



Career Success Schools Local Wellness Policy

I. Wellness Policy Goals

Goal for Nutrition Promotion: All the foods available in the school throughout the school day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to all schools.

Goal for Nutrition Education: Is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into health education or core curricula; and provide opportunities for students' to practice skills and have fun. The District's website will provide nutritional information for foods sold and served in all school meals programs.

Goal for Physical Activity: Is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

Goal for Other School-Based Activities that Promote Student Wellness: To create a total school environment that is conducive to healthy eating and physical activity.

Goal of Evaluation: Will be to regularly (at least annually) evaluate the effectiveness of this policy in promoting healthy eating and changing the program as appropriate to increase its effectiveness.

Goal for Parent, Community and Staff Involvement: Will be to engage family members, Students, and representatives of the school food authority, the Governing Board School administrators and the public in development and regular review of this school policy.

Nutrition education and promotion

- *The nutrition education will be linked to the school meal programs, school gardens, cafeteria nutrition promotion, after-school programs.*
- *Nutrition education will be offered in the cafeteria as well the classroom, with coordination between foodservice and teachers*
- *Nutrition education will promote fruits, vegetables, whole grain products, low-fat dairy products ,healthy food preparation methods, and accurate portion sizes:*
- *Nutrition education will be provided to families via handouts, newsletters, postings on the web-site, presentations. The school menu will be posted online:*



Nutrition Standard

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.*
- 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. *All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;*
 - II. *The school meal programs will be administered by a team that will include a Food Service Director that has all the USDA mandated qualifications. All cafeteria staff will be provided training on USDA meal plans*reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementations, sanitation. And food safety.*
 - III. *All menus will be reviewed through USDA software approved for menu review.*
 - IV. *Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated.*
 - V. *Meals will be served in a clean and pleasant setting and under appropriate supervisor. Rules for safe behavior will be "closed" meaning that students are not permitted to leave the school grounds during the school day.*
 - VI. *Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them.*

Competitive Foods and Beverages

Foods

- 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. *a la carte in the cafeteria*
 - II. *in-school fundraisers*

All competitive foods must comply with the district's nutrition standards, as well as all applicable state and federal standards. Food served as part of the Before and Aftercare programs must also comply with the district's nutrition standards unless they are reimbursable under the USDA school program, in which case they must comply with all applicable USDA standards.



List any additional criteria the district has established for competitive foods here:

Only fruits, vegetables, nut, and seeds, whole grains, low-fat dairy and combination products may be sold, following the standards below:

- III. *Packaged items shall not exceed one serving per package/200 calories*
- IV. *Items shall contain no more than 35% of the total calories from fat, less than 10% of total calories from saturated fats and zero Trans fats. Exception: The fat content of nuts and seeds will not count against the total fat content of packaged products.*
- V. *Items shall contain no more than 35% of calories from total sugars. Exception: Yogurt may contain up to 30grams of totals sugars per 8 oz. serving.*
- VI. *Items shall contain less than or equal TO 200mg of sodium per packaged portion.*
- VII. *Combination items must contain at least one serving of whole grain, fruit or vegetable, per portion as packaged, and in any combination (e. g. , 1/2 serving of fruit and ½ serving of whole grain in one portion)*
- VIII. *A la Cart items in the cafeteria must be USDA school meal components (200 calorie limit does not apply)) AND meet the above fat and sugar limits. A la Carte items cannot exceed 480mg of sodium.*
- IX. *Whole fruits, vegetables, nuts, and seeds are preferable food items.*

Beverages

The only beverages allowed to be sold out of the school meals include:

- Low-fat (1 %), non-fat or non-dairy milk in 8 oz. portions (plain or flavored with no more than 22 grams of total sugar per 8 oz.)
- 100 % fruit/vegetable juice in 4 oz.0 portions for elementary and middle school.
- Plain water

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: They must meet the USDA's Smart Snacks in Schools guidelines*
- 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

- h. 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: Non-food fundraising is promoted. When in- school fundraising involves food, items must meet the district's nutrition standards for competitive foods and cannot be sold for immediate consumption. When out- of –school fundraising events involve food, items so must meet the nutrition standards for competitive foods.*

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.

- i. Describe your policies for food and beverage marketing: Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the District Wellness Policy.*
- j. Describe any additional policies for foods and beverages marketed to students: Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its containers.*

Access to Drinking Water

- *Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day.*
- *Drinking fountains are located throughout the campus.*
- *Students will be allowed bring drinking water from home into the classroom.*
- *Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains are maintained.*

Other

Marketing

School-based marketing will be consistent with nutrition education and health promotions.

- Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the Local Wellness Policy.

Physical Activity

Physical Education

All K-8 students will receive physical education on their wheel cycle of specials. Physical Education will be standards-based, using national and state-developed standards. Physical Education classes will be



sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.

Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.

- The school will provide adequate space/equipment and conform to all safety standards:
- The school prohibits the use of physical activity and the withholding of physical education class and other forms of physical activity as punishment:
- Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity.

Physical education staff will receive professional development on a yearly basis.

Physical Activity

Recess

All school students will have at least 15 minutes a day of supervised recess before or after lunch period, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather. In the event that recess must be held indoors, teachers and staff will follow indoor recess guidelines.

Physical Activity Programs

Elementary and middle school will offer extracurricular physical activity programs, such as physical activity clubs and intramural programs.

II. 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.

- Describe frequency of meetings: 2 times through-out the school year.*
- 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):*

Health Clerk, Physical Education staff, Food Service Director, parents



- c. *Description of how the public is notified that their participation is permitted: All meeting dates and times will be posted on the school website and meetings will be open to the public.*

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 each school is: Executive Director*
- e. *The designated official for convening the wellness committee is: Food Service Director*
- f. *The person designated for informing the public about the wellness policy is: Principal*

III. 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.
WellSAT2.0 Assessment:
Done annually by Food Service Director

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:
The committee will be held 4 times a school to review and revise, if needed, policy content and to design and evaluate implementation plans.
 - i. (Optional) The person responsible for this assessment is: Food Service Director
 - ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.
- c. A progress report is/will be prepared after each meeting for the Principal
 - i. (Optional) The person responsible for this assessment is: Food Service Director



- d. 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 following information will be included in an annual report: (1) the extent to policy to model local school wellness policy, (2) a comparison of the district policy (3) the progress made in attaining the goals of the policy (4) any recommend changes to the policy: (5) a detailed action plan for the following school year to achieve annual goals and objective: and (6) any additional information required by the USDA.
 - i. (Optional) The person responsible for this assessment is: Food Service Director

Revisions and Updating the Policy

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

- e. Describe how often the LEA will update or modify the wellness policy: Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing school priorities, and other issues.

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.

- f. Describe how the LEA will make the district wellness policy available to the public:
It will be posted on school website
- g. The annual progress reports and updates can be found at: Executive Director, Principal & Food Service Director will have report filed in school offices And will posted on the school website.
- h. The District will make the Triennial Assessment available at:
School front office.

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