

CRUHSD

LOCAL SCHOOL/ DISTRICT WELLNESS POLICY

The Colorado River Union High School 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. CRUHSD 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. The CRUHSD Local School and District Wellness policy is aligned with the requirements and guidelines of the Health, Hunger-free Kids Act of 2010.

I. Nutrition Education Goal

Goal: Nutrition education shall be integrated into Health Curriculum taught in every grade level, 9 through 12th grade. Nutrition education incorporates national and state developed standards designed to promote and protect student health as required in HUSCC (Healthier US School Challenge). Students can demonstrate their knowledge of nutrition concepts by applying the skills in a variety of settings.

Program components:

A. Classroom teaching

1. Examples include: Benefits of nutrition on overall health and disease prevention as part of health, reading and writing about food and nutrition, Calculations of nutritional values of food in math, growing or components of food in science, presentation of food in art, etc.
2. Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. The nutrition education program will link the school meal program to classroom activities, cafeteria experiences and engage families as partners to good nutrition.
3. All students are taught the necessary skills to make nutritional choices. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
4. Parents are provided with the opportunity to give feedback on wellness goals through our School Health Advisory Council (SHAC), district website, parent/teacher conferences, and school board meetings.

B. Professional development

1. Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
2. School instructional staff shall collaborate with food service dietitians, agencies and groups conducting nutrition education in the community to send consistent messages to

students and their families. Guest speakers invited to address students shall receive appropriate orientation to the relevant policies of the school/district.

C. Coordination of Programs

1. The food service program will be supported with nutrition instruction. The school cafeteria shall serve as a learning environment to allow students to apply critical thinking skills taught in the classroom. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals. Health Education Standards for Arizona Schools should be implemented throughout the entire school environment.
2. Our district supports the use of CDC's Coordinated School Health program model. This model will support the integration of a coordinated school health approach.

D. Nutrition-Related Health Problems and Modified Diets

1. School support services and health services staff shall consistently promote healthy eating to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, food allergies and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.
2. The school food service program will comply with USDA's disability requirements for modified diets. The school food service program is strongly encouraged to support cultural and ethnic dietary requests as recommended by USDA.

II. A Healthy School Environment Goal

A. The School Environment

1. Out of classroom activities, careful consideration of the school lunch environment shall be taken into account when scheduling outside activities.
 - a. Commercial Advertising
 - i. The District prohibits the marketing to students on the school campus of any foods or beverages that do not comply with or exceed the USDA Smart Snacks in School nutrition standards from midnight up to 30 minutes after the school day ends.
 - ii. CRUHSD will regulate all food items sold including foods and beverages sold through vending machines, school stores and concessions, and will be consistent with federal and state nutrition guidelines.
 - iii. CRUHSD comply with all regulations and guidelines through the National School Lunch Program and local Food Service Management Company (FSMC).
 - iv. CRUHSD provides adequate time for students to eat and provide all students with a pleasant environment in which to eat meals.
 - v. CRUHSD complies with special dietary needs for students as defined in the ADE special dietary needs manual.

B. Nutritious Food Choices

Food provided as part of the National School Lunch and Breakfast Programs must meet USDA requirements and any Arizona State regulations for those programs. All other food and beverage sales to students, during the regular school day or as part of a school-sponsored event will meet the Arizona State Department of Education (SDE) guidelines (as defined below).

C. Healthier beverage options during the school day. All schools are allowed to sell:

1. Plain water (carbonated or un-carbonated);
2. Unflavored low-fat milk;
3. Flavored or unflavored non-fat milk (and milk alternatives); and
4. 100 percent fruit and vegetable juices, and full-strength juice diluted with water, carbonated or non-carbonated, with no added sweeteners.

D. Portion sizes based on age.

1. High schools may sell up to 12-ounce portions. In high schools, the standards limit the maximum container size to 12-ounces for lower calories beverages and 20 ounces for calorie-free beverages.

E. Additional options for older students.

1. The new standards provide additional beverage options to high school students, recognizing their increased independence, relative to younger students, and the wide range of beverages available to high school students in the broader marketplace. Beyond water, milk and juice, Smart Snacks in School provides additional calorie-free and lower-calorie beverage options for high school students:
2. Calorie-free beverages, in up to 20-ounce portions; and
3. Lower-calorie beverages with up to 40 calories per 8 ounces or 60 calories per 12 ounces. These may be sold in up to 12 ounce portions.
4. Caffeinated beverages remain an option for high school students.
5. Other beverages may be sold if (1) the sale is in connection with an event occurring after the end of the regular school day (30 minutes after the regular school day) or on the weekend; (2) the sale is at the event location.

