

## **WENDEN ELEMENTARY DISTRICT STUDENT NUTRITION/WELLNESS PLAN**

### **Purpose and Goal:**

The Link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence student's eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, the staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Wenden Elementary District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

### **Component 1: A Commitment to Nutrition and Physical Activity**

- The Wenden Elementary District shall form a School Health Advisory Committee. One of its missions shall be to address nutrition and physical activities issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.
- \* Administrators will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
- \* Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- \* The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

## **Component 2: Quality School Meals**

- \* The Wenden Elementary District will offer breakfast and lunch and will participate in a district-wide universal feeding program providing meals at no charge to all students. Students and staff are highly encouraged to promote and participate in these Programs.
- \* School food service staff that is properly qualified according to current professional standards and regularly participates in professional development activities will administer the Child Nutrition Programs.
- \* Food safety will be a key part of the school foodservice operation.
- \* Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Arizona Department of Education Child Nutrition Programs, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- \* Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- \* School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.

### **Component 3: Other Healthy Food Options**

- \* The School Health Advisory Committee will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting events). See Attachment A.
- \* Students in possession of foods or beverages of minimal nutritional value will be asked to surrender such items to school staff members, who in turn will follow campus procedures as to the disposal or return of them. See attachment B.
- \* No foods or beverages other than those provided through the school food service department may be made available to elementary school students at anytime. Elementary classrooms may serve one nutritious snack per day in the morning for pre-k and in the afternoon for k-8<sup>th</sup> grade (not during lunchtime) under the teacher's guidance. The snack may be provided by the school food service, the teacher, parent's, or other groups and should be at no cost to the students.
- \* School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. For example, restricting a student's selection of flavored milk at mealtime due to misbehavior in the classroom.
- \* The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- \* Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers (exception for sporting event concessions). For example dinner/snack bar sales after school hours are acceptable.

#### **Component 4: Pleasant Eating Experiences**

- \* Facility design will be given priority in renovations and new construction.
- \* Drinking fountains will be available for students to get water at meals and throughout the day.
- \* A short snack-free recess for elementary students is encouraged to be scheduled sometime before lunch so that the children will come to lunch less distracted and ready to eat.
- \* School personnel will assist all students in developing the healthy practice of washing hands before eating.
- \* School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- \* Schools should not schedule tutoring, assemblies, club/organization meetings, and other activities during meal times.
- \* Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each student after being served will be 10 minutes for breakfast and 20 minutes for lunch.
- \* Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining areas and serve as role models to students by demonstrating proper conduct and voice level, and by eating with the students. Parents are highly encouraged to dine with students in the cafeteria.
- \* Creative, innovative methods will be used to keep noise levels appropriate.

#### **Component 5: Nutrition Education**

- \* Wenden Elementary District will follow health education curriculum standards and guidelines as stated by the Arizona Department of Education. Schools will link nutrition education activities with the coordinated school health program.
- \* Students will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- \* Nutrition education will be offered in the school cafeteria and in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

## **Component 6: Marketing**

- \* Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- \* Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- \* Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- \* Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, Open Houses, teacher in-services, etc.
- \* Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspapers, posters and fliers.

## **Component 7: Implementation**

- \* The School Health Advisory Committee shall be composed of parents and school district staff. Permanent members of the committee shall include the Food Service Supervisor, Athletic Director, and others selected by the school administrator (teachers, staff members and parents).
- \* The School Health Advisory Committee will conduct a review in the Fall semester of each year to identify areas for improvement and report their findings to the school administrator and develop with him/her a plan of action for improvement.
- \* The School Health Advisory Committee will recommend to the school administrator any revisions to the Student Nutrition/Wellness Plan it deems necessary.
- \* The School Health Advisory Committee, via the Food Services Supervisor, will report annually to the Wenden Elementary School District Board the progress of the committee and the status of compliance by the school.

