

**RED ROCK ELEMENTARY SCHOOL:
Local Wellness Policy**

Adopted 05/24/17
Updated 08/05/20

I. Wellness Policy Goals

Goal for Nutrition Promotion: Nutrition Promotion to include activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.

Goal for Nutrition Education: Nutrition Education teaching behavior-focused on skills and offering as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to safeguard their health and make positive choices regarding food and nutrition, or nutrition education that can be offered as sequential individual lessons throughout the year.

Goal for Physical Activity: Physical activity is defined by the Centers for Disease Control and Prevention as any bodily movement produced by skeletal muscles that result in energy expenditure. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduce anxiety and stress, increase self-esteem and may improve blood pressure and cholesterol levels. Incorporating regular physical activity in our school is an important contributor to our student wellness.

Goal for Other School-Based Activities that Promote Student Wellness: Incorporate regular school sponsored physical events throughout the year. Incorporate new ways to help students make healthy food choices. Provide students and families with community sponsored events that promote healthy eating, physical activity and a healthy lifestyle.

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 district will participate in the National School Lunch and Breakfast 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. *Offer a variety of fruits and vegetables throughout the week of meals served.*

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. *Red Rock Elementary School*

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. *For all events listed below, where food and beverages are provided (not sold) by either families or PTO, are not required to meet the USDA Smart Snacks in Schools Guidelines, but teachers and staff are encouraged to request healthy treats when food is brought in for classroom celebrations.*
- 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. *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: All fundraisers are approved by the District Administrator; any food-based fundraisers are required to complete the online exemption form prior to commencing. Fundraisers for large food-based sales are items that are not intended to be consumed on campus; fundraisers for small food-based sales (i.e. ice cream sales, Eegees sales, etc.) are still required to complete the online exemption form for each sale that occurs.*

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. *As of 05/25/2017, no outside food or beverage marketing is permitted on campus.*
- j. *The school has no future plans to offer such marketing to any outside source.*

III. 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.

- a. *Committee meetings are to be held at least once quarterly.*
- b. *The goal for the Committee is that it shall be composed of at least one person from each of the following groups: school classified/certified staff, cafeteria staff, parent/family member. Additional committee members will be recruited as available (health professions, school board, community members, etc.)*

- c. *Emails and flyers will be sent home with students to publicize all promotions and events that are sponsored by the school's wellness program.*

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: Lillian Norris*
- e. *The designated official for convening the wellness committee is: Cathy Shull*
- f. *The person designated for informing the public about the wellness policy is: Cathy Shull*

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

Implementation of the Wellness Policy

All foods and beverages made available on campus during the school day to all students are to be consistent with Arizona Nutrition Standards, USDA, and the Secretary of Agriculture. Guidelines for reimbursable school meals shall not be less than restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The district shall create procedures that address all foods (including Foods of Minimal Nutritional Value and Competitive Food Sales) available to students throughout the school day on our campus. Approval is required to ensure that the foods served meet the requirements of the District's nutrition policy and regulation (i.e. foods that are served fit in a healthy diet and contribute to the development of lifelong healthy eating habits for the District's students).

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, the extent to which the District policy complies with federal regulations, and a description/summary of the progress made in attaining the goals of the District, shall be made available to the public via school website. 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 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.

- a. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
 - i. *Using the Local Wellness Policy Activity and Assessment Tool, the coordinator will answer all questions in regards to nutrition promotion, nutrition education, physical activity, school meal standards, competitive food and beverages and marketing,*

celebration and rewards, fundraising (in regards to food/beverages), committee role and membership, and implementation of the wellness program.

- i. The person responsible for this assessment is: Student Wellness Coordinator*
- b. The District will assess how their wellness policy compares to model wellness policies.*
 - I. The Student Wellness Coordinator will annually compare our policy to those of local school districts to determine if changes need to be made or new policies need to be adopted that could further improve our school policy.*

Revisions and Updating the Policy

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

- II. The wellness policy will be updated at least annually.*

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.

- III. The Wellness Policy will be added to the school's website and facebook page, and it will be noted on all monthly newsletters where families can find a copy of the policy.*
- IV. The annual progress reports and updates can be found on the school's website. Notes will be included in monthly newsletters to remind families where they can review these reports.*
- V. The Triennial Assessments of the Wellness Policy will be provided to families in summary form, along with information where families can find the complete assessment (on school website)*