



## Tolleson Union High School District #214

### Local Wellness Policy

Revised: SY 2022-2023

#### **I. TUHSD Wellness Policy Goals**

**Nutrition promotion** includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.

*Goals for Nutrition Promotion:*

- A. *TUHSD encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, At-Risk Afterschool Meal, DoD Fresh Produce Program).*
- B. *School meal program menus are posted on the district website or individual school sites.*
- C. *Participation in meal programs is promoted to students and families through school marquee, social media, daily announcements, Peach Jar and Sway.*
- D. *Smarter Lunchroom techniques are implemented in all TUHSD cafeterias.*
  1. *Fruit:*
    - a. *A variety of fresh whole fruit is offered to all students at no charge.*
    - b. *Fresh cut seasonal fruit is prepared daily.*
  2. *Vegetables:*
    - a. *A variety of vegetables are offered with each entrée.*
    - b. *Cut, raw vegetables are paired with Tajin seasoning.*
    - c. *Freshly prepared daily side salad served with fat-free dressing.*
    - d. *Signature legume salad is prepared fresh daily.*
  3. *Deli Fresh Salads:*
    - a. *Available as a healthy entrée option for all students and staff.*
  4. *Milk:*
    - a. *Milk wells are kept stocked throughout the meal service period.*
    - b. *Two varieties of fat content and/or flavor (fat-free flavored, fat-free white, 1% white) are offered.*
  5. *Reimbursable meals:*
    - a. *At the point of sale, cafeteria staff ensure that each student obtain a full reimbursable meal.*
    - b. *Students that do not obtain a full reimbursable meal are respectfully reminded to select a fruit or vegetable by the cafeteria staff.*
  6. *Lunchroom Atmosphere:*
    - a. *Lines are organized to ensure prompt service.*
    - b. *Relaxed environment to promote healthy socializing among students.*
  7. *Daily Announcement of Menu:*
    - a. *Daily menu will be included in the daily announcements by students, teachers and/or administrators. Menu announced daily.*
  8. *Vending:*

- a. *Students assist with stocking and maintaining district owned vending machines while learning about smart snack product and earning money for their clubs.*
- 9. *Cleaning and Sanitizing:*
  - a. *Tables are kept clean and sanitized.*
  - b. *Trash cans are emptied when full.*
- 10. *Service:*
  - a. *Supervised, orderly, timely, adequate, and spacious.*

**Nutrition education** teaches behavior-focused skills and are offered as a part of 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.

*Goals for Nutrition Education:*

- A. *Nutrition education begins at 9<sup>th</sup> grade.*
- B. *Health education teachers provide opportunities for students to practice or rehearse the skills taught through the health education curricula.*
- C. *Nutrition education is included in health education lessons or physical education and the following topics are covered:*
  - 1. *Relationship between healthy eating and personal health and disease prevention.*
  - 2. *Food guidance from MyPlate.*
  - 3. *Reading and using the FDA's nutrition fact labels.*
  - 4. *Eating a variety of foods every day.*
  - 5. *Balancing food intake and activity.*
  - 6. *Eating more fruits, vegetables, and whole grain products.*
  - 7. *Choosing foods and beverages with little added sugar.*
  - 8. *Preparing healthy meals and snacks.*
  - 9. *Food Safety.*
  - 10. *Importance of water consumption.*
  - 11. *Importance of eating breakfast.*
  - 12. *Reducing sodium intake.*
- D. *Nutrition education includes experimental, hands-on learning experiences:*
  - 1. *Taste testing in the cafeteria and culinary.*
  - 2. *Promotion of new school menu items.*

**Physical activity** is defined by the Centers for Disease Control and Prevention (CDC) 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 control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels. Incorporating regular physical activity in schools is an important contributor to student wellness.

*Goals for Physical Activity:*

- A. *Physical activity is available for at least 30-60 minutes per day for all students.*
- B. *Physical activity during the day is not used or withheld as punishment for any reason.*
- C. *The district provides teachers and other school staff with a list of ideas for alternative ways to discipline students.*

- D. *To the extent practicable, schools ensure that their grounds and facilities are safe, and that equipment is available to all students to be active.*

*Goals for Before and After School Activities:*

- A. *Students have opportunities to participate in physical activity before school.*
- B. *Students have opportunities to participate in physical activity after school.*

*Goals for Physical Education:*

- A. *TUHSD requires students to take one year of wellness throughout their high school career which assimilates.*
  - 1. *Students demonstrate an awareness of the importance of making good decisions and healthy choices.*
  - 2. *Students learn to display a positive attitude toward health and well-being of every individual.*
  - 3. *Students learn to lead fuller, more productive lives through an understanding of healthy nourishment and physical education.*

## **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 School Breakfast and National School Lunch Programs.*
- B. *All meals will, at a minimum, meet the New Meal Pattern requirements including minimum requirements for fruits, vegetables (and subgroups), whole-grain rich foods, and 2 varieties of milk.*
- C. *Free, potable water will be available to all students during meal periods.*
- D. *Students are served lunch at a reasonable and appropriate time of the day.*
- E. *Meals are appealing and attractive to students.*
- F. *Meals are served in clean and pleasant settings.*
- G. *Fresh Fruit and Vegetables are served daily.*
- H. *At Risk Supper Program available to students.*

### **Competitive Foods and Beverages**

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 on campus, during the school day defined as midnight to thirty minutes after the end of the school.

