

WELLNESS POLICY

2020-2021

Wide Ruins Community School
Wellness Policies on Physical Activity and Nutrition

Revision August 28, 2020

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Wide Ruins Community School

Wellness Policies on Physical Activity and Nutrition

School Wellness Policy

Wide Ruins Community School Wellness Policy is a written document that guides our school's educational effort to create supportive school nutrition and physical activity environments before, during, and after-school. Wide Ruins Community School participates in the Federal Child Nutrition Programs, including the National School Lunch Program and the School Breakfast Program, which we are required to develop and implement a Wellness Policy. Effective wellness policies support a culture of health within a school community by establishing practices and procedures that make the healthy choice the easy choice for students, staff, and families.

Preamble

Whereas, Wide Ruins Community School students will be provided structured health education and have access to healthy foods and opportunities to be physically active to grow, learn and thrive.

Whereas, good health promotes excellent student attendance and improves educational learning.

Whereas, the prevalence of obesity among adults and children in the United States has reached epidemic proportions especially among minority groups such as American Indians. Overweight and obesity rates are disproportionately higher among American Indian youth compared with other U.S. reference populations.

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases include unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 5% of Wide Ruins Community School students do not participate in sufficient vigorous physical activity but students are offered daily physical education classes. Supporting students to establish physical education daily can provide them with the ability and confidence to be physically active for a lifetime.

Whereas, fewer than 15 percent of the two million American elementary school-age children eat the recommended five or more daily servings of fruits and vegetables. If students are served variety of foods from each of the 5-main food groups, their body will receive all the nutrients and vitamins they need to function.

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutritional foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, and candy.

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies.

Thus, Wide Ruins Community School is in a unique position to support students reach healthy eating habits and recommended moderate-to-vigorous daily physical activities. Regular nutritious meals and physical activity during childhood and adolescence is important for promoting lifelong health and well-being by preventing various health conditions.

POLICY GOALS

Therefore, it is the policy of Wide Ruins Community School that:

- Students, parents, teachers, food service professionals, health professionals, and other interested community members engage in developing, implementing, monitoring, and reviewing community-wide nutrition and physical activity policies.
- All students in grades K-6 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendation of the United States Dietary Guidelines for Americans (2005).
- Qualified nutrition specialist and certified Food Service personnel will provide students with a variety of affordable, nutritious, and appealing foods that meet the daily healthy and nutritious needs of diverse students in a pleasant, safe setting with adequate mealtime schedule.
- Wide Ruins Community School nutrition services will provide meals that meet federal nutrition standards for the National School Lunch and Breakfast Programs, Summer Food Service Program, afterschool snacks, to accommodate the health and nutrition needs of all students and help ensure that foods and beverages meet the school nutrition standards. School nutrition professionals should meet minimum education requirements and receive annual professional development and training to ensure that they have the knowledge and skills to provide these services.
- Wide Ruins Community School with community services will support a healthy school nutrition environment by marketing and promoting healthier foods and beverages, encouraging participation in the school meal programs, role-modeling healthy eating behaviors, and ensuring that students have access to physical education and activities.

STRATEGIC GOALS

I. School Health Councils

Parents, school staff, and community members can join the school wellness program that sets the policies for health and wellness and establish nutrition standards to address the guidelines, distribution, sale, and marketing of foods and drinks in the school setting.

Additionally, Wide Ruins Community School will create, strengthen, and work with local school health clinics and/or programs to develop, implement, monitor, review, and as necessary revise school nutrition and physical activity policies. The local health clinics will serve as resources to Wide Ruins Community School for implementing these policies.

II. Nutritional Quality Foods and Beverages

Nutritional Meal Service

Wide Ruins Community School Food Service Program will provide students with a variety of delicious nutritious meals that appeal to their varied taste. Good nutrition is linked to better attendance, higher test scores, and greater focus and energy throughout the day and healthy eating habits can last a lifetime.

