

Skull Valley Elementary School

Wellness Policy

Nutrition and Physical Activity

Skull Valley ESD #15 is committed to providing an environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and appropriate physical activity. We recognize that children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. We also know that good health fosters increased student attendance and involvement in education. We recognize that many of our students may be at risk for a number of diseases later in life because of unhealthy eating habits, physical inactivity, and obesity. We also believe that education and modeling are the best methods of changing behavior and recognize the importance of involving all stakeholders, including parents and community members in this process.

Therefore, it is the policy of Skull Valley School that:

- ☞ We will engage students, parents, teachers, our food service manager, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- ☞ All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- ☞ Foods and beverages sold or served at school will meet nutrition recommendations of the US Dietary Guidelines for Americans.
- ☞ Our qualified food service manager will provide students access to a variety of nutritious and appealing foods that meet their health and nutrition needs. Students will be accommodated based on their religious, ethnic, and cultural diversity, and they will be provided with a clean, safe, and pleasant setting and adequate time to eat each day.
- ☞ Skull Valley will participate in the federal School Lunch Program.
- ☞ We will provide nutrition education and physical education that encourages lifelong habits of healthy eating and physical activity.
- ☞ Students keep water bottles handy and are encouraged to drink plenty of water every day.

Skull Valley School seeks to develop on-going practices which create a healthier campus over time. Parents, teachers, students, and community partners will be encouraged to look for affordable healthier alternatives at events that often include non-acceptable food or beverage items and to incorporate physical activities into planned events. Staff members and students will discuss alternatives as events are planned. Policies and procedures at the school, as well as our health insurer, will assist staff members in making healthy food and activity choices and in being positive role models for the students.

1. Wellness Team

Skull Valley School will maintain a Wellness Team to implement, monitor, review, and as necessary revise school nutrition and physical activity policies. The team may include parents, administrator, staff members, board members, students, and community members. Each school year the Wellness Team will invite non-participating parents to join our team.

2. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals: Skull Valley School will offer a lunch program that is accessible to all students.

Meals served through the National School Lunch Program will:

- ☞ Be appealing and attractive to children;
- ☞ Be served in clean and pleasant settings;
- ☞ Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- ☞ Offer a variety of fruits and vegetables;
- ☞ Serve only low fat and fat free milk and nutritionally equivalent non-dairy alternatives; and
- ☞ Ensure that all of the served grains are whole grains.

Skull Valley School endeavors to select a wide variety of healthy foods which appeal to students. Our food service manager often introduces new and appealing foods for students to learn to appreciate. Skull Valley currently participates in the federal School Lunch Program and offers free or reduced cost lunches to students whose families qualify. The regular price for a school lunch is affordable.

Skull Valley School does not currently offer a breakfast program.

Skull Valley School does not currently offer a summer food service program.

Meal Times and Scheduling

Skull Valley School will:

- ☞ Provide students with at least 15 minutes after sitting down for lunch before any students are dismissed for recess.
- ☞ Schedule lunch at an appropriate time.
- ☞ Avoid scheduling other activities during lunchtime, unless students are allowed to eat during such activities.
- ☞ Provide students access to hand washing and/or sanitizing before any meals or snacks.
- ☞ Accommodate tooth-brushing regimens of students with special oral health needs.

Qualifications of Food Service Staff

Qualified nutritional professionals will administer the school lunch program, and we will support continuing professional development for food service personnel. Food Service Manager and any personnel assisting in the kitchen will hold appropriate certification, according to their levels of responsibility.

Sharing of Foods and Beverages

The school discourages students from sharing their food or beverages with one another during meal or snack times.

Vending Machines and a La Carte Purchases

Skull Valley School does not provide vending machines or a la carte purchases of foods or beverages.

Fund-Raising Activities

To support children's health, any school fund-raising activities conducted during school hours will encourage physical activities and healthy nutrition.

☞ Includes necessary training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to take part in the nationally-recommended amount of daily physical activity (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.

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 on sedentary activities, such as watching television;
- ☞ Opportunities for physical activity will be incorporated into other subject lessons; and
- ☞ Classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

Skull Valley School will support parents' efforts to provide a healthy diet and daily physical activity for their children. We will encourage parents to pack healthy lunches for those students who bring lunch from home. We will also encourage parents to provide healthy snacks and to refrain from including foods or beverages that do not meet the acceptable nutrition standards in lunches or snacks. The school will provide parents with suggestions for foods that meet the school's snack standards and ideas for healthy celebrations, parties, rewards, and fundraising activities.

