

STUDENT WELLNESS

The School 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 reduced 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 is appropriate in the following areas:

A. 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 guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.

B. 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,

C. 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.

D. Other School-Based Activities: The goal is to create a total school environment that is conducive to healthy eating and physical activity.

District No.

E. Evaluation/Implementation: The District will evaluate the effectiveness of its wellness policy a tnnilnum of every three (3) years. Evaluation will include (i) an assessment of each school's compliance with the wellness policy, (ii) a comparison of the District's wellness policy with model wellness policies (federall state, or local), and (iii) an assessment of the progress the District has made in obtaining the goals of the wellness policy. The results of each evaluation, including the extent to which schools are in compliance with District policy, the extent to which the District policy complies with federal regulations, and a description/summary of the progress made in attaining the goals of the District, shall be made available to the public.

F. Parent, Cotnmunity 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.

The Superintendent is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, after-school programs, and funding-raising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation. The Superintendent shall institute and clearly communicate a meal charge policy to all District households and District staff responsible for policy enforcement that is consistent with aspects of the Healthy Hunger-Free Kids Act of 2010 applicable to the District. Regulations and exhibits created for the purpose of implementing this policy shall be considered, in effect, to be an extension of this policy subject to Governing Board review. The Superintendent or his designee shall ensure all schools comply with the wellness policy.

Adopted: June '12 2017

LEGAL REF.:
A.R.S.
15-242

District No.

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 Parental Involvement

BBA - Board Powers and Responsibilities

EF - Food Services

EFDA - Collection of Money/Food Tickets

EFE Competitive Food Sales/Vending Machines

IA - Instructional Goals and Objectives

Arizona School Board Association

District-No.