Meals served through the National School Lunch and Breakfast Programs will:

- be presentable and appetizing to students
- be served in a clean and pleasant environment
- Meet the health and nutrition needs of WRCS students and adhere to Local, State or exceed the USDA School Meal regulation
- Meet the School's Nutrition Standards for Competitive Foods and Beverages, as applicable, which exceed the USDA guidelines
- offer a variety of fruits and vegetables
- serve only low-fat (1%) and fat-free milk, and nutritionally equivalent non-dairy alternatives (to be defined by USDA); and
- ensure half of the grain products are whole grain

Mealtimes and Scheduling

Wide Ruins Community School:

- will accommodate students with at least 20 minutes of sit time for breakfast and 25 minutes of sit time for lunch
- will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 a.m. and 1:00 p.m.
- will not schedule tutoring, clubs, or organizational meetings or activities during mealtimes, unless students have a meal during such activities
- will provide a schedule time to practice good oral hygiene by taking steps to accommodate students with tooth brushing provisions and oral health needs, Good oral hygiene helps to keep teeth healthy and prevents gum disease.

Breakfast:

To ensure that all students are served breakfast, either at home or at school and in order to meet nutritional standards and to enhance student's ability to learn:

- Wide Ruins Community School will, to the extent possible, operate the School Breakfast Program
- Wide Ruins Community School will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess
- Wide Ruins Community School food service program will serve breakfast to students and will notify parents and students of the availability of the School Breakfast Program
- Wide Ruins Community School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or announcements.

Beverages

- Permitted beverages include, water, plain water only (no flavors); unlimited container size. Milk - Up to an 8-ounce container size. Milk must be fat free, unflavored or flavored, nutritionally equivalent alternative milk will be accepted. Juice - 8 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces and 100% vegetable juice.
- Avoid caffeinated drinks and the added sugars of juice drinks, punches, fruit cocktail drinks, sodas, sports drinks, or lemonade. These beverages are more like soda than juice – they are merely sugar water with a few tablespoons of added juice. Additionally, energy drinks, are often used by students to provide an extra boost in energy. However, the stimulants in these drinks can have a harmful effect on the nervous system.

Foods

Foods sold separately:

- will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans-fat combined
- will have no more than 35% of its weight from added sugars
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, french fries, baked goods, and other snack items
- will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving nutritional snacks, water, or 100% fruit juices as the primary beverage in accordance with USDA guidelines. Wide Ruins Community School will offer snacks based on timing of activity programs and school meals.

- The Food Service Program will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.
- If eligible, school that provide snacks through after-school program will pursue receiving reimbursements through the National School Lunch Program.
- **WARNING: A small but growing number of kids have allergic reaction to foods & drinks. Before serving food or drinks check student's health status to make sure none of the children have an allergy.**

Collaboration

Wide Ruins Community School food service program will engage students and parents, through taste-test of new entrees and conduct surveys in selecting choices of foods served through the school meal programs to identify new, healthy, and enticing food choices. In addition, the Food Service Program will share information about the nutritional content of meals with parents and students, such information will be made available on menus, website, on cafeteria menu boards, posters, or other advertisement materials.

Distribution of Foods and Beverages

The interim final rule sets minimum standards for foods and beverages that local educational agencies, school food authorities, and schools must meet. State agencies and/or local school districts may establish other standards if they are consistent with or stricter than the national policy.

Distribution Restrictions

School will discourage students from sharing foods or beverages with other students during meal or snack time, given safety concerns with allergies and restrictions on food intake and eating habits. Other restrictions with children's regimens include Food and Beverages sold individually (i.e. foods sold outside of reimbursable school meals such as through vending machines, cafeteria a la carte snacks, fundraisers, school stores, etc.

Competitive Foods

Refers to the national nutrition standards for foods and beverages **sold outside** of the federal reimbursable school meal programs during the school day. The State requires that all foods sold or served at K-8 schools will meet Arizona Nutrition Standards which include calorie limits by age groups, size limitations (2 ounces for most items), and prohibits sale of caffeine and energy drinks in all schools. Wide Ruins Community School Food Service Program will make recommendations on types of food and beverage to be sold at activity functions during normal school hours.