## **WENDEN ELEMENTARY DISTRICT LOCAL NUTRITION/ WELLNESS PLAN**

The Wenden Elementary District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

### **TO ACCOMPLISH THESE GOALS:**

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la cart, parties, and fundraisers) during the school day are consistent with the current Dietary Guidelines for Americans, Child Nutrition and WIC Reauthorization Act of 2004.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

## ATTACHMENT A

### WENDEN ELEMENTARY DISTRICT STUDENT NUTRITION/WELLNESS PLAN GUIDELINES FOR FOOD AND BEVERAGES OFFERED TO STUDENTS AT SCHOOL AND SCHOOL FUNCTIONS

All foods and beverages, other than school meals, made available to students during school hours, except during ballgames and after school functions. They must meet the following maximum portion size and nutrition standards.

<b><u>Chips and other snacks:</u></b>		<b><u>Max. Serving Size:</u></b>
Chips, Crackers, Popcorn		1.5 oz
Trail mix, Nuts, Seeds, Jerky		2 oz
<b><u>Baked Goods:</u></b>		<b><u>Max. Serving Size:</u></b>
Cookies, Brownies		2 oz
Muffins		3 oz
<b><u>Fruit Smoothie:</u></b>		<b><u>Max. Serving Size:</u></b>
Yogurt Based		12 oz
Iced Based		12 oz
<b><u>Other Drinks:</u></b>		<b><u>Max. Serving Size:</u></b>
Water		unlimited
Natural Sweetened Water		unlimited
<b><u>Juice:</u></b>		<b><u>Max. Serving Size:</u></b>
100% Juice		8 oz
Fruit Slush		8 oz
<b><u>Fluid Milk and Alternatives:</u></b>		<b><u>Max. Serving Size:</u></b>
2%, 1% & Fat Free Milk		12 oz
Enriched Rice, Nut or Soy Milk		12 oz
<b><u>Dairy Products:</u></b>		<b><u>Max. Serving Size:</u></b>
Low Fat, Non-Frozen Yogurt		8 oz
Frozen Desserts, Ice Cream, Pudding		3 oz
Cheese		2 oz

Approved Times for the Availability of Foods and Beverages Other than School Meals is Concession stands during home ball games only.

## **ATTACHMENT B**

### **Wenden Elementary District Student Nutrition/Wellness Plan Foods of Minimal Nutritional Value**

Students may not be in possession of any of the foods or beverages listed below at school except during times approved by this plan.\*

- \* Soda Water—any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- \* Water Ices—any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit or fruit juice.
- \* Chewing Gum—any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- \* All Candies---any processed foods made predominately from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e., Kool-Aid).
- \* Certain Chips and Snack Foods—any portions larger than or nutritional content other than those indicated on ATTACHMENT A.

**Any of the above items that are found in the possession of any student during any unapproved times will be collected and not returned to the student at any time.**

**\*--Approved Times for the Availability of foods of Minimal Nutritional Value**

- 1. After School.**
- 2. Home ballgame concessions.**



**Four (4) days will be exempt from the inaccessibility of the Foods of Minimal Nutritional value listed above. These items may be not be made available during meal times in the areas where school meals are being served and /or consumed. The designated days will be:**

**The day of Halloween.**

**The last day before Christmas Holidays.**

**Valentines Day or the Friday before if it falls on a week-end.**

**The last day of school before Easter.**

**All foods made available on campus will comply with the current U.S. Department of Agriculture (USDA) Dietary Guidelines for Americans with the following exceptions:**

- **Ice Cream Sundae Parties in each Classroom on the 100<sup>th</sup> day.**
- **District approved Special Events Day of School Hamburger's with all the trimmings, limited to four (4) times per school year.**

# **WENDEN ELEMENTARY DISTRICT STUDENT NUTRITION/WELLNESS PLAN RE: DISTRICT PHYSICAL ACTIVITY PLAN**

## **PHYSICAL EDUCATION**

Physical Education (PE) shall be taught by a certified/licensed teacher.