C. CRUHSD has adopted additional Wellness Guidelines for activities on campus:

1. CRUHSD will provide a specific and restricted list of food items allowed to be served/distributed/available at class activities or at all times.
2. Fund raising activities will support healthy eating and wellness.
3. The district will not use food as a reward
4. Sodas with sugar will not be available to students during school hours.
5. School stores are regulated by the Local School/District Wellness Policy.
6. The School Health Advisory Council (SHAC) will inform and update parents, students and community about the content and implementation of the Local School/District Wellness Policy.
7. The (SHAC) will make available to the public, an assessment on the implementation of the Local School/District Wellness Policy, including the extent to which schools are in compliance with the policy and the progress made in attaining the goals of Local School/District Wellness Policy.
8. The District Administration will designate one representative to ensure compliance to the Local School/District Wellness Policy.

D. Arizona State Department of Education nutrition standards:

1. Food items offered for sale (by the Food service provider) in the cafeteria and vending machines to students shall meet the nutrition standards for schools published by the AZ State Dept. of Education.
 - a. The list of AZ. Healthy Snack Standards for Foods and Beverages at School” will be available at each school.
 - b. All other food sales to students including fundraising will be compliant to CRUHSD Board Policy and ARS 15-242.
 - c. Certification of compliance with the CT SDE nutrition standards in their annual application for funding of the National School Lunch Program.

III. Physical Education and Physical Activity

The need for physical activity for students of all ages is acknowledged by CRUHSD. The Center for Disease Control defines physical activity as any bodily movements produced by skeletal muscles that result in an expenditure of energy.

- A. The Arizona Comprehensive Health Education Standards specifically detail and address Physical Activity Standards for Arizona School. For students in school for a full-day, the following is recommended:
 1. Provide physical education courses where students practice, learn, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
 2. Ensure that state-certified physical education teachers teach all physical education classes.
 3. Provide an adequate amount of time for physical education classes. Students in Grades 9 will receive 250 minutes of physical activity per week. Grades 10-12 have the opportunity to take physical education classes.
 4. Ensure that physical education classes have a teacher/student ratio comparable with those of other classes Implement a sequential physical education course of study consistent with national standards for physical education and with a focus on students’ development of motor skills, movement forms, and health-related fitness.
 5. Ensure that students are moderately to vigorously active at least 50% of the time while participating in physical education classes.
 6. Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
 7. Ensure students be allowed to attend all physical education classes offered.
 8. The physical education programs shall provide adequate space and equipment and conform to all applicable safety standards.
- B. Encouraging Lifetime Physical Activity Goals for optimal daily physical activity for children to include the following: Accumulating a daily total of at least 60 minutes of physical activity on all or most days of the week within and outside of school. This includes several bouts of

physical activity lasting 15 minutes or more. However extended periods of inactivity of two or more hours) are discouraged.

In addition schools will:

1. Encourage physical activity as appropriate during the school day.
2. 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 gifted and those with special health care needs.
3. Encourage for students and community members to use the school's physical activity facilities outside of the normal school day.
4. Encourage parents and community members to institute programs that support physical activity.

IV. Nutrition Standards for All Foods Available on School Campus during the School Day

1. The food service provider will: Make available the Nutritional value and ingredients of all food and beverages sold. Provide standard portion sizes as appropriate for each population served.
2. After school programs, field trips or other school events should be encouraged to select food items and activities outlined in the Local School/District Wellness Policy.
3. Parties, celebrations or meetings. (Must not conflict with the lunch schedule)
 - a. Staff, parents and students will be educated on alternatives to the current celebrations and assisted with future planning of events.
4. Fundraising
 - a. Current school fundraising activities will be reviewed and ongoing assistance for future planning will be made available to school, parent and school organizations.
 - b. Implementation and certification of the nutrition guidelines provided by the NSLP will be reviewed and adopted annually.
5. All food and beverage contracts will be reviewed annually to assure they promote healthy choices for students, parents and staff.

V. Other School-Based Activities Designed to Promote Student Wellness

1. Regular and consistent health, wellness, nutrition and physical activity messages will be provided in all settings: classroom, cafeterias, fundraising announcements, newsletters, websites, bulletin boards, etc.
2. The School in coordination with the food service provider will: provide pleasant, comfortable cafeteria setting including adequate eating time, training for food service staff in the following areas- food safety, presentation, and nutrition. Utilize staff and student feedback for ongoing quality improvement of the food service.
3. Wellness promotion: Staff members are encouraged and provided with support to model healthy lifestyles and eating behaviors. The school may offer staff, parents and students wellness programs and information related to physical activity and healthy eating (topics may include healthy snacks and lunch box ideas). Staff, parents and students will be encouraged to offer suggestions for other topics of interest.