Fundraising Guidelines

To support student's health and to meet the school nutritional educational efforts, WRCS recommends adhering to the school's Wellness Policy Guidelines and Implementation Procedures, as applicable, with any food and drink sales during fundraising activities and school sponsored related events

- Fund raising events will sell foods & beverages that meet nutritional value and activities that promote physical awareness.
- Let people know that Wide Ruins Community School supports healthy eating
- Consider doing a survey to see what parents, students and community members would buy in food and beverages categories
- List potential fundraising food and beverage menu options according to the nutrition standards in the Guidelines. Select items categorized using the Nutrient Criteria for prepackaged food or using a checklist for freshly made food.
- For prepackaged food, aim for at least 50% of food and beverages on the menu to meet the criteria
- Price healthiest food and beverage items lower than other options
- Consider offering non-food items for sale and as prizes at events.

Rewards

Wide Ruins Community School will not use foods or beverages, especially those that do not meet the nutritional standards for foods and beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations.

Wide Ruins Community School will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages. The school will disseminate a list of healthy party ideas to parents and teachers.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Wide Ruins Community School aims to teach, encourage, and support healthy eating by students and provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standard-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects
- include enjoyable, developmentally appropriate, culturally relevant, and participatory activities
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- links with school meal program, other school foods, and nutrition-related community services
- teaches media literacy with an emphasis on food marketing; and
- include training for teachers and other staff

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent, such as watching television
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate

Communications with Parents

Wide Ruins Community School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy nutritional seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. The school will provide parents a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

Parents will be provided information about physical education and other school-based physical activity opportunities before, during and after school; and support parent's efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in School

School-based marketing will be consistent with nutrition education and health promotions. As such, Wide Ruins Community School will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals and beverages. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods include fruits, vegetables, whole grains, and low-fat dairy products are encouraged.

Staff Wellness

Wide Ruins Community School highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school will establish and maintain a staff wellness committee composed of at least one staff member, school health member, local hospital representative, dietitian or other health professional, recreation program representative, and employee benefits specialist. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-6

The Physical Education Program will support students in acquiring the understandings and skills to engage in movement activity and to develop a solid foundation for a balanced lifestyle. All students in Grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 45 minutes/day/5 days a week for elementary school students for the entire school year. All physical education will be taught by a certified or designated physical education teacher. By teaching students, the concepts of how much, how often, and how long to engage in physical activity, physical education can promote self-responsibility and independent, lifelong activity patterns, age-appropriate activities must be used to teach (health-related) fitness concepts from grade to grade. (interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

Physical Activity Opportunities Before and After School

All Wide Ruins Community School students will be offered extracurricular physical activity programs, such as clubs, health/fitness program, games, and other physical activities. Students will be offered a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities, and students with special health-care needs.

After-school enrichment programs will provide and encourage students verbally and through the provision of space, equipment, and activities provide daily periods of moderate to vigorous physical activity for all participants. An after-school enrichment activity is an experience where students can extend their learning to improve or enhance skills, knowledge, well-being. After-school enrichment activities can include academics, sports, arts, and more, and are offered with the goal of providing entertainment and enjoyment, while developing and improving student skill sets.

Daily Recess

All Wide Ruins Community School students will have at least 20 minutes a day of supervised recess, preferably outdoors, at such time teachers should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Extended periods of inactivity (i.e., periods of two or more hours) is discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students should have periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity and Punishment Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushup) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Use of School Facilities Outside of School Hours School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning procedures for facility usage, maintenance and safety measures will be maintained during these sponsored events.

