

CAFA INC. SCHOOL DISTRICT
Learning Foundation “Back to Basic” KG-6th
Learning Foundation and Performing Arts Alta Mesa KG-12th
Learning Foundation and Performing Arts Gilbert 7th-12th
Learning Foundation and Performing Arts Warner KG-6th

Wellness Policies on Physical Activity and Nutrition

Prologue

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive; good health also fosters better education and student attendance in school. Physical inactivity and excessive calorie intake are the predominant causes of obesity which has doubled in children over the last two decades. Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for these diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood. 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes. Only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid.

School districts around the country are facing significant fiscal and scheduling constraints. Community participation is essential to the development and implementation of successful school wellness policies. The Learning Foundation School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, the following policies of the Learning Foundation School District have been adopted by the School District Governing Board:

- The school district will engage students, parents, teachers, food service professionals, health professionals, staff, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings with adequate time for students to eat.
- To the maximum extent practicable, all schools in the district will participate in the National School Lunch Program. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs and with related community services.

POLICY GOALS:

I. School Health Counsel

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils will also serve as resources to school sites for implementing those policies. The counsels will include parents, students, representatives of the school food authority, members of the school board, school administrators and teachers.

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

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 (1%) and fat-free milk, and nutritionally-equivalent non-dairy alternatives (to be defined by USDA.)

Schools are encouraged to share information about the nutritional content of meals with parents and students. Such information could be made available on menus, the school website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast:

Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

The following schools provide the Free and Reduced Breakfast program

- . Learning Foundation
- . Learning Foundation and Performing Arts Alta Mesa
- . Learning Foundation and Performing Arts Warner

Lunch:

Schools will encourage parents to provide a healthy Lunch for their children through newsletter articles, take-home materials, or other means.

The following schools provide the Free and Reduced Lunch program

- . Learning Foundation
- . Learning Foundation and Performing Arts Alta Mesa
- . Learning Foundation and Performing Arts Gilbert
- . Learning Foundation and Performing Arts Warner

After School Snack Program:

Schools will encourage parents to provide healthy snacks for their children through newsletter articles, take-home materials, or other means.

The following schools provide the Free and Reduced after school Snack program

- . Learning Foundation
- . Learning Foundation and Performing Arts Alta Mesa
- . Learning Foundation and Performing Arts Warner

Fresh Fruit and Vegetable Grant Program:

The following schools provided the Fresh Fruit and Vegetable snack program

- . Learning Foundation

Free and Reduced Meals:

Schools 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-price school meals.

Meal Times and Scheduling:

- Students will have at least 20 minutes to eat after sitting down for lunch.
- Meal periods will be scheduled at appropriate regular times during the school day with consideration for grade level and course schedules.
- Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.
- Students will have access to hand washing or hand sanitizing before eating meals or snacks.
- Reasonable steps should be taken to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk.)

Qualifications of School Food Service Staff:

Qualified nutrition professionals will administer the school meal programs.

The school district will provide continuing professional development for all nutrition professionals in schools as part of the district's responsibility to operate a food service program. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages:

Schools should 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.

Foods and beverages sold individually:

(Foods sold outside of reimbursable school meals such as through vending machines, cafeteria a la carte (snack) lines, fund raisers, school stores, etc.)

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through educational programs for students after the school day, will meet the following nutrition and portion size standards determined by the AZ department of education Nutrition online calculator: <http://www.ade.az.gov/NutritionStandards>

Fundraising Activities:

In order to support children's health, school nutrition and education efforts school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually.

- Schools will encourage fundraising activities that promote physical activity.
- The school district will make available a list of ideas for acceptable fundraising activities.
- All foods served during the school day activities must be store bought and not homemade.

Snacks:

Snacks served during the school day or at after-school care or enrichment programs will make a positive contribution to children's diets and health with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

- Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
- The district will disseminate a list of healthful snack items to teachers, after school program personnel and parents.

Rewards:

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

III. Nutrition and Physical Activity Promotion and Food Marketing**Nutrition Education and Promotion:**

Learning Foundation and Performing Arts School District aims to teach, encourage, and support healthy eating by students.

Schools should provide nutrition education and engage in nutrition promotion that . . .

- . . Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- . . Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- . . Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, and taste testing
- . . Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- . . Emphasizes caloric balance between food intake and energy expenditure (physical activity and exercise);
- . . Links with school meal programs, other school foods, and nutrition-related community services;

Integrating Physical Activity into the Classroom Setting.

For students to receive the nationally recommended amount of daily physical activity (i.e., 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 class to be provided as follows:

- 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.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents.

- The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, and post nutrition tips on school websites.
- Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.
- The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.
- The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools:

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: Logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities.

Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; and sales of fruit for fundraisers

Staff Wellness:

Learning Foundation and Performing Arts School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12:

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, have the opportunity for physical education for the entire school year. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess:

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School:

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment:

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School:

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "Safe Routes to School" funds, administered by the state department of transportation, to finance such improvements. The school district will encourage

students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

V. Monitoring and Policy Review

Monitoring:

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review:

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.

The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.