

Window Rock Unified School District No. 8
District Local Wellness Policy
2017-2020



I. Wellness Policy Goals

Goal for Nutrition Promotion:

1. The District will encourage participation in school meal programs.
2. District will implement at least 10 Smarter Lunchroom Techniques.
3. School meal program menus will be posted on the district website and individual school sites.
4. Menus will include nutrient content and ingredients.
5. Participation in meal programs will be promoted to families.
6. 100% of foods and beverages promoted to students will meet the USDA's Smart Snacks in Schools standards.
7. The District will implement at least 3 of the following 4 Farm to School activities:
 - Local and/or regional products are incorporated into the school meal program.
 - Messages about agriculture and nutrition are reinforced throughout the learning environment.
 - School hosts a school garden.
 - School utilizes promotions or special events to highlight local/regional products.

Goal for Nutrition Education:

1. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.
2. Nutrition education includes enjoyable and developmentally appropriate participatory activities including (but not limited to):
 - Cooking demonstrations
 - Taste testing
 - Promotion of new items
 - School gardens
3. Lessons will promote fruits, vegetables, whole-grain products, low fat and fat free dairy and healthy food preparation methods.
4. Links with school meal programs, cafeteria nutrition promotion activities, school gardens/Farm to School, and other nutrition related community activities.
5. Health education lessons include a minimum of 12 of the following essential topics on healthy eating:
 - Relationship between healthy eating and personal health and disease prevention
 - Food guidance from MyPlate
 - Reading and using the FDA's nutrition fact labels
 - Balancing food intake and physical activity
 - Preparing healthy meals and snacks
 - Risks of unhealthy weight control practices
 - Accepting body size difference
 - Importance of water consumption
 - Importance of eating breakfast
 - Reducing sodium intake
 - Social influences on healthy eating, including media, family, press and peers
 - Resisting peer pressure related to unhealthy dietary behavior

Goal for Physical Activity:

1. Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be used or withheld as punishment for any reason.

2. The district will provide students with formal, age-appropriate physical education, consistent with national and state standards for physical education.
3. Students will be offered periodic opportunities to be physically active or to stretch throughout the day on all or most days during a typical school week.
4. The district will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks.
5. The district will encourage active transport by engaging in 4 of the following:
 - Promote activities such as participation in international Walk to School Week, National Walk and Bike to Walk to School Week.
 - Instruction on walking/bicycling safety provided to students.
 - Promote safe routes to school program to students, staff, and parents via newsletters, websites, and local newspaper.
 - Use crossing guards

Goal for Other School-Based Activities that Promote Student Wellness:

1. All school-sponsored events will adhere to the wellness policy guidelines.
2. All school-sponsored wellness events will include physical activity and healthy eating opportunities.
3. The district will (develop, enhance or continue) relationship with community partners as appropriate, including:
 - Hospitals
 - Universities/colleges
4. The District 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.
 - Subcommittee leader’s name is listed in the policy
5. Schools in the district will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, including:
 - District Walking Program
 - Partnership with Tsehootsooi Medical Center’ s Healthy Living & Outreach Program
 - Monthly Health Awareness Tips
 - Resource listing and information for Community and local health and wellness partners.

II. Nutrition Standards

School Meals

The school meal programs 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.

- a. All schools in the district will participate in the National School Lunch Program, School Breakfast Program, and Afterschool Snack program.
- b. All meals will, at a minimum, meet the New Meal Pattern requirements in accordance with the USDA Regulation.
- c. Free, potable water will be available to all students during meal periods.
- d. Additional standards include:
 - I. Meals will be accessible to all students.
 - II. Meals will be appealing and attractive to students.
 - III. Meals will be served in clean and pleasant settings.
 - IV. Meals served will meet or exceed the current nutrition requirements established by local, state, and Federal statutes and regulations.
 - V. Students will be allowed at least 10 minutes to eat breakfast.
 - VI. Students will be allowed at least 20 minutes to eat lunch.
 - VII. Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
 - VIII. School meals are administered by a team of nutrition professionals.
 - IX. The district child nutrition program will accommodate students with special dietary needs.
 - X. Students will be served lunch at a reasonable and appropriate time of the day.

Competitive Foods and Beverages

- e. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. These guidelines apply to all foods sold in the following locations:
 - I. Tséhootsooí Primary Learning Center
 - II. Tséhootsooí Intermediate Learning Center
 - III. Tséhootsooí Dine Bi'Olta
 - IV. Tséhootsooí Middle School
 - V. Window Rock High School
- f. Additional criteria the district has established for competitive foods:
 - I. Foods of Minimal Nutritional Value (FMNV) Policy: Foods that compete with more healthful choices should not be made available to students, especially during meal times when well balanced nutritious meals are available. These foods are known as Restricted Competitive Foods (See Attachment #2 for details).
 - II. No foods may be sold in competition with Lunch and Breakfast programs. Vending machines and competitive food sales are allowed to begin selling after the end of the last lunch period. A la carte sales run by the Food Services Department are not limited because foods sold follow the nutrition guidelines.
 - III. Other than in cases of authorized fundraising for student activities or authorized vending, no outside food may be sold on campus during the school day without specific permission from the Business Office.
 - IV. Students who bring their own lunches are not allowed to share any portion of their meals with other students due to the high risk of allergic reactions and food safety. If a student is seen sharing his/her food, the food will be returned to the child who was attempting to share it.

Celebrations and Rewards

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.