V. Monitoring and Policy Review**Monitoring**

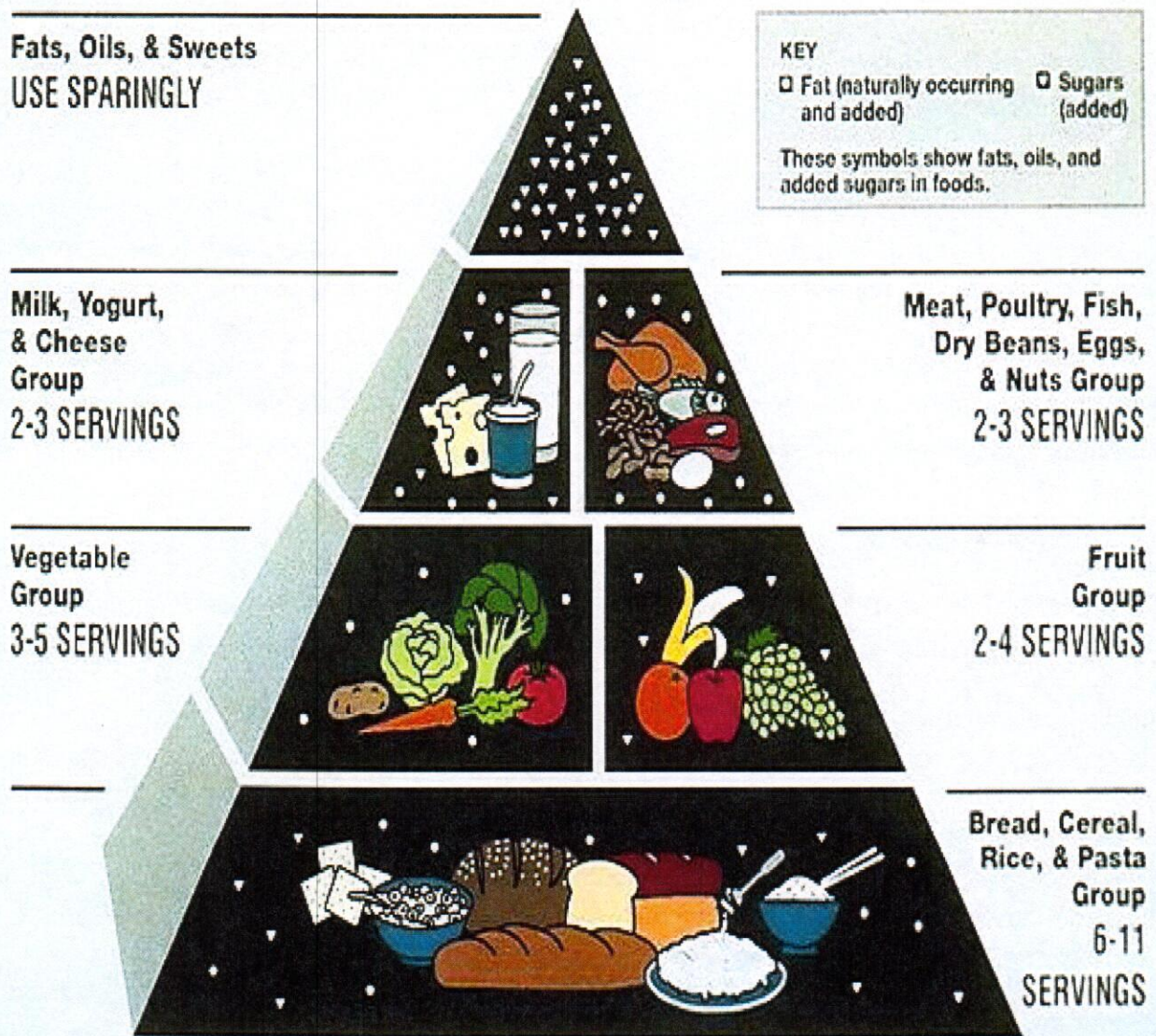
The Wide Ruins Community School Principal or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report this matter to the School Principal or designee. In addition, Wide Ruins Community School will report on the most recent USDA School Meals Initiative.

Wide Ruins Community School Principal or designee will develop a summary report every three years on school-wide compliance with the school's established nutrition and physical activity wellness policies, based on input from the school staff. That report will be provided to the Governing School Board and distributed to all school health representatives, parent/teacher organizations, and school principal.

