

Agua Fria Union High School District Local Wellness Policy



Agua Fria Union High School District

Board Approved

3/26/2014

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PURPOSE: The Agua Fria Union High School District Wellness policy is to establish requirements for nutrition education, physical activity and the provision of healthy food choices at school. The Local Wellness Policy is to be implemented on all school campuses in the District.

BELIEF STATEMENT: The Agua Fria Union High School District will be committed to providing an environment that will protect the student's health, well-being, and the ability to learn through healthy foods and physical activity. The Agua Fria Union High School District will provide health education, physical education, along with health services, nutrition services, psychological and counseling services. The Agua Fria Union High School District maintains a safe and healthy school environment.

POLICY TEXT:

Definitions:

Nutrition Services: The district shall provide free and reduced-price breakfasts, lunches and milk to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district shall inform parents of the eligibility standards for free or reduced price meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced-price food services to the superintendent, business director or foodservice director.

Nutrition Education: Nutrition education is a planned, sequential, (9-12) curriculum or supplemental education program that addresses the physical, mental, emotional, and social dimensions of health related to nutrition. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated nutrition-related knowledge, attitudes, skills and practices.

Physical Activity: Regular physical activity in adolescence improves strength and endurance, helps build healthy bones and muscle, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. Physical activity is movement that reduces the risk of premature mortality in general and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus in particular.

Physical Education ("PE"): Physical education is a planned, sequential, curriculum (9-12) that provides cognitive content and learning experiences in a variety of activity areas, such as basic movement skills; physical fitness; rhythm and dance; games; team, dual, and individual sports; tumbling and gymnastics; health education; and aquatics. Physical education is a central component of a school's overall learning environment. The district will provide all students with a high quality physical education program taught by teachers with expertise in physical education, and designed to give students the knowledge necessary to sustain lifelong fitness through a quality, success-oriented physical education curricula that meets or exceeds state physical education requirements.

A. Nutrition Services:

1. The food and beverages served on school campuses during the school day (from midnight before school to half an hour after school) shall meet or exceed all applicable federal state and local laws and regulations as well as applicable Board policies.
2. Schools shall provide varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans. To include a variety of vegetarian and ethnic choices.
3. A large variety of fresh fruits and vegetable will be available on *all* serving lines. Fruits and vegetable will be locally grown when available, in season and economically feasible.
4. All grains offered will be whole grains.
5. All milk will be low fat and all flavored milk will be of nonfat content.
6. Breakfast will be offered in all schools in order to provide students with a nutritious meal to begin the school day, increasing student focus and attention in the classroom. Breakfast is of zero charge to both free and reduced students. Parents/guardians will be informed frequently throughout the school year that breakfast is available to the students.
7. Complete nutritional meals will be priced at a more affordable rate than foods purchased ala carte.
8. Nutritious afterschool snacks will be provided by school principal's request to campuses that qualify. Afterschool snacks give our students a nutritional end of the day boost and draw them into supervised activities.
9. District will provide the Summer Food Program for at least six weeks between the last day of the academic school year and the first day of the following school year.
10. All school meals will be served in a clean, safe, and pleasant setting with adequate time provided for students to eat, at a minimum of 15 minutes.
11. All cafeteria's will reinforce healthy food messages in the dining area through nutritional bulletin boards, providing menu choices, nutritional information and monthly wellness newsletters geared toward student interests(grades 9-12).
12. All materials to include menu's, nutritional materials, wellness newsletters, free and reduced applications, special dietary needs forms will be published on the district website for parent, student and community use.

13. Foodservices will solicit student feedback to improve the quality of and student satisfaction with school meals and increase overall participation by offering taste testing's and student survey's.
14. Cafeteria's will recognize and celebrate School Breakfast/School Lunch week. Promotional incentives will be offered to increase and encourage meal participation.
15. All food service staff will receive ongoing professional development opportunities that include training regarding nutrition, meal planning, wellness, and food safety.
16. Food service staffs realize the importance of respectful and courteous customer service. Providing a friendly safe atmosphere will encourage our student's participation in the NSLP (National School Lunch Program).
17. All schools will encourage participation in the National School Breakfast and Lunch Program and encourage parents/guardians to fill out a free and reduced application.
18. All foodservice staff will make every effort to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced priced school meals.
19. District will provide electronic payment systems and electronic free and reduced applications to expedite application processing and payment processing. Online payment program will allow parent/guardian to view student's food purchases.
20. Schools will provide adequate hand washing stations to the students.
21. Schools will provide safe clean drinking water throughout the school day.
22. Food will not be used as a reward or as a punishment with the students.

B. Health and Wellness:

1. All fundraising on school grounds involving food will need the approval of the Agua Fria Union High School District Food Services Director to insure that all USDA Smart Snacks competitive foods regulations are being met. School club sponsors are encouraged to use nonfood fundraising alternatives.
2. District will provide school administrators with the federal, state guidelines for competitive food sales throughout the school day. District will hold administrators responsible to assure that all guidelines are being met and followed; to include the district local wellness policy.
3. Culinary arts courses may deviate from the guidelines, but are encouraged to prepare and serve healthy foods. Nutrition education shall be a component of all culinary arts courses.
4. All foods and beverages available to students before, during and immediately after the regular school day in district schools vending machines will meet the nutritional guidelines outlined in the "USDA Smart snacks" ruling for competitive foods. If they do not meet the nutritional guidelines set by the USDA then vending machines will remain locked during the entirety of the school day and until 30 minutes after the normal school day.

