), the new provisions expanded the scope of local wellness policies by bringing in additional stakeholders in its development, implementation and review. The Act also requires public updates on the content and implementation of the wellness policies. A collaborative effort of nutrition policies and a committee of school health professionals, school administrators, teachers of physical education, school staff, school food authorities, and parents formed this policy. Thus, the PUSD 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.

I. NUTRITION STANDARDS

Our school 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 are committed to offering school meals through the National School Lunch Program (NSLP) and School Breakfast Program (SBP) programs, and other applicable Federal child nutrition programs and activities including Breakfast in the classroom (pre-k thru 8th grade), 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 District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using some of the following [Smarter Lunchroom techniques](#):
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.

- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - A reimbursable meal can be created in any service area available to students where meals are being offered.
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
- [Menus](#) will be posted on the [District website](#) and will include nutrient content and ingredients.
 - The District child nutrition program will accommodate students with special dietary needs.
 - Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).
 - Students are served lunch at a reasonable and appropriate time of day.
 - Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
 - The District will make drinking water available where school meals are served during mealtimes.
 - All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day and the extended school day (midnight before school and 30 min after the school day ends) will meet or exceed state nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, school stores and snack or food carts.
 - School Fundraising and celebrations during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.
 - PUSD schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduce price school meals.
 - Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the [USDA Smart Snacks in School nutrition standards](#).

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

II. Nutrition Standards for Competitive and other Food 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>.

All foods offered and sold on the school campus during the school day will meet or exceed the USDA Smart Snacks and Arizona Nutrition Standards.

III. Physical Education and Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through two daily recess periods as well as lunch recess.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. The district will provide teachers and other school staff with alternative ways to discipline students.

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. The curriculum will support the essential components of physical education.

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.

All District **elementary students** in each grade will receive physical education for 40 minutes per week throughout the school year.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all days during the school year (This policy may be waived on early dismissal or late arrival days).

Outdoor recess will be offered when weather is feasible for outdoor play.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible. A cart containing playground equipment will be available for student use throughout the day.

Mileage Club: Students will be encouraged to participate in their school's mileage club that will record walking and/or running distances throughout the year. Students will receive recognition for their mileage accomplishments. Students may participate before school, during lunch and at other specified times.

Classroom Physical Activity Breaks (Elementary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Active Transport

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in activities similar to these listed below;

- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles
- Use crossing guards
- Use crosswalks on streets leading to schools

IV. Nutrition Education:

The District will encourage and support nutrition education. All Schools and grade level will provide nutrition education to students via the following:

- Age and grade-appropriate nutrition education will be coordinated into the school's comprehensive school health curriculum. It is also highly encouraged that nutrition education be integrated into other curriculums such as science, math, language arts, social sciences, etc.
- Healthy nutrition practices will be promoted throughout school premises by way of nutrition posters, positive eating atmosphere, environment, promotional incentives, etc.
- Advertising of foods is limited to foods that meet the standards described in this policy.
- 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.
- Coconino County Public Health Services District will visit classrooms and provide nutrition lessons that are taught in conjunction with the teachers.
- The district organizes a minimum of 1 Health Fair per year that students and parents are invited to attend. Promoted are:
 - Farmers market with a variety of fruits and vegetables to sample
 - Exercise Programs are demonstrated and all are encouraged to participate (i.e. Zumba, Booty Camp)

- Community Health facilities are involved and share their programs including but not limited to: dentists, orthodontists, doctors, public health services and PUSD programs: nursing, special education services, preschool, counselors, etc.

V. Wellness Promotion and Marketing

Page Unified School District #8 knows how important it is to stay healthy. We are offering fitness activities to encourage our employees to stay fit while having fun. Some of these activities include, but are not limited to:

- Booty Camp,
- City of Page Men'/Women's Basketball Program,
- City of Page Co-ed Volleyball
- Open weight room
- The district offers employee wellness campaigns for our staff members each Fall and Spring semester to promote healthy habits as a means of preventative medicine. This program is 3 weeks in the fall and 5 weeks in the spring.

District staff and volunteers will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in Arizona Nutrition Standards.

Food and beverage marketing to students on school campuses 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. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container. (e.g. replacing Pepsi with Aquafina water on banners)
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.

- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

IV. Implementation, Evaluation & Communication

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policy. School Food Service staff (SFE) will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or school principal. In each school the principal or designee will ensure compliance with this policy in his/her school and will report on the school's compliance to the school district superintendent or designee with an annual assessment review. The review will be made available to the public through the district website www.pageud.org.

Revisions to the policy will be made by the PUSD LWP Committee, which is then approved by the school board and updated throughout the year. The LWP Committee will meet a minimum of 4 meetings a year to review the LWP. The committee is open for anyone to join and would encourage community wide involvement from students, parents, teachers, health services, school food service authority, members of the school board, school administrators, teachers and members of the public. If you are interested please contact Tobi Van Nostrand, PUSD LWP leader, at 928-608-4213 or tvannostrand@pageud.org.