Food Guide Pyramid

A Guide to Daily Food Choices



USDA Food Pyramid 2020

8/2/2020 (SMI) review findings and any resulting changes. If the school has not received a SMI review from the state agency within the past five years, the school will request from the state agency that a SMI review be scheduled as soon as possible.

Policy Review

To help the initial development of the Wellness Policies, Wide Ruins Community School will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.

Monitoring Process

Through a cohesive accountability system, the Administrative Review will provide for robust review of the school meals programs and program operations during a 3-year cycle. The scope of monitoring also requires the state agency to assess how the local educational organization implements its local school wellness policy responsibilities. The following supporting documentation should be on file:

- A copy of the current local school wellness policy
- Documentation demonstrating the local school wellness policy has been made available to the public
- The name and title of the school official responsible for developing, implementing, and monitoring the wellness policy
- Documentation of efforts to review and update the local school wellness policy, including an indication of who is involved in the update and methods used to make stakeholders aware of their ability to participate
- A copy of the most recent assessment on the implementation of the local school wellness policy
- Documentation demonstrating the school's most recent assessment on the implementation of the local school wellness policy has been made available to the public

Assessments:

Evaluations will be repeated every three years to improve review policy compliance, assess progress, and determine areas of improvement. As part of that review, Wide Ruins Community School will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; the nutrition and physical education policies and program elements. As necessary, revise the wellness policies and develop work plans to facilitate the implementation.

Assessment is an important part of the learning experience and curriculum.

Purposes of assessment:

- Opportunity for students to demonstrate what they know and can do.
- Determine whether students are meeting the learning objectives.
- Modify the curriculum and individualize instruction accordingly.
- Identify students with special needs.
- Provide teachers with objective information for grading.
- Motivate students to improve their performance.
- Evaluate the program's effectiveness.
- Communicate student progress with parents, school, and community

VI. Terms of Acceptance and Approval

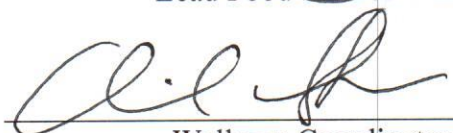
Terms of this agreement will be effective: School Year 2020-2021

Sincerely,



Lead Food Service Worker

SEPT. 02, 2020
Date



Wellness Coordinator

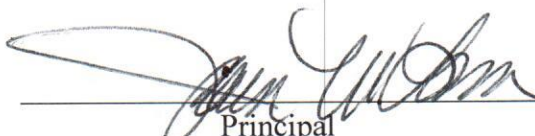
09-02-20
Date

ACCEPTED and APPROVED BY:



School Board President

9/24/20
Date



Principal

9/24/20
Date

WIDE RUINS COMMUNITY SCHOOL

Board Agenda Item Cover Sheet

Month of Meeting: August 2020

Type of Item: ☒ Action ☐ Discussion ☐ Travel ☐ Other/ Information: _____

Action Item Title: Request approval for revised School Wellness Policy for SY 2020-2021

Submitted by: Anderson Deal & Nora Nez Date: September 2, 2020

Department: School Nutrition & Wellness Program

Expense Table: Account Code: _____

Meals: \$	Lodging: \$	Mileage: \$
Airfare: \$	Registration Fee: \$	Other Cost: \$
Total: \$		

Names of individuals that will be traveling:

1.	3.	5.
2.	4.	6.

Attachments: REQUIRED

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Administrative Review & Approval:

Department/ Initial:	Circle one:	Comments:
Support Services Ms. Jeannie Lewis (ACTING)	Approved / Not Approved	
Human Resources Ms. Aurelia Tapaha	Approved / Not Approved	
Business Office Ms. Marleita Begay	Approved / Not Approved	
Principal Ms. Jeannie Lewis	Approved / Not Approved	

Executive Summary:

WRCS Wellness Policy renewed for SY 20-21.

Board Action

Sept. 08, 2020
APPROVED

Motion by: Louise Nelson

Seconded by: Glenna Thompson

Vote: 2 in favor 1 opposed 1 abstained

[☒] Approved [] Disapproved [] Tabled