

## **Wickenburg Unified School District Local Wellness Policy**

Wickenburg Unified School District recognizes that proper nutrition and physical activity are directly related to a student's health, physical well-being, and ability to learn. The District is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

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.

Wickenburg Unified School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Healthy eating is linked to reduced risk for mortality and development of many chronic diseases as adults.

To ensure the health and well-being of all students, the District shall promote and monitor student wellness in a manner that the District determines is appropriate in the below areas by developing goals for the following:

- Nutrition Education, Guidelines, & Promotion
- Physical Activity
- Other School based activities
- Standards for all foods and beverages sold to students on the school campus and for all foods and beverages provided to students during the school day
- Policies allowing marketing and advertising only for foods and beverages meeting Smart Snacks in school nutrition standards
- Parent, community, and staff involvement

### **I. DEFINITIONS**

**Competitive Food:** All foods and beverages offered or sold to students on the school campus during the school day outside of reimbursable meals served through a national child nutrition program such as the National School Lunch Program or the School Breakfast Program.

**School Campus:** Areas that are owned or leased by the District and used at any time for school-related activities, including on the outside of a school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g. on scoreboards, coolers, cups and water bottles) or parking lots.

**School Day:** The time between midnight the night before to thirty (30) minutes after the end of the instructional day.

### **II. ADMINISTRATION**

**Wellness Committee:**

The Wellness Committee's purpose is to establish goals for and oversee health and safety policies and programs, including development, implementation and periodic review and update of the District's Wellness Policy.

The Superintendent will appoint a Wellness Committee comprised of at least one (1) of the following: a representative from the school level, parent/guardian, student, the District's Director of Child Nutrition, a physical education teacher, a school health professional, a school administrator and any other individuals of the general public.

The Wellness Committee will meet at least four (4) times per year to assess the policy and implementation.

The Superintendent shall report to the Board on the District's compliance with its Wellness Policy as the law prescribes.

At a minimum, the Wellness Policy will be updated at least every three years following per regulations. The public is welcome. Notifications can be found on WUSD website and Facebook pages.

**Implementation:**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this Wellness Policy. The plan will explain the roles, responsibilities, actions and timelines specific to each school and shall include information about who will be responsible to make what change, by how much, where and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

**Recordkeeping:**

The District will maintain records to document compliance with the requirements of its Wellness Policy. Documentation will include, but may not be limited to:

1. A copy of the current Wellness Policy;
2. Documentation demonstrating that the Wellness Policy was made available to the public;
3. Documentation of efforts to review and update the Wellness Policy, including an indication of who is involved in the update and methods the District uses to make stakeholders aware of their ability to participate on the Wellness Committee;
4. Documentation to demonstrate compliance with the annual public notification requirements;
5. The most recent assessment on the implementation of the District's Wellness Policy;
6. Documentation demonstrating the most recent assessment on the implementation of the Wellness Policy was made available to the public; and
7. Documentation of the assessment of the Wellness Policy.

**Leadership:**

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy. The designated official for oversight of implementation at each school is: James Scott. The designated official

for convening the wellness committee is: Denise Bergman. The person designated for informing the public about the wellness policy is: Lisa Smith.

**Annual Notice:**

Each year, the District will inform families and the public of basic information about the Wellness Policy, including its content, any updates to the Policy and its implementation status.

In addition, each year, the District will indicate the name and contact information of the committee leader, and each school Principal, as well as information on how the public can get involved with the Wellness Committee to participate in the development, implementation and periodic review and update of the District's Wellness Policy.

**Assessment:**

At least once every three years, the District will assess its compliance with the Wellness Policy and make the assessment results available to the public. This assessment shall measure the implementation of the Wellness Policy and include:

1. The extent to which each District school is in compliance with the Wellness Policy; and assess how it compares to model wellness policies
2. A description of the progress made in attaining the goals of the District's Wellness Policy.
3. The District will make the Wellness Policy available to the public on the school website.
4. The District will make annual progress reports and updates available to the public on the school website.
5. The District will make the Triennial Assessment available to the public on the school website.

**Community Involvement, Outreach, and Communications:**

The District is committed to being responsive to community input. The District will actively communicate the following:

1. Ways in which the Wellness Committee, and others, can participate in the development, implementation and periodic review and update of the Wellness Policy;
2. The District will inform parents regarding improvements made to school meals and its compliance with school meal standards;
3. The District shall inform parents of the availability of District child nutrition programs and how to apply;
4. The District will share information regarding a description of and compliance with Smart Snacks in School nutrition standards.

District communications may occur via a variety of methods including email, the District's website, newsletters, presentations to parents and through any other means that the District and District schools communicate information with parents.

