**DESTINY SCHOOL**

**Local Wellness Policy**

December 4, 2019

Last Updated:

1. **Wellness Policy Goals**

*Goal for Nutrition Promotion: The goal is to promote student health and lessen chance of obesity.*

*Goal for Nutrition Education: The goal 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 provides opportunities for students to practice skills and have fun*

*Goal for Physical Activity: The goals for physical activity are 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: The goal is to create a total school environment that is conducive to healthy eating and physical activity.*

1. **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.

1. *All schools in the district will participate in the National School Lunch Program.*
2. *All meals will, at a minimum, meet the New Meal Pattern requirements.*
3. *Free, potable water will be available to all students during meal periods.*
4. *Additional standards include:* 
   1. *Breakfast – To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn; The school will serve breakfast; The school will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.*
   2. *Free and Reduced-priced Meals: The school will make every effort to eliminate any social stigma attached to and prevent the overt identification of, students who are eligible for free and reduced-priced school meals.*
   3. *Summer Food Service Program: The school, if it has more than 50% of students are eligible for free or reduced-price school meals, will sponsor the Summer Food Service Program for at least four weeks between the last day of the academic year and the first day of the following school year, and preferably throughout the entire summer vacation.*
   4. *Meal Times and Scheduling: The school will provide at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch; schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11am and 1pm; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities; will provide students access to hand washing or hand sanitizing before they eat meals or snacks.*
   5. *Sharing of Foods and Beverages: School will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.*
   6. *The school should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices. In addition, the school should share information about the nutritional content of meals with parents and students. Such information should be made available.*

***Competitive Foods and Beverages***

1. 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:* 
   1. *N/A*
2. *List any additional criteria the district has established for competitive foods here:*
   1. *N/A*

***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.

1. *Describe your standards for all foods and beverages provided, but not sold, to students during the school day:*

*Ensure all foods offered or provided on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards and meet state nutrition standards, including celebrations, parties, classroom snacks, and student rewards for performance or behavior.*

*Discourage the use of food or beverages as rewards for performance or behavior. The district will provide teachers and other relevant school staff a list of alternative ways to reward children.*

1. *These guidelines apply to (check all that apply):*

School-sponsored events

Celebrations and parties

Classroom snacks provided by parents

Classroom rewards and Incentives

***Fundraising***

1. *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: To support children’s health and school nutrition-education efforts, school fundraising activities should use foods that meet the nutrition and portion size standards for foods and beverages sold individually. The school will encourage fundraising activities that promote physical activity. The school will make available a list of ideas for acceptable fund-raising activities.*

***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.

1. *Describe your policies for food and beverage marketing: Ensure that foods and beverages sold and served on school campuses to students starting at midnight and up to one half hour after the school day comply with the federal nutrition standards (Smart Snacks in School).*
2. *Describe any additional policies for foods and beverages marketed to students: Only permit the marketing and advertising of foods and beverages that meet the USDA Smart Snacks in School nutrition standards.*
3. **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.

1. *Describe* *frequency of meetings: Annually*
2. *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):*

*Students, parents, teachers, food service personnel, health professionals and other interested community members.*

1. *Description of how the public is notified that their participation is permitted: Notices sent home with students and posting on school website.*

***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.

1. *The designated official for oversight of implementation at the school is: Pam Westbrook*
2. *The designated official for convening the wellness committee is: Cindy Cothrun*
3. *The person designated for informing the public about the wellness policy is: Cindy Cothrun*
4. **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

***Implementation of the Wellness Policy***

1. Describe the District’s plan for implementation to manage and coordinate the execution of this wellness policy.

A primary goal 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. Such evaluation will be measurable. The results of each evaluation, including the extent to which school in in compliance with policy, the extent to which the policy complies with federal regulations, and a description/summary of the progress made in attaining the goals of the School, shall be made available to the public. Physical education teachers and school health professionals shall have an opportunity to participate in the evaluation and implementation of this policy.

***Triennial Progress Assessments***

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

1. The School will assess compliance and progress of their local wellness policy at least once every 3 years.
   1. Provide a description of how the School will assess the progress made in attaining the goals of the District’s wellness policy:

The School will use the School Wellness Policy Assessment Tool.

* + 1. The person responsible for this assessment is: Cindy Cothrun
  1. Provide a description of how the School will assess each school’s compliance with sections I-IV of this wellness policy.

The School Wellness Council will assess and review the existing nutrition and physical activities.

1. The School will assess how their wellness policy compares to model wellness policies.
   1. Provide a description of how the School will compare their policy with the model policies.

The school will compare their policy to the Alliance for a Healthier Generation’s model wellness policy.

***Revisions and Updating the Policy***

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

1. Describe how often the LEA will update or modify the wellness policy: The School Wellness Council will assess the existing nutrition and physical activities and determine areas in need of improvement. Areas identified will be revised and work plans will be developed to facilitate their implementation.

***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.

1. Describe how the LEA will make the district wellness policy available to the public:

The report will be provided to the school board and also distributed to the school health council, parent/teacher organization, school principal, school health services personnel

1. The annual progress reports and updates can be found at:

Mydestinyschool.org

1. The School will make the Triennial Assessment available at:

*Mydestinyschool.org*