



Center for Academic Success

Wellness Policy Goals

Goals for Nutrition Promotion:

The CAS District will encourage participation in school meal programs.

School meal program menus will be posted on the District website or individual school websites.

- A. Participation in meal programs will be promoted to CAS families.
- B. One hundred percent (100%) of foods and beverages promoted to students in the breakfast and National School Lunch Program (NSLP) meet the United States Department of Agriculture's (USDAs) Smart Snacks in School standards.
- C. The CAS District will implement the following Farm to School activities:
 1. Local and/or regional products are incorporated into the school meal program
 2. Messages about agriculture and nutrition are reinforced throughout the learning environment.
 3. School hosts a school garden
 4. School hosts field trips to local farms

Goals for Nutrition Education:

- A. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- B. Nutrition education is taught as part of health education.
- C. Lessons will promote fruits, vegetables, whole-grain products, low fat and fat free dairy, and healthy food preparation methods.
- D. Educational lessons will emphasize caloric balance between food intake and energy expenditure.
- E. Links with school meal programs, cafeteria nutrition promotion activities, school gardens/Farm to School, and other nutrition related community activities.
- F. Health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.
- G. Health education include the following essential topics on healthy eating:
 1. Relationship between healthy eating and personal health and disease
 2. Food guidance from MyPlate.
 3. Eating a variety of foods every day.
 4. Balancing food intake and physical activity.
 5. Eating more fruits and vegetables and whole grain products.
 6. Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans-fat.
 7. Choosing foods and beverages with reduced or little added sugar.
 8. Accepting body size difference and promoting the "You are what you eat" model
 9. Importance of water consumption.
 10. Importance of eating breakfast.

11. Eating disorders.
12. Resisting peer pressure related to unhealthy dietary behavior.

Goals for Physical Activity:

- A. Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) should not be used or withheld as punishment for any reason.
- B. CAS District will implement a Comprehensive School Physical Activity Program
- C. To the extent practicable, CAS District will ensure that its grounds and facilities are safe and that equipment is available for all students to be active.
- D. All CAS District elementary schools will receive physical education for at least forty (40) minutes per week.
- E. CAS District will provide students with formal, age appropriate physical education, consistent with the national and state standards for physical education.
- F. Physical education programs will promote student physical fitness through fitness and activity assessments.
- G. Students will be moderately to vigorously active for at least fifty percent (50%) of the class time during most or all physical education class sessions.
- H. All physical education teachers or paras in the CAS District will be required to participate in at least a once a year professional development in education.
- I. Both CAS elementary schools will offer at least fifteen (15) minutes of recess twice a day, on all days
- J. If recess is offered before lunch, proper hand washing measures will be in place.
- K. Recess will be offered outdoors when weather is feasible.
- L. Recess is a compliment not a substitute for physical education class.
- M. The CAS District offers opportunities for students to participate in physical activity before school.
- N. The CAS District offers opportunities for students to participate in physical activity after school.
- O. Teachers should serve as role models by being physically active alongside students whenever possible.
- P. Students will be offered periodic opportunities to be physically active or to stretch throughout the day on all or most days during a typical school week.
- Q. The CAS District recommends teachers provide short (three to five [3-5] minute) physical activity breaks to students during and between classroom time at least three (3) days per week.
- R. The CAS District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks.
- S. Teachers will be encouraged to incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible and will do their part to reduce sedentary behavior during the day.
- T. The CAS District will support active transport to and from school such as walking or biking.
- U. The CAS District will encourage active transport by engaging in the following:
 1. Designate safe or preferred routes to school.
 2. Use crossing guards.
 3. Use crosswalks on streets leading to schools.

Goals for Other School-Based Activities the Promote Student Wellness:

- A. All school sponsored wellness events will include physical activity and healthy eating opportunities.
- B. The CAS District will (develop, enhance, or continue) relationships with community partners as appropriate.
- C. The CAS District will promote to parents/caregivers, families, and the general community the benefits of and approaches to healthy eating and physical activity throughout the school year.
- D. CAS families will be informed and invited to participate in school sponsored activities and receive information about health promotion efforts.
- E. The District wellness committee (DWC) will have a staff wellness subcommittee that focuses on staff wellness issues identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources.
- F. When feasible, the CAS District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.

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 CAS 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. All schools in the District will participate in the School Breakfast Program.
- E. Meals will be accessible to all students.
- F. Meals will be appealing and attractive to students.
- G. Meals will be served in clean and pleasant settings.
- H. Meals served will meet or exceed the current nutrition requirements established by local, state, and federal statutes and regulations.
- I. Students will be allowed at least ten (10) minutes to eat breakfast.
- J. Students will be allowed at least twenty (20) minutes to eat lunch.
- K. Menus will be created/reviewed by a Food Service Director or other qualified nutrition professional.
- L. School meals are administered by a team of nutrition professionals.
- M. The CAS District child nutrition program will accommodate students with special dietary needs.
- N. Students will be served lunch at a reasonable and appropriate time of the day.
- O. Lunch will follow recess to better support learning and healthy eating.
- P. Local and/or regional products will be incorporated into the school meal program.
- Q. Water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.