*Additional criteria the district has established for competitive foods are:*

- A. *All a la Carte snacks and beverages are available for purchase and meet the USDA's Smart Snacks in Schools guidelines.*
- B. *Vending machines are operated by the Nutrition Services department. Each machine on campus contains products that meet the USDA's Smart Snacks in Schools guidelines.*

**Celebrations and Rewards**

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades 9-12 must meet (or exceed) the USDA's Smart Snacks in Schools guidelines.

- A. *Approval through TUHSD Nutrition Services is required to ensure that all foods served during the school day meet the USDA Smart Snack in Schools guidelines. These guidelines apply to (check all that apply):*
  - 1.  *School-sponsored events.*
  - 2.  *Celebrations and parties.*
  - 3.  *Classroom snacks provided by parents.*
  - 4.  *Classroom rewards and Incentives (food and beverage may not be used as a reward).*

**Fundraising**

- A. *Food and beverage related fundraisers may not be sold to students on school campus during the school day.*
- B. *With prior approval, food and beverage may be sold thirty minutes after the end of the school day.*

**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.

- A. *All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines. No commercial branding exists on our campuses.*

**III. School Wellness Committee**

**Committee Role and Membership**

TUHSD will convene a representative district wellness committee that meets to establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

- A. *The Wellness Committee will meet two times per year to assess progress and participation in implementation.*
- B. *The Wellness Committee is led by TUHSD's Nutrition Services Director, Operation's Manager and Program Specialist. In addition, the committee is composed of school administrators, classroom*

*teachers, physical education teachers, school nurse, and is open to parents, students and interested members of the community.*

- C. *Wellness policy communications and meeting notifications will be available to the public and staff on the TUHSD's 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.

- A. *The designated official for oversight of implementation at each school is the Wellness Dept. Chair for each site.*
- B. *The designated official for convening the wellness committee is the Program Specialist*
- C. *The person designated for informing the public about the wellness policy is Joseph Ortiz and Kimberly Luvisi (Annual Board Presentation of LWP)*

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

### **Implementation of the Wellness Policy**

TUHSD will implement the Wellness Policy plan by communicating the goals and policies to all schools. Schools will then implement the policies and begin working toward the goals as appropriate.

- A. *The primary goal of the Wellness Committee is to regularly evaluate the effectiveness of this policy in promoting healthy eating and physical activity.*
- B. *TUHSD will use a specific tool (ADE's LWP Assessment Comparison with a Model Policy) for monitoring.*
- C. *During the first three years of implementation, assessments will be made annually by the TUHSD's Wellness Committee.*
- D. *An additional goal of the Wellness Committee is to engage and encourage community and staff involvement in the regular review of the policy.*

### **Triennial Progress Assessments**

At least once every three years, TUHSD will evaluate an assessment of the wellness policy. This evaluation will include:

- A. *The progress made toward meeting the goals of the wellness policy.*
- B. *A description of the progress made in attaining the goals of the wellness policy.*
- C. *TUHSD will assess how their policy compares to the Alliance for a Healthier Generation's model wellness policy.*
- D. *TUHSD will provide a description of how the district will assess each school's compliance with sections I-IV of this wellness policy.*

### ***Revisions and Updating the Policy***

TUHSD will update or modify the wellness policy based on the results of the triennial assessments. The policy will be updated when:

- A. District priorities change.*
- B. Community needs change.*
- C. Wellness goals are met.*
- D. New health science information merges.*
- E. New state or federal guidance/ standards are issued.*

### ***Notification of Wellness Policy, Policy Updates and Triennial Assessment***

TUHSD will continually inform families and the public of any updates to the wellness policy, on an annual basis and to update the progress toward meeting wellness goals and compliance with the written policy after the Triennial Assessment.

- A. The public will always have access to the wellness policy via the district's website.*
- B. The annual progress reports updates and Triennial Assessment updates will also be available on the district's webpage.*

### ***Recordkeeping***

TUHSD has a plan for retaining records to document compliance with the wellness policy. Documentation kept on file may include:

- A. Written wellness policy.*
- B. Documentation that it has been made available to the public.*
- C. Documentation of efforts to review and update the policy, including indication of who is involved in the update and the methods the district uses to make stakeholders aware of their ability to participate.*
- D. Documentation to demonstrate compliance with the annual public notification requirements.*
- E. The most recent assessment on implementation of the school wellness policy.*
- F. Documentation demonstrating the most recent assessment on the implementation of the policy has been made available to the public.*