STUDENT WELLNESS

The Governing Board, in consultation with the Director of Food and Nutrition, school administrators and the public, adopts the following goals for student wellness:

Wellness Goals

1. The district’s food service program, operated by the Food and Nutrition Department, will provide all students access to nutritious foods to help them stay healthy and learn well.

2. The selection of student foods and beverages sold or served on school grounds or at school-sponsored events during the normal school day will have as a primary goal the promotion of student health and lifelong wellness. In furtherance of this goal,
   - Food and beverages sold or served to students during the normal school day at elementary and junior high schools will meet the State Nutrition Standards and regulations issued by the U.S. Department of Agriculture.
   - Food and beverages with minimal nutritional value, as defined by the U.S. Department of Agriculture, will not be sold or served to students during the normal school day at high schools.
   - Nutritional standards for reimbursable meals sold or served in all schools will meet or exceed the regulations issued by the U.S. Department of Agriculture.

3. The district will include nutrition education as part of its physical education and/or science instruction.

4. The schools and school-sponsored organizations will provide opportunities for students to develop the knowledge and skills for various physical activities, participate regularly in physical activity, and learn the long-term benefits of a physically active and healthy lifestyle.

5. Schools will maintain a school environment that is safe, comfortable and conducive to healthy eating and physical activity.

Evaluation

The Director of Food and Nutrition, together with a committee of staff and citizens, will annually review the district’s progress toward the wellness goals.

The Superintendent will adopt administrative regulations to implement this policy.

Adopted: June 27, 2006

LEGAL REF.: Child Nutrition and WIC Reauthorization Act, 42. U.S.C. 1751, et. seq.
7 C.F.R. Part 210, Appendix B (Foods of Minimal Nutritional Value definition)
STUDENT WELLNESS

Food Service Programs

The program of the Food and Nutrition Department will be considered as an integral part of the educational program. The district will participate in the National School Lunch, National School Breakfast and Summer Meals Programs in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended, and applicable laws and regulations of the state of Arizona.

A program of free and reduced-price meals may be established through Governing Board approval and participation in the national school lunch and breakfast programs to provide meals for students who qualify.

Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. Meal prices for students and adults will be established by the Director of Food and Nutrition, with the approval of the Governing Board.

Students may bring lunches from home.

Food Service Program Management

Administration

The Director of Food and Nutrition, under the supervision of the Assistant Superintendent for Business and Support Services, will direct the district’s Food and Nutrition Department, including the assignment and supervision of its employees. The Director of Food and Nutrition may adopt procedures for the operation of the Food and Nutrition Department, subject to approval by the Superintendent.

Facilities

The district will maintain facilities and equipment for the preparation, service and storage of food and supplies under sanitary and safe conditions for employees and students.

All plans and specifications for remodeling and new construction of Food and Nutrition facilities must be approved by the Director of Food and Nutrition.

The cafeteria laundry facilities will be operated by food service personnel and used only for food service purposes.

Food and Nutrition facilities used by school-related or private organizations or individuals to prepare or serve food must have approval from the facility administrator and the Director of Food and Nutrition. A Food and Nutrition staff member must be on duty during the event.
Foods Available on School Campuses

Elementary and Junior High Schools

The following standards apply to the district’s elementary and junior high schools:

- School food sales and fund-raisers on elementary and junior high school campuses during school hours will comply with USDA regulations and the Arizona Nutrition Standards established by the state Department of Education. Food and beverage sales and fund-raisers that occur after school hours or during non-school days are exempt from this regulation.

- Vending machines for student use are not permitted on elementary school campuses. Snack and beverage machines for students on junior high campuses must dispense only food and beverage items that comply with the Arizona Nutrition Standards.

High Schools

The following standards apply to the district’s high schools:

- Student food sales and fund-raisers on high school campuses during school hours will not include foods of minimal nutritional value. Student food sales and fund-raisers that occur after school hours or during non-school days are exempt from this regulation.

- Foods of minimal nutritional value are prohibited in a la carte programs, vending machines and student stores on high school campuses during school hours.

Students, employees and/or school visitors will not privately sell food or beverages to students on school grounds unless the sale is part of a fund-raiser.

Food Safety, Sanitation and Security

All food brought onto campus for classroom celebrations must originate from commercial grocery or food service stores or other commercial kitchens certified to comply with Maricopa County Environmental Services regulations.

The Food and Nutrition Department will implement Hazard Analysis Critical Control Points (HACCP) plans and guidelines to prevent food borne illness in schools.

All food service facilities and equipment will meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety.

Access to school food service facilities, including cafeteria ice machines, will be limited to Food and Nutrition staff and authorized personnel. Cafeteria ice machines will be used for food service purposes only and will be the only ice machines used to dispense ice for student consumption.

All food service personnel must obtain a food handler’s card or applicable Maricopa County certification as required by the guidelines of the Arizona Department of Health Services.

School-sponsored functions, such as barbeques, pancake breakfasts and carnivals, must comply with Maricopa County Environmental Service regulations. A county special events permit must be obtained to operate public functions where food is served. Alternatively, schools may contract the services of an outside vendor or caterer that has obtained all required permits.
Eating Environment

Students and staff will be provided adequate space to eat meals and adequate time to eat, relax and socialize. Safe drinking water and access to facilities for hand washing and oral hygiene must be available during all meal periods. Schools are encouraged to provide at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.

Physical Activity

The district will promote and encourage student participation in physical activity and recognizes that all physical activity contributes to a healthy lifestyle.

Schools will provide students a variety of options for participation in physical activity. Activities may include physical education classes, elective physical education courses and the integration of physical activity into the academic curriculum.

Schools should provide daily recess periods of at least 15 minutes for all elementary school students. Recess should not be used as a reward or punishment. Extended periods of inactivity (periods of two or more hours) are discouraged.

Other School-Based Activities

Rewards

Schools are encouraged to review the practice of using food as a reward for academic performance or good behavior. When incentives are appropriate, items other than food should be considered.

Celebrations

Items provided for classroom celebrations should support the goals of a healthy school environment.

Role Models

Parents, teachers, administrators, food service personnel and community members are important role models and will be encouraged to practice healthy eating behaviors and be physically active.

Program Evaluation

The Director of Food and Nutrition will prepare an annual report on the district’s compliance with established student wellness goals.

An annual report will be made to the Governing Board on the district’s compliance with the law and policies related to student wellness.

Definitions

For the purpose of this regulation,

- “Food and nutrition facilities” means all district facilities used for the preparation, handling and storage of food that is prepared or dispensed by the Food and Nutrition Department, including school kitchens and cafeterias.
“Foods of minimal nutritional value” means those foods and beverages defined as foods of minimal nutritional value by the United States Department of Agriculture, including carbonated beverages, water ices, chewing gum, hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn.

“Fund-raiser” means a sale of food or beverages by students, employees or parents to students on behalf of a student or school-related organization.

“School food sales” means food sold to students from the school cafeteria, snack bar, vending machines and student store.

“School hours” means from the earlier of the start of the first breakfast period or the first instructional period to the end of the final instructional period of the school day.

Adopted: August 31, 2006

Debra Duvall
Superintendent

LEGAL REF.: A.R.S. § 15-242

CROSS REF.: EF – Food Services Management
EFB – Free and Reduced-Price Food Services
EFC – Vending Machines
EFD – Food Sanitation Program