All Elementary Students shall be provided physical education two days/week, or the equivalent of at least 60 minutes per week, for the entire school year. At least 50% of physical education class time should be spent in moderate to vigorous physical activity.

All Middle School Students shall be required to participate in physical education for all years of enrollment of middle school. At least 50% of physical education class time should be spent in moderate to vigorous physical activity.

PE classes shall have a pupil-teacher ratio comparable to that in the classroom context.

Accommodations will be made for those with medical, cultural or religious considerations.

## **PHYSICAL ACTIVITY DURING THE SCHOOL DAY**

Students shall be provided with at least 20 minutes/day of physical activity, not including time spent in Physical Education. This time may be accumulated throughout the school day. Opportunities for physical activity may include Recess, Physical Activity Breaks and Classroom –Based Physical Activity.

## **CLASSROOM-BASED PHYSICAL ACTIVITY**

Physical activity integrated into the classroom setting and supervised by the classroom teacher. The goal of this activity can be simply a break from academics or to teach academic content via physical movement. Teachers shall include planned student movement during instruction every day and at varied intensities.(i.e. standing up and moving among easels, learning centers, desks, etc.)

## **ELEMENTARY RECESS**

Daily scheduled period of time allocated for students as a break from academic rigor. Typically students are allowed to move outside to engage in physical and social activities when weather permits. Schools should provide at least 20 minutes each day of active recess.

## **MIDDLE SCHOOL PHYSICAL ACTIVITY BREAKS**

Breaks from academic content designed to provide opportunities for physical activity. These breaks can take the form of recess or classroom-based physical activity. Schools shall provide at least one physical activity break daily. (ex. Active attention reset or “open gym”) Moving between classes shall not be counted as a physical activity break.

## **SAFE FACILITIES AND EQUIPMENT**

Facilities shall be available for active play. Equipment shall be age-appropriate, inviting, and available in sufficient quantities for all students to be active. Indoor and outdoor facilities shall be available so that physical activity is not dependent on the weather.

## **EXTRACURRICULAR SPORTS AND ACTIVITIES**

Physical activities including dance and sports shall be available to all students in select grades, directed by teachers, coaches and volunteers with access to adequate facilities and equipment.

## **ACTIVE TRANSPORT TO SCHOOL**

Schools shall promote strategies/events designed to generate interest in active transport to school. (ex. walking to or bicycling to school.)

## **ACCESS TO SCHOOL GROUNDS/FACILITIES**

Schools shall promote student access to school grounds and/or facilities before school, offering opportunities for unstructured free play. Schools shall dedicate 10-15 minutes before school starts for physical activity, ensuring that students are moderately to vigorously active for 50% of the physical activity time.

## **WITHHOLDING PHYSICAL ACTIVITY AS A PUNISHMENT**

Using physical activity as punishment, or withholding physical activity/physical education time for behavior management shall be prohibited. Withholding physical activity/physical education time for the purpose of making up student work shall be prohibited.

## **PROFESSIONAL DEVELOPMENT FOR STAFF**

School staff shall be encouraged to integrate physical activity into their academic lesson plans, and be provided resources to accomplish this. At least one professional development event each year shall include instructional strategies for assessing physical activity knowledge and skills and promoting physical activity.

# CERTIFICATION

State of Arizona

County of La Paz

I, \_\_\_\_\_, the duly appointed or elected and qualified  
Name of Governing Board Member

member of, and acting on behalf of the governing board, so hereby certify that during a regular meeting held in Salome, Arizona, on \_\_\_\_\_, this governing board, by motion made, seconded and carried, approved and authorized execution of the Student Nutrition and Wellness Plan.

I further certify that this meeting was duly noticed, called and convened and was attended by a majority of the members of the governing board and that approval has not since been altered or rescinded.

\_\_\_\_\_  
Signature of Governing Board Member