

REGULATION

STUDENT WELLNESS

An annual report shall be made to the Board on the District's compliance with law and policies related to student wellness. The report may include but not be limited to:

- Evaluation of the food services program.
- Recommendation for policy and/or program revisions.
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Assessment of school environment regarding student wellness issues.
- Listing activities and programs conducted to promote nutrition and physical activity.
- Providing feedback received from District staff, students, parents/guardians, and community members.

In accordance with the National School Lunch Act (42 U.S.C., 1751 *et. seq.*) and the child Nutrition Act (42 U.S.C. 1771 *et. seq.*), as amended, an assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issues for schools in accordance with federal law shall be provided annually. The Superintendent shall receive assurances from all appropriate administrators and supervisors prior to making the annual Board report.

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 the 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 instruction 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 and media; and
- Nutrition education is extended beyond the school environment by engaging and involving families and community.

Nutrition Guidelines and Food Service Operations

All foods and beverages made available on campus during the school day are to be consistent with the Arizona Nutrition Standards. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The District will create procedures that address all foods (including Foods of Minimal Nutritional Value and Competitive Food Sales) available to students throughout the school day in the following areas:

- National School Lunch program and School Breakfast Program Meals.
- A la carte offerings in the food service program.
- Vending machines and school stores.
- Classroom parties, celebrations, fundraisers, rewards and school events.
- Snacks served in after-school program.

In keeping with the District's nutrition program goals, only food that meets the Arizona Nutrition Standards shall be served. This requirement applies to food and beverages offered or sold during regular school hours, including student incentives, rewards and classroom celebrations.

Vending machines accessible to students at any time may only provide food and beverages that meet Arizona Nutritional Standards.

Fundraisers for school classrooms, organizations, PTA's, student clubs, sports teams, etc., may not focus on foods and beverages that do not meet the Arizona Nutritional Standards. Exceptions to this policy will be made for middle and high school concession stands, and special events such as Halloween Happening, Spring Fling, and Vail Pride Day. Students with special dietary restrictions, and students with IEP's may be exempt from this policy.

The food service program will ensure adequate availability of salad bar, fresh fruit and whole wheat/whole grain offerings.

Cafeteria monitors and other staff are encouraged to help students make healthy choices and acknowledge students who bring healthy lunches from home.

If electrolyte replacement sports drinks are offered, they will be available only in middle and high school locker rooms.

Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Other School-Based Activities

The goal for other school-based activities is to ensure whole-school integration with the wellness program. The District will achieve the goal by addressing elements that include, but are not limited to, school meal times, dining environment, food as an incentive, marketing and advertising, skin cancer prevention and sun safety, staff wellness, and staff development and training.

Program Evaluation

In each school, the principal will ensure compliance with established District-wide student 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.