

Santa Cruz Elementary District #28
Local Wellness Policy

Date Created: August 2018
Last Updated: August 2018
Board Approved: September 2018

I. Wellness Policy Goals

Goal for Nutrition Promotion:

- *Students will be given “choose my Plate” nutritional promotion handouts. Students will be able to use the “Choose my plate” posters to choose their food at every meal at school.*

Goal for Nutrition Education:

- *Students will receive health and nutrition lessons on a daily basis during their P.E. class.*

Goal for Physical Activity:

- *Students receive daily Physical activity during their daily P.E. class.*

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

- *Middle School students receive free breakfast on a daily basis to promote healthy eating and choices.*

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. *Little Red School will participate in the National School Lunch Program.*
- b. *All meals will, at a minimum, meet the New Meal Pattern requirements.*
- c. *Free, potable water will be available to all students during meal periods.*
- d. *Additional standards include:*
 - I. Only smart snacks will be provided to students**
 - II. All meals to comply with state nutrition standards**
 - III. No additional food-sale items to be sold in the cafeteria to students during lunch or breakfast**

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. School will not be selling items to students during school hours

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.

- f. *Describe your standards for all foods and beverages provided, but not sold, to students during the school day:*

- ✓ **All food items to comply with state nutrition guidelines**
- ✓ **Only Smart Snacks to be provided to students during the day**
- ✓ **Students will not be sold any food items**

- g. *These guidelines apply to (check all that apply):*

- School-sponsored events**
- Celebrations and parties
- Classroom snacks provided by parents
- Classroom rewards and Incentives

Fundraising

Describe your policy on food and beverage related fundraisers sold to students on school campus during the school day, including the frequency and duration of exempt fundraisers as appropriate:

- **School will not sell any food or beverage related items during the school day.**

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.

- h. *Describe your policies for food and beverage marketing: **No food items will be sold to students and therefore, there are no policies defined to promote food and beverage marketing.***
If any items were to be sold they would comply with Smart Snacks guidelines.

III. School Wellness Committee

Committee Role and Membership

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

- a. Describe frequency of meetings: **School Wellness Committee to meet every year in April.**
- b. Description of who the LEA permits to participate in the wellness policy process. (e.g. parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators):

LEA invites any individuals interested in becoming part of the school wellness committee to participate. Individuals include but are not limited to students, parents, coaches, P.E. teachers, classroom teachers, school staff, school board, and school administrators.

- c. Description of how the public is notified that their participation is permitted:

School wellness policy describing that anyone is allowed to participate is posted on school website, student, and staff handbooks.

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.

- d. The designated official for oversight of implementation at Little Red is:
The School Principal, Mrs. Romero
- e. The designated official for convening the wellness committee is:
The School Principal, Mrs. Romero
- f. The person designated for informing the public about the wellness policy is:
The School Principal, Mrs. Romero

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

Implementation of the Wellness Policy

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

Wellness policy committee convenes, revises if applicable every year, once approved by the governing board, the wellness policy is implemented during the school year.

Triennial Progress Assessments

At least once every three years, the LEA 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. Provide a description of how the District will assess the progress made in attaining the goals of the District's wellness policy:

Survey will be utilized to determine if school has met Local wellness policy goals.

- i. The person responsible for this assessment is:
School Principal, Mrs. Romero
 - ii. Provide a description of how the District will assess the school's compliance with sections I-IV of this wellness policy.

School principal will assess all sections of the wellness policy including the I-IV to make sure they are in compliance.

- c. The District will assess how their wellness policy compares to model wellness policies.
 - i. Provide a description of how the District will compare their policy with the model policies.

The school principal will ensure that school policy is comparable to model policies by comparing current policy to other schools and districts' wellness policies.

Revisions and Updating the Policy

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

- d. Describe how often the LEA will update or modify the wellness policy:

Wellness policy to be updated every 3 years but revised every year if need be.

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. Describe how the LEA will make the district wellness policy available to the public:

The district wellness policy will be posted on the school web-site, student and staff handbooks.

- f. The annual progress reports and updates can be found at: **www.sced28.com**
- g. The District will make the Triennial Assessment available at: **www.sced28.com**