

LEA NAME: PAULDEN COMMUNITY SCHOOL
LOCAL WELLNESS POLICY

Date Created: August 3, 2018

Last Updated: August 2, 2021

I. Wellness Policy Goals

Goal for Nutrition Promotion: LEA encourages participation in meal programs as appropriate and will promote participation to families. School will host a school garden within the next three years and provide education to students on care for the garden. The school will encourage all students at all grade levels to participate in gardening activities.

Goal for Nutrition Education: Nutrition education is included in health education lessons or physical education and will cover disease prevention through healthy eating habits, reading nutrition fact labels, balance in nutrition and physical activity, and making good food choices.

Goal for Physical Activity: Physical activity is available for at least 45 minutes per day for all students, and students will be active for more than half of the physical education class session. Recess monitors will encourage students to be active during recess by providing a good example. Students will not be withheld from Recess and/or Physical Education class as a form of discipline.

Goal for Other School-Based Activities that Promote Student Wellness: Teachers provide short 3 to 5-minute physical activity breaks to students during and between classroom breaks. Foods provided at school events will promote healthy eating habits. The school will promote staff participation in health promotion programs.

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.** *All schools in the LEA 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.** *Students are served lunch at a reasonable time of day.*
 - II.** *Students have 15 minutes of seated time to eat.*
 - III.** *Meals are served in clean and pleasant settings.*
 - IV.** *Fresh fruits and/or vegetables are served at least 3 times per week*

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. *Booster club fundraising events*

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. **All foods served to students meet or exceed the USDA Smart Snacks in school nutrition standards.**

- g. *These guidelines apply to:*
 - School-sponsored events
 - Classroom snacks provided by parents
 - Classroom rewards and Incentives

Fundraising

- h. *LEA allows infrequent, exempt fundraisers, where food sold on campus during the school day do not meet Smart Snacks guidelines and complies with the following:*
 - The LEA submits the exemption request form to ADE for all food-related fundraisers, intended for consumption on school campus during the school day, that do not meet the Smart Snack guidelines.*

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. *All school foods and beverages advertised on the school campus during the school day meet or exceed the USDA Smart Snacks in school nutrition guidelines. These guidelines apply to:*
 - Posters, school supplies, displays, etc.*

III. School Wellness Committee

Committee Role and Membership

The LEA will convene a representative LEA 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 LEA-level wellness policy.

- a. *The wellness committee will meet annually.*
- b. *Parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators are permitted and encouraged to participate in the wellness policy process.*
- c. *The public is made aware of the wellness policy process by LEA website, parent meetings, information sent home, and/or social media.*

Leadership

The LEA 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 the Food Service Director*
- e. *The designated official for convening the wellness committee is the School Principal*
- f. *The person designated for informing the public about the wellness policy is the school Principal and/or Food Service Director.*

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

Implementation of the Wellness Policy

- a. The LEA will create a plan for implementation to manage and coordinate the execution of this wellness policy.

Triennial Progress Assessments

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the LEA will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the LEA Wellness policy. Additionally, USDA requires that the LEA will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

- b. The LEA will assess compliance and progress of their local wellness policy at least once every 3 years.
 - i. The LEA will use the LWP Activity and Assessment Tool to assess compliance and progress of the LEA local wellness policy.
- c. The LEA will assess how their wellness policy compares to model wellness policies.
 - i. The LEA will use the Local Wellness Policy Assessment Comparison with a Model Policy to assess our policy to the model policy.

Revisions and Updating the Policy

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

- d. When community needs change
- e. Wellness goals are met
- f. New state or federal guidance/standards are issued

Notification of Wellness Policy, Policy Updates and Triennial Assessment

The LEA 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.

- g. The most current local wellness policy will be posted online at www.pauldenschool.com.
- h. The annual progress reports and updates can be found at:
www.pauldenschool.com
- i. The LEA will make the Triennial Assessment available at:
www.pauldenschool.com