

## **Bisbee Unified School District Wellness Policy**

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## Preamble

The Bisbee 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.busd.k12.az.us/>. 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.

The superintendent 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), of the individual(s) serving on the School health Advisory Council are:

Name	Title
Tom Woody	Superintendent
Marie Flores	Secretary
Susan Leiendecker	Food Service Director
Jannefer Montalvo	Teacher
Holly Nelson	Teacher
Rhea Morales	Teacher
Monica Lumiere	Teacher
Casi Ruffo	AzNN Nutrition Educator

### **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.busd.k12.az.us/>.

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**

All foods and beverages made available on kindergarten (k) through eighth (8<sup>th</sup>) grade campuses 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 guidelines 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 machine and school stores
- Classroom parties, celebrations, fund-raisers, rewards and school events
- Snacks served in after-school programs

In keeping with the District's nutrition program goals, only food prepared by the District's food services program should be served. This includes classroom reward or incentive programs involving food items as well as foods and beverages offered or sold at school-sponsored events during the regular school day. Approval is required to ensure that the foods served meet the requirements of the District's nutrition policy and regulations (i.e., all foods served fit in a healthy diet and contribute to the development of lifelong healthy eating habits for the District's students).

Information regarding Free and Reduced price meals is sent home to each student in the District at the beginning of the school year in the Welcome Back packets. Additional information can be mailed to the student's residents or accessed at the District office.

### *Meals*

All schools within the District participate in the USDA child nutrition programs, including National School Lunch Program and the School Breakfast Program. The District also operates additional nutrition related programs and activities including serving breakfast after the first hour of school in the District High School setting, which has shown an increase in breakfast participation, brown bag breakfasts at the District Middle School setting where the students receive their brown bag breakfast as they get off the school bus and are able to eat on the way to their classroom, and lastly the District will strive to increase the number of students eating breakfast at all campuses. The District further strives to increase participation in school meals through "share tables" where extra fruits and vegetables are available to students if they wish to trade or choose and alternate healthy option. Healthy food messages are displayed at all meal sites throughout the District.

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. A newsletter called "Nutrition Nuggets" is also stapled to the monthly menu to provide additional nutrition information to parents of District students. Parents of students are able to attain additional nutritional information on meal nutrition value through phone contact with the food service director or by requesting a printed Nutri-Kid Document.

The high school District campus is a closed campus during the lunch period. The high school campus also restricts and prohibits sale of caffeinated beverages, and additional beverages provided include 100% fruit juices and sparkling water fruit beverages which are run through the Smart Snack guidelines. The District provides 30 minutes for lunch 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*

Competitive food sales and marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet nutrition standards for meals or for food and beverages sold individually. A summary of standards and information, as well as Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>. School-based marketing for Foods of Minimal Nutritional Value (FMNV) is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Allowable marketing activities that promote healthful behaviors include vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fund-raisers; and coupons for discount health and fitness memberships.

#### *Vending Machines*

Vending machines may be located on school campuses.

Vending machines will only dispense foods that meet nutrition standard guidelines as set forth by the Arizona Department of Education Child Nutrition Programs and the U.S. Department of Agriculture requirements for foods and beverages that are sold individually. Vending machines shall not compete with the District food service program.

The Snack Bar located at the District High School ensures all snack items sold are in compliance with Smart Snack standards.

#### *Celebrations and Rewards*

District will provide list of healthy party ideas to parents and teachers, including non-food celebration ideas.

District will provide parents list of foods and beverages that meet Smart Snack nutrition standards.

Rewards and incentives: The District will provide teachers and other relevant school staff a list of alternative ways to reward children through

[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/non-food\\_rewards/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/non-food_rewards/).

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

#### **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). These units vary on the time a food service staff member works. The Food Service Director receives all 12 CEUs annually.

### **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 45 minutes per week throughout the school year. The Middle School students receive 60 minutes per week for 18 weeks (one semester), and the District’s High School students are offered 55 minutes of physical education 4 days per week throughout the school year upon enrollment in the Physical Education class.

The maximum teacher to student ratio for physical education classes in the Elementary and Middle School campuses ranges from 20:1 to 36:1. The student to teacher ratio at the High School campus averages 26:1.

The District currently requires that Physical Education teachers possess a Bachelor’s Degree with State accreditation on Physical Education endorsements. There are no Physical Education credential exceptions at this time.

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.

### **Recess**

The District’s Elementary School campus offers at least 20 minutes of recess on all days during the school year. At this time the District partially implemented recess before lunch at the elementary school campus and will strive to ensure full implementation.

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.

### **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 is discouraged in front of students and soda machines are kept out of sight in the teacher's lounge areas.

The district will not use physical activity as punishment and not withhold physical activity as punishment, exception is athletic teams may have rules that allow for running and sitting out competitions.

The District Staff receive monthly wellness newsletter from their benefits organization.

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts. This professional development can be provided with assistance from the U of A Cooperative Extension.

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.

## **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

CROSS REF.: JL – Student Wellness

LC – Relations with Education Research Agencies

Food Services:

LEGAL REF.: A.R.S. 11-195 *et seq.*

15-239

15-242

15-342

15-1151

15-1152

15-1153

15-1154

15-1155

15-1157

15-1158



15-1251

Richard B Russell National School Lunch Act

42 U.S.S. 1751 *et seq.*

Child Nutrition Act of 1966 42 U.S.C. 1771 *et seq.*

Arizona Department of Education: The Arizona Nutrition Standards

CROSS REF.: GDN – Supervision of Support Staff Members