VI. Implementation, Measurement and Evaluation of the Local School/District Wellness Policy

Implementation:

1. Establish a “**School Health Advisory Council (SHAC)**”. Membership should include, but not limited to: representatives from the local Governing School Board, District Central Services (business office), and School Administration, physical education, school nurse, food Service Provider, teacher, parent, student and registered dietitian.
 - a. The **SHAC** will establish goals and timelines for implementation and evaluation.
 - b. **SHAC** will conduct yearly review of Wellness Policy, and make recommendations for changes to the District Governing Board.
 - c. Changes in the Wellness Policy will be published on the District Website.
2. The District Administration in support of the Local School/ District Wellness Policy shall assess all wellness, nutrition and physical education curricula and school events for consistency with Federal and AZ State regulations and the Arizona Comprehensive Health Education Standards.
 - a. Resource materials and the School Health Attendant will be available at each school to assist staff, PTO and parents when planning events.
3. The Wellness Policy and supporting documents will be available via the District Website “coloadoriverschools.org.”
 - a. Frequently asked questions or “FAQ” list will be developed and distributed with the policy.
 - b. Participation and public awareness will be supported through public school board meetings and **SHAC** meetings
4. Compliance with the Arizona Comprehensive Health Education Standards will be reviewed and submitted for adoption annually by the CRUHSD Governing Boards.

VII. Food & Fundraising and Wellness Policy Implementation

ARS 15-242 requires all elementary and junior high schools to participate in the National School Lunch Program. It also requires the Department of Education to develop nutrition standards for food and beverages sold or served on the school grounds during the normal school day. Pursuant to ARS 15-242, the above mentioned grade level schools are required to abide by the Arizona Nutrition Standards (2006). The Standards apply to all foods served /sold in vending machines, snack bars, a la carte, fundraisers and school events, regardless of whether or not they are exempt from the USDA FMNV (Foods of Minimal Nutritional Value) food list.

The ANS (Arizona Nutrition Standard) Food Standards:

Competitive Food Standards

A competitive food item must meet *at least one of the general standards* and meet all the *competitive food nutrient standards* as outlined.

Competitive Food General Standards

An allowable competitive food item would be required to:

- Be a grain product that contains 50 percent or more whole grains by weight or have as the first ingredient a whole grain; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable; or
- For the period through June 30, 2016, contain 10 percent of the Daily Value of a nutrient of public health concern based on the most recent Dietary Guidelines for Americans (i.e., calcium, potassium, vitamin D or dietary fiber). Effective July 1, 2016, the criterion in this paragraph is obsolete and may not be used to qualify as a competitive food.

Competitive Food Nutrient Standards

Non-NSLP/SBP entrées (including accompaniments):

- < 35% of total calories from fat
- < 10% of total calories from saturated fat
- 0 grams of trans fat (< 0.5g per portion)
- < 35% total sugar by weight
- Maximum 350 calories per serving as packaged or served
- Maximum 480mg of sodium as packaged or served

Snack Items and Side Dishes (including accompaniments):

- < 35% of total calories from fat
- < 10% of total calories from saturated fat
- 0 grams of trans fat (< 0.5g per portion)
- < 35% total sugar by weight
- Maximum 200 calories per serving as packaged or served
- Maximum 230mg of sodium as packaged or served

Current Restricted Items

Currently, schools are required to follow FMNV regulations when participating in the National School Lunch Program (NSLP). A goal of the FMNV regulation is to limit the amount of competitive foods that can be offered to students during the breakfast and lunch period.

Competitive foods are any foods sold in competition with meals served under the National School Lunch and School Breakfast Programs. Current federal regulations state that FMNV cannot be sold in the food service area where a reimbursable meal is sold or eaten.

The list of FMNV includes but is not limited to soda, water ices, chewing gum, and certain candies. The listed products are in no way meant to be all inclusive or definitive, but rather to be used as an example that provides guidance when making determinations on new products. Arizona Revised Statue 15-242 restricts all FMNV for the entire School day. All foods and beverages served/sold in vending machines, snack bars, a la carte, fundraisers and school events will be subject to the Arizona Nutrition Standards regardless if they are exempt from the FMNV food list by USDA.

FUNDRAISING

Federal law requires all schools to have a wellness policy. This policy addresses nutrition education, physical activity, school meals and all other foods and drinks available at school. School fundraisers can encourage and promote healthy choices such as non-food items, physical activity or healthier foods. All food fundraising activities are regulated and should support healthy choices. Any food item that does not meet ANS or FMNV guidelines is prohibited to be dispensed during the normal school day. After schools activities such as ball games club meetings or food sales activities are exempt from the above regulations as long as it is not conducted during school day hours. At no time should any food item be sold or distributed during in the food service area where a reimbursable meal is sold or eaten. If for example, a school activity includes fundraising with ice cream sandwiches, it may only take place 30 minutes after school. No exceptions. If your fundraising activity involves selling sports drinks, you may only sell it where it does not compete with any reimbursable meal that is sold or eaten.