- Foods served to students in grades K-8 will also meet (or exceed) the Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS §15-242). Classroom snacks brought in by parents. The district will provide parents a list of foods and beverages that meet the Smart Snacks nutrition standards.
 - Rewards and incentives- The district will provide teachers and other school staff with a list of alternative ways to reward students.
- g. These guidelines apply to:
 - School-sponsored events
 - Classroom snacks provided by parents
 - Classroom rewards and Incentives

Policy Exemptions

- h. School Nurses: This policy does not apply to school nurses using Food of Minimal Nutritional Value (FMNV) during the course of providing health care to individual students.
- i. Accommodating Students with Special Needs: Special Needs Students whose Individualized Education Program (IEP) or 504 plans indicates the use of an FMNV or candy for behavior modification (or other suitable need) may be given FMNV or candy items.
- j. Celebrations and classroom parties: Snacks/food served at classroom and birthday parties must be approved in advance by the building principal. Since FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations and Arizona Nutrition Standards, these events must be held in the classroom and must be scheduled so as not to conflict with meal times.
- k. Instructional Use of Food in Classroom: For instructional purposes, teachers may use foods in the classroom so long as the food items are not considered FMNV or candy. Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy. However, FMNV may not be served

during meal periods in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.

- l. Field Trips: School-approved field trips are normally exempt from the nutrition policy. However, if meals are being provided and claimed as reimbursable by Food Services, then food must follow Arizona Nutrition Standards. In that instance, even though the meals are provided for a field trip, they are not exempt from the nutrition policy. A school official must approve the dates and purposes of the field trips in advance. Food Service meal requests must be made 10 days in advance and shall require a roster of student names and ID numbers. Adult meals are available for adult sponsors, staff, and/or chaperones, but the cost of the adult meal must be paid by the adult prior to trip.
- m. Athletic, Band and Other Competitions: Generally, the nutrition policy does not apply to students who leave campus to travel to athletic, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy. If, however, reimbursable meals are being sent with students, then those meals must meet nutrition standards, even though the meals are provided for a normally exempt event.

Fundraising

- n. Fundraisers, in which foods and beverages are sold to students on school campus during the school day, must be preapproved by the Superintendent. Applications for the fundraiser must include the start and end date of the fundraiser, the item or items of food and/or beverages to be included in the fundraiser. Fundraisers in which food and/or beverages are sold to students during the school day must not be held more frequently than two times per semester and cannot extend for more than two consecutive days. *Approval for an exemption must be secured from ADE prior to the fundraiser occurring, so requests for an exempt fundraiser must be submitted early in the year. In the event of an annual fundraisers occurring at the beginning of a school year, requests may need to be submitted during the school year prior to the event.*
 - The district ***will allow preapproved*** exempt fundraisers to sell food and/or beverages that do not meet the USDA's Smart Snacks in Schools standards on the school campuses during the school day.
 - The district will submit the exemption request form to ADE for all food related fundraisers when the foods do not meet USDA's Smart Snacks in Schools standards.
 - The district has defined what it considers to be 'infrequent' and to be an appropriate short duration for these exempt fundraisers.
 - The Superintendent must approve dates/duration of district fundraisers.

Food and Beverage Marketing in Schools

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. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines.

- o. Any food or beverages advertised on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition guidelines. These guidelines apply to:
 - Brand names, trademarks logos or tags, except when placed on a physically present food or beverage product or its container.
 - Displays such as on vending machine exteriors.
 - Corporate brand, logo, trademark, or name on school equipment such as marquees, message boards, scoreboards etc.
 - Corporate brand, logo, trademark, or name on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment, as well as on posters, book covers, school supplies displays etc.
 - Advertisements in school publications or mailings
 - Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product
 - As the district and district stake holders including, but not limited to, school nutrition services, athletic director, and PTO/PTA review existing contracts and consider new contracts, equipment and purchasing, decisions should reflect the applicable marketing guidelines established by the wellness policy.

III. School Wellness Committee

Committee Role and Membership

The District will convene a representative Window Rock Unified School District Wellness Committee that meets to establish goals for and to oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

- a. District will seek to convene a wellness committee which will be representative of Window Rock Unified School District. In order to achieve this goal, the Window Rock Unified School District Wellness Committee (WRUSDWC) shall include representation from all school levels including (but not limited to):
 - All school levels
 - Parents/Caregivers
 - Students
 - Representative from School Nutrition Programs
 - Physical education teacher
 - Health education teacher
 - School health professionals (nurses)
 - Mental health and social services staff (counselors, psychologists, social workers)
 - Administrators
 - School board members
- b. The public is notified that their participation is permitted through flyers, website and local postings.
- c. The WRUSDWC will meet no less than four times in a school year.

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(s) will organize the wellness committee as indicated above and shall inform the public about the wellness policy.

IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of the Wellness Policy

- a. The District's plan for implementation to manage and coordinate the execution of this wellness policy.

Triennial Progress Assessments

At least once every three years, the District must conduct an assessment of their wellness policy. To accomplish this, the District will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the District will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

- b. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
 - i. The WRUSDWC will assess the progress made in attaining the goals of the District's wellness policy:
 - ii. The WRUSDWC will assess each school's compliance with sections I-IV of this wellness policy.
- c. The District will assess how their wellness policy compares to model wellness policies.
 - i. The WRUSDWC will compare their policy with the ADE and USDA model policies.

Revisions and Updating the Policy

The District will update or modify the wellness policy as appropriate.

- d. The WRUSDWC will update or modify the wellness policy as appropriate.

Notification of Wellness Policy, Policy Updates and Triennial Assessment

The District will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

- e. The district wellness policy available to the public through print media, school website and postings.
- f. The annual progress reports and updates can be found on school website and WRUSDWC meetings.
- g. The District will make the Triennial Assessment available on school website and WRUSDWC meetings.