- R. Students will be allowed to bring and carry approved water bottles with only water in them throughout the day.

Competitive Foods and Beverages

Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines.

Celebrations and Rewards

Arizona law (A.R.S. 15-242) states that all food and beverages served to students in grades kindergarten (K) through eight (8) must meet the USDA's Smart Snacks in Schools guidelines.

These guidelines apply to the following:

- A. Rewards and incentives – The CAS District will provide teachers and other school staff with a list of alternative ways to reward students.
- B. Celebrations and parties – The CAS District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
- C. Classroom snacks provided by parents – The CAS District will provide parents a list of foods and beverages that meet the Smart Snacks nutrition standards.

Fund-raising

The District will allow exempt fund-raisers that sell food that does not meet the USDA's Smart Snacks in Schools standards on the school campuses outside of school hours.

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.

School Wellness Committee:

Committee Role and Membership

The CAS 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. The committee will meet at least four (4) times per year.
- B. The District wellness committee encourages representation from all school levels including (but not limited to):
 1. All grade levels
 2. Parents/Legal Guardians/Tutors
 3. Students
 4. Representative from School Nutrition Programs
 5. Physical education teacher Health education teacher

6. Mental health and social services staff (counselors, psychologists, social workers)
 7. Administrators
 8. The general public
 9. To the extent possible, a representative from each school
- C. The public is notified of their ability to participate in the local wellness policy (LWP) process via e-mail, CAS District website, and social media.

Leadership

The District has designated one (1) or more local education agency (LEA) and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy. (Principal and Food Service Director)

- A. The designated official for oversight of implementation at each school will be identified by the Superintendent.
- B. Each school has designated a wellness policy coordinator who will ensure compliance with the policy.

Wellness Policy Implementation, Monitoring,

Accountability and Community Engagement

Implementation of the Wellness Policy:

- A. The CAS District has a plan for implementation to manage and coordinate the execution of this wellness policy. The plan includes roles, responsibilities, actions, and timelines specific to each school and includes information about who will be responsible to make changes.

Triennial Progress Assessments

At least once every three (3) years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the CAS District will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the CAS District Wellness policy. Additionally, USDA requires that the CAS District will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

The District will assess compliance and progress of their local wellness policy at least once every three (3) years.

1. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy.
2. The extent to which the District's policy compares to the Alliance for a Healthier Generation's model policy (www.healthiergeneration.org and or www.actionforhealthykids.org)
3. A description of the progress made in attaining the goals of the CAS District wellness policy
4. The Wellness Coordinator identified by the Superintendent is responsible for managing the triennial assessment. His/her name and District contact info is listed in the policy
5. The CAS District will actively notify households of the availability of the triennial progress report.

Revisions and Updating the Policy

The District will update or modify the wellness policy as appropriate.

- A. The CAS District Wellness Coordinator will update or modify the wellness policy based on the results of the annual school health index and triennial assessments.
- B. Policy will be updated when:
 - 1. District priorities change.
 - 2. Community needs change.
 - 3. Wellness goals are met.
 - 4. New health science information emerges.
 - 5. New state or federal guidance/standards are issues. Notification of Wellness Policy, Policy Updates and Triennial Assessment
 - 6. District will inform families and the public each year of any updates to the wellness policy and every three (3) years their compliance with the written wellness policy.

The CAS District wellness policy will be made available to the public by:

- A. E-mail, notices on the District website, newsletters, presentations to parents and sending information home.
- B. The annual progress reports and updates can be found at:
 - 1. The CAS Food Service Director's (Douglas) office and the District website
 - 2. The District will make the Triennial Assessment available at the Douglas Food Service office and on the District website

Recordkeeping:

- A. The CAS District has a plan for retaining records to document compliance with the wellness policy.
- B. The location of the records is listed in the policy. (Douglas Food Service Director's office)
- C. Documentation kept on file will include:
 - 1. Written wellness policy.
 - 2. Documentation demonstrating it has been made available to the public (welcome letter)
 - 3. Documentation of efforts to review and update the policy, including indication of who is involved in the update and the methods the District uses to make stakeholders aware of their ability to participate.
 - 4. Documentation to demonstrate compliance with the annual public notification requirements.
 - 5. The most recent assessment on implementation of the school wellness policy.
 - 6. Documentation demonstrating the most recent assessment on the implementation of the policy has been made available to the public.

Community Involvement, Outreach and Communications:

- A. The District is committed to being responsive to community input.
- B. The District will actively communicate ways in which representatives of the DWC and others can participate in the development, implementation and periodic review and update of the policy through a variety of means appropriate for the District.

- C. The District will inform parents of the following:
 - 1. Improvements to school meals standards.
 - 2. All students will receive free breakfast and lunch due to the CEP program.
 - 3. A description of compliance with the Smart Snacks in School nutrition standards.
 - 4. Updates to the policy at least annually.
 - 5. Annual and triennial reports and assessments.
- D. The District will use the following to communicate:
 - 1. E-mail
 - 2. Notices on CAS District website
 - 3. Newsletters
 - 4. Presentations to parents
 - 5. Sending information home
 - 6. Facebook and Social Media
- E. Communications will include culturally and linguistically appropriate language.

Revised: July 15th, 2019.