**III. NUTRITION**

**School Meals:**

The District's nutrition and meals program 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 in the District will participate in the National School Lunch Program. All meals will, at a minimum, meet the New Meal Pattern requirements. Free, potable water will be available to all students during meal periods. The District shall serve healthy meals to students consistent with federal and state minimum requirements which promote plenty of fruits, vegetables, whole grains, low-fat and fat-free milk offerings. It will also stay in compliance with the dietary specifications for calories, saturated fat, trans fat and sodium.

The District is committed to offering school meals through federal and state child nutrition programs that are accessible to all students, are appealing and attractive to children, are served in clean and pleasant settings, meet or exceed child nutrition requirements established by local, state and Federal statutes and regulations, and promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:

- Fresh fruit is available daily.
- Daily fruit options are displayed in a location in the line of sight and reach of students.
- All available vegetable options have been given descriptive names.
- Daily vegetable options are bundled into all grab-and-go meals available to 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 (e.g., salad bars, snack rooms, etc.).
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- Daily announcements are used to promote and market menu options.

#### **Staff Qualifications and Professional Development:**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements as required by law.

#### **Water:**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day at each school. Drinking fountains will be available where school meals are served during mealtimes.

#### **Competitive Foods and Beverages:**

At a minimum, Competitive Foods provided and/or sold to students, on school campus during the school day, will meet the USDA Smart Snacks in School 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 a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

In addition, Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.

1. The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Classroom snacks brought by parents: The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives: Foods shall not be used as a punishment and if food is offered as a reward, it must, at a minimum, meet the USDA Smart Snacks in School nutrition standards and applicable state standards.

**Fundraising:**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas.

**Nutrition Promotion:**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#) and ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

All foods and beverages made available on K-12th grade campuses during the school day are to be consistent with the Smart Snacks regulations. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance. The District will create procedures that address all foods available to students throughout the school day in the following areas:

**National School Lunch and School Breakfast Program Meals**

- A la carte offerings in the food service program
- Vending machines
- School Stores
- Rewards
- Snacks served in after-school programs

**Nutrition Education:**

Nutrition education shall focus on student's eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local district health education standards. The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that is:

1. Designed to provide students with the age appropriate knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;

3. Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
4. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
5. Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
6. Links with school meal programs, cafeteria nutrition promotion activities, and nutrition related community services;
7. Teaches media literacy with an emphasis on food and beverage marketing; and
8. Includes nutrition education training for teachers and other staff.

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 Dept 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 throughout the District's wellness program.

#### **Food and Beverage Marketing in Schools:**

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 and applicable state standards.

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. This term includes, but is not limited to the following:

1. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
2. Displays, such as on vending machine exteriors.
3. Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards.
4. 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.
5. Advertisements in school publications or school mailings.
6. Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

#### **IV. PHYSICAL ACTIVITY**

Physical activity during the school day (including but not limited to, classroom physical activity breaks or physical education) will not be withheld as punishment. This prohibition does not include participation in extracurricular activities that have specific academic requirements. The District will provide teachers and other school staff with a list of ideas of 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. 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. The District physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

- Physical education (high school graduation requirements): Students must, at the least, satisfy the state and District's physical education credit requirement.
- Physical activity (time, frequency, and/or intensity): Schools will ensure that students are moderately to vigorously active at least 50% of the time while participating in physical education classes
- Physical activity outside of physical education: Schools may offer after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically involved or those with special health care needs.
- Recess to promote physical activity: Grades K-6 will have recess or physical education classes daily, which activities shall not be withheld for disciplinary purposes.
- After-school programs: The District shall encourage after-school programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos.
- Community use: The District shall encourage community access to, and student of community use of, the school's physical activity events outside the normal school day.

### **Recess (Elementary):**

All elementary schools will have recess or education classes daily to promote physical activity. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that a District school must conduct indoor recess, teachers and staff will promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active.

### **Classroom Physical Activity Breaks:**

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 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.

**Extracurricular Activities:**

The District offers opportunities for students to participate in physical activity after the school day through a variety of methods. The District will encourage students to be physically active by participation in clubs, intramurals or interscholastic sports.

**V. OTHER SCHOOL BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS**

**Community Partnerships:**

The District will continue to develop and enhance relationships with community partners (e.g., hospitals, universities/colleges, local businesses, etc.) in support of this Wellness Policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the Wellness Policy and its goals.

**Community Health Promotion and Family Engagement:**

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

**Staff Wellness and Health Promotion:**

The District’s Wellness Committee 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 staff.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

**Professional Learning:**

When feasible, the District will offer 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 transformation or academic improvement plans/efforts.

**Non-discrimination Statement:**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

**1. mail:**

U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 0250-9410; or

**2. fax:**

(833) 256-1665 or (202) 690-7442; or

**3. email:**

[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

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