5. All Agua Fria Union High School District staff are encouraged to set a healthy lifestyle example to our students.
6. All campuses to include district office will be smoke free, drug free, and alcohol free.
7. Health professionals at each school will help educate students individually on living a healthy lifestyle along with eating nutritionally sound.
8. Health professionals at each school will offer yearly vision and hearing screenings.
9. Health professionals will monitor daily diabetic students and communicate with their parent/guardian any health concerns.
10. Health professionals at each school will monitor all student immunization records.
11. Vision and dental programs are made available for students who are deemed eligible through income guidelines.
12. Upon registration of a student with food allergies, health professionals will communicate with the parents to assure all medical information regarding the allergy is available.

In cases of food allergies for **children with disabilities** the following guidelines will be implemented.

- School health professionals will advise the parent/guardian that they are responsible to contact the Agua Fria Union High School District foodservice director, if their student requires special meal accommodations.
- School food service will be required to offer special meals, at no additional cost, to children whose disability restricts their diet as defined in USDA's nondiscrimination regulations, 7 CFR Part 15b. If a child's Individualized Education Plan (IEP) includes a nutrition component, the school should ensure that school food service managers are involved in the early stages of decisions regarding special meals and/or modifications. The school food service is not required to provide meal services to children with disabilities when the meal service is not normally available to the general student body.
- Substitutions or modifications for children with disabilities must be based on a prescription written by a licensed physician. This must include a statement by the physician identifying the child's disability, how this disability restricts the child's diet, the food or foods to be omitted from the child's diet, and the food or choice of foods that must be substituted.
- At no time may a foodservice employee make substitutions without written instructions by a medical authority.

Substitutions for **children without disabilities**, with medically certified special dietary needs are recommended whenever possible, but are not required, and taken as a case by case situation. Substitutions must be based on a statement by a recognized medical authority. This statement must include an identification of the medical or special dietary condition, the food or foods to be omitted from the child's diet, and food or choices of foods to be substituted.

C. Physical Education and Physical Activity:

Schools shall offer physical education programming that:

1. Is consistent with state learning standards, classes offered are:
 - a. Personal Development (9th Grade)
 - b. Strength & Conditioning (9-12) Personal Development Pre-Requisite
 - c. Sports & Fitness (9-12) Personal Development Pre-Requisite
 - d. Lifetime Fitness (9-12) Personal Development Pre-Requisite
 - e. Adapted Physical Education – Special Needs Students
2. The Agua Fria Union High School District requires that all Physical Education teachers be certified for the high school level and be considered highly qualified.
3. 9th grade students are required to spend 50% of the Personal Development class engaged in physical education and 50% of the Personal Development class engaged in a health curriculum.
4. Health curriculum will include:
 - a. Stress, Depression, and Suicide
 - b. Improving empathy and self-esteem: stopping stereotypes, prejudices, anger, bullying, and violence.
 - c. Tobacco prevention
 - d. Alcohol prevention
 - e. Drug prevention
 - f. Nutrition
 - g. Sex Ed. (abstinence, sexual health and disease prevention)
5. The physical education program provides adequate space and equipment that conform to all safety standards.
6. Class size is consistent with the requirements of instruction and safety measures.
7. All Physical Education teachers are required to participate in weekly professional development. Physical Education teachers are given opportunities to have sessions that will help with the addition to reading and writing.
8. Extra-Curricular activities are not a substitute for physical education graduation requirements.
9. Physical activity opportunities will be available to all students before, during and after school. All schools participate in interscholastic activities regulated by the AIA (Arizona Interscholastic Association).
10. The district welcomes the use of school facilities outside of school hours for physical activity. Multiple community organizations utilize the schools facilities for physical fitness opportunities.
11. The Agua Fria Union High School District does not use fitness as a punishment or deny students the opportunity to be physically fit during the school day. Interscholastic activities held outside of the normal school day are subject to student grades and behavior.

D. Wellness policy implementation and monitoring:

The district superintendent or designee shall ensure district wide and individual school compliance with the adopted School Wellness Policy. All students shall be serviced by the Local Wellness Policy. The Superintendent or designee shall ensure that all members of the AFUHSD community, including teachers, parents, students, and personnel and the greater community are informed about the Policy and its implementation. The following administrative staff shall be charged with the responsibility of ensuring that the school sites implement the adopted local wellness policy:

1. Assistant Superintendent of Educational Services
2. School Principal's and Athletic Directors

The Agua Fria Union High School Health Advisory Council will assist in the implementation of the Wellness Policy. The council is composed of the following representatives, parents/guardians, students, foodservice managers, school administrators, school nurses, and physical education teachers. Any other persons are invited to attend. Meetings will be conducted on a yearly basis to access and review any policy changes or additions needed.

Goals set by the School Health Advisory Council

Goal	Activity	Projected Timeline
Wellness Policy	School Health Advisory Council revisits wellness policy to assess implementation and review for any changes needed.	Spring 2015
Additional nutrient information for all items sold on campus throughout the normal school day. Available for parent/guardian knowledge. Diabetics need a more complete carb count.	Food Service Director reviews all food items and posts nutritional information on district website.	Fall 2014
Vending machines need healthier options, just because the items are in compliance does not necessarily make them a healthy snack	Review with vendors, athletic director, and Smart Snack guidance	Fall 2014
Increase the amount of physical education classes required for graduation	Further information will be needed	Further information will be needed