The school will provide information about physical education and other school-based physical activity opportunities during the school day and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through flyers for special events.

Food Marketing in School

Any school-based food marketing will be consistent with nutrition education and health promotion. The school will limit food and beverage marketing to only those foods that meet the smart snack school nutrition standards.

Staff Wellness

Skull Valley School values the health and well-being of every staff member and therefore has an assigned Wellness Coordinator and participates in the ASBAIT Employee Wellness Program.

Snacks

Skull Valley School students currently enjoy daily snacks at 10:00 AM. These snacks are provided by parents but are required to meet nutritional requirements – low-fat, low- or no- sugar, etc. Students are not allowed to bring soda or unhealthy snacks to school.

Access to Drinking Water

Students and staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water cups or bottles will be available in classrooms. Students will be allowed to bring water from home if preferred. School staff will be encouraged to model drinking water consumption, and water will be promoted as a substitute for sugar-sweetened beverages.

Rewards and Celebrations

School staff are discouraged from using foods or beverages that do not meet acceptable nutrition standards as rewards for academic performance or good behavior. Skull Valley School has several traditional events each year which have often included sweets or other non-nutritional food items. Rather than stopping these community traditions, we are working toward making these events more healthful. Staff members and community partners will be encouraged to look for healthy food alternatives to be enjoyed during school/community events. Food provided to students during these events will be offered with smart snack standards in mind. Classroom celebrations which feature food will not be offered in competition with scheduled school lunches.

School staff members will not withhold food or beverages (including food served as school lunches) as a punishment.

3. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Skull Valley School aims to teach, encourage, and support healthy eating by students and will provide nutrition education and engage in nutrition promotion that:

- ☞ Is offered at each grade level and is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- ☞ Is part of not only health education, but also classroom instruction in subjects such as math, science, language arts, social sciences, and arts;
- ☞ Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- ☞ Promotes fruits, vegetables, whole grain products, low- or no-fat dairy products, healthy food preparation methods, and healthy nutrition practices;
- ☞ Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- ☞ Links with school lunch program and nutrition-related community services;
- ☞ Teaches media literacy with an emphasis on food marketing; and

5. Planning, Monitoring, and Policy Review

Planning

The process of educating staff member, parents, and students about wellness began in 2006. It was necessary to evaluate the nutrition and physical activity procedures which were already in place and research "best practices" regarding health recommendations. Skull Valley's Food Service Manager began to share her expertise with the rest of the staff. Our staff and several community members worked together to develop a wellness policy for Skull Valley School in 2006. The current document is the 2018 Revision.

Monitoring

The district administrator or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. At Skull Valley School, the Food Service Manager will ensure compliance with nutrition practices within food service areas. The Food Service Manager is required to keep current with government recommendations regarding nutrition and is monitored by the state of Arizona for compliance. The district Wellness Team will meet annually to review and execute any necessary updates.

This policy will be available for review by staff, students, parents, or others in the school office.

Policy Review

This policy will be reviewed every three years to assess compliance and determine areas of needed improvement to include:

- Compliance with the wellness policy.
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.

Public Updates

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and
- The Triennial Assessment, including progress toward meeting the goals of the policy.

4. Physical Activity Opportunities and Physical Education

Physical Education and Opportunities for Physical Activity

All students in Grades K-8, including students with disabilities or special health care needs, will receive a minimum of 40 minutes per week of structured physical education. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. Classroom teachers are encouraged to provide students with opportunities and breaks for moderate physical activities throughout the academic day.

Daily Recess

All students will have at least 30 minutes per day of supervised recess, preferably outdoors, during which school staff will encourage students to vigorous physical activity verbally and through the provision of space and equipment.

Skull Valley School discourages extended periods of inactivity. When activities such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, teacher will give students periodic breaks during which they will be encouraged to stand and be moderately active.

Mileage Club

During good weather, Skull Valley School students and staff members have an opportunity to participate in a walking program at school. Two days per week, student and staff walk a mile together on the school campus. This is an enjoyable way to provide exercise at school.

Physical Activity and Punishment

Teachers and other school personnel will not use physical activity (such as running laps or push-ups) or withhold opportunities for physical activity as punishment or discipline. If a student is unable to participate in the stated minimum recess or physical education time, alternate opportunities for physical activities will be provided.