

Aguila Elementary School District Local Wellness Policy SY 2023-2024

Aguila Elementary 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.

Aguila Elementary 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. 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, parent/guardian, student, the District's Café Administrator, a physical education teacher, a school administrator and any other individuals of the general public.

The Wellness Committee will meet every 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.

SY2023-2024 Members

Superintendent: Andy Wannemacher

Café Admin: Jamie Rivas

Adult Wellness/SPED Teacher: Kim Smith

Athletic Coach/ P.E./Parent: Jethro Chavez

Student/CSO: Audric Chavez

Board Member/Parent: Maritza Becerra

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 the 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.

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, 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
2. A description of the progress made in attaining the goals of the District's Wellness Policy.

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;

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.

II. 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. 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 techniques:

- Fresh fruit is available daily.
- All available vegetable options have been given descriptive names.
- 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.
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- Announcements are used to promote and market menu options.

Staff Qualifications and Professional Development:

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

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 within proximity of where school meals are served during mealtimes.

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. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance.

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.

III. 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: 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
- Recess to promote physical activity: Grades K-8 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.

Recess

The School 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 the 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 and sports.

IV. 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.