

JL-R

REGULATION

STUDENT WELLNESS

In accordance with the National School Lunch Act (42 U. S. C. 1751 *et seq.*) and the Child Nutrition Act (42 U.S.C. 1771 *et seq.*), as amended, an assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually. The Superintendent shall receive assurances from all appropriate administrators and supervisors prior to making the annual Board report.

Nutrition Guidelines/Promotion

Nutrition promotion shall reinforce health and emphasize the school's commitment to a healthy school nutrition environment, supporting the district's vision of educating the whole child. The District will support nutrition promotion efforts by:

- A. Encouraging participation in meal programs by educating, serving, and celebrating the foods of our community.
- B. Making school meal program menus available on the district website and social media platforms.
- C. Ensuring that 100% of foods and beverages promoted to students meet the USDA's Smart Snacks in Schools standards.

Nutrition Education

Nutrition education shall focus on students' eating behaviors, and will be based on the Arizona Comprehensive Health Education Standards. Nutrition education at all levels of the curriculum shall include, but not be limited to, the following essential components designed to help students learn:

- A. Age-appropriate nutritional knowledge; and
- B. Age-appropriate nutrition-related skills.

In order to reinforce and support nutrition education efforts, the guidelines will ensure that:

- A. Nutrition instruction provides sequential, comprehensive health education in accordance with the Arizona Department of Education curriculum regulations and academic standards;
- B. Cooperation with agencies and community organizations is encouraged to provide opportunities for appropriate student projects related to nutrition;

- C. Consistent nutrition messages are disseminated from the District throughout the schools, communities, homes and media; and
- D. Nutrition education is extended beyond the school environment by engaging and involving families and community.

Nutrition Guidelines and Food Services Operations

All foods and beverages made available on campus 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 guidance 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:

- A. National School Lunch Program and School Breakfast Program Meals.
- B. Vending machines and school stores.
- C. Celebrations, fund-raisers, rewards and school events.
- D. Snacks served in after-school programs.

A.R.S. [36-136](#) provides an exemption from rules promulgated by the Director of the Department of Health Services for a whole fruit or vegetable grown in a public school garden that is washed and cut on-site for immediate consumption.

Food and Beverage Marketing

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.

- A. The District will only promote foods and beverages that support balanced and varied diets.
- B. All foods or beverages advertised on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition guidelines. This requirement applies, but is not limited to, exterior vending machines, posters, menu boards, coolers, trashcans, and cups used for beverage dispensing.

Physical Activity/Recess

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Recess shall be required and provided as described in Policy JL.

Other School-Based Activities

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.

Physical Activity Goals

The primary goal for the District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including physical education, recess, walk-to-school programs, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

Physical activity (time, frequency, and/or intensity): Schools will ensure that students are moderately to vigorously active at least fifty percent (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 shall be required and provided as follows:

- A. Two (2) recess periods during the school day for pupils in kindergarten (K) and grades one (1) and five (5).
- B. On August 1, 2019, this recess requirement of two (2) recess periods during the school day is extended to grades four (4) and five (5).
- C. Half-day kindergarten pupils are to receive one (1) recess period during the school day.
- D. Participation in a physical education course during a school day may count as one of the day's recess periods.
- E. Extension of the school day is not required to meet the recess requirement.
- F. This recess requirement does not apply to middle schools, junior high schools, high schools, Arizona online instruction or schools in which the lowest grade of instruction offered is grade five (5).

Prohibition of use of punishment: The District will discourage the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes.

After-school programs: The District may 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 may encourage community access to, and student and community use of, the school's physical activity facilities outside the normal school day.

Program Evaluation

In each school, the principal will ensure compliance with established District-wide student wellness goals and will report on the school's compliance to the Superintendent. The District will, as necessary, revise the policy and develop action plans to facilitate implementation.

The District will complete an assessment of the wellness policy every three years to determine compliance with the established policies and progress made toward achieving the goals of the local wellness policy. The District local wellness policy will be compared to model wellness policies triennially.

Assessments and notifications will be completed in the following ways:

- A. Each site will complete an activity and assessment tool annually. These will be made available to the public using District communication methods.
- B. The District will complete an activity and assessment tool annually and triennially. This will be made available to the public using District communication methods.