**ELFRIDA ELEMTARY SCHOOL DISTRICT #12**

**Local Wellness Policy**

Last Updated: October 18, 2023

1. **Wellness Policy Goals**

*Goal for Nutrition Promotion:* The district understands that resources are not equally distributed. The district will maintain a focus on health equity and will work to ensure that all students and staff across the district have equitable access to health and wellness efforts.

*Goal for Nutrition Education: The goal is to influence students’ eating behaviors by providing nutrition education that is appropriate for students’ ages; reflects student’s 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 goal for physical activity are to provide opportunities for every student to develop the knowledge and skills for specific 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 district recognizes that the out-of-school time (OST) settings, such as academic enrichment programs (e.g., reading or math-focused programs), specialty programs (e.g., sports teams, STEM programs and arts enrichment programs) and multipurpose programs that provide an array of activities provide critical opportunities to teach and reinforce healthy habits. As such, the district will promote the use of the National After School Association Healthy Eating and Physical Activity (HEPA) Standards among all school-based OST programs.

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. Offer a variety of foods and beverages that are appealing and attractive to children
   2. Ensure that eating settings are clean and inviting
   3. Provide adequate time to eat school meals, meaning that students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated
   4. Establish practices related to feeding students with unpaid meal balances that do not embarrass children or increase social stigma related to being of low-income
   5. Prohibit the use of food as a reward or the withholding of foods as a punishment
   6. Ensure that menus are created/reviewed by a certified nutrition professional
   7. Post menus on the district website
   8. Make available upon request nutrient content and ingredients of meal items
   9. Ensure that students are served lunch at a reasonable and appropriate time of day
   10. Ensure that lunch and recess is in conjunction with one another to better support learning and healthy eating
   11. Promote participation in child nutrition programs among students and caregivers to ensure that caregivers know which programs are available in their district and have access to those programs
   12. Encourage staff to model healthy eating behaviors
   13. Implement the following farm-to-school activities:
       1. Incorporating local or regional foods into school meal programs
       2. Hosting promotions or special events, such as tastings, that highlight the local/ regional foods
       3. Reinforcing messages about agriculture and nutrition throughout the learning environment
       4. Supporting schools in hosting school gardens and field trips to local farms

***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. *Elfrida Elementary School*
2. *List any additional criteria the district has established for competitive foods here:*
   1. The district requires that all foods and beverages sold outside of the school meal programs during the school day and during the extended school day (including during out-of-school time/and before and after school) will, at a minimum, meet Smart Snacks.

***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:*

The district requires that all foods and beverages served and offered on the school campus outside of the school meal programs during the school day and during the extended school day (including during out-of-school time/and before and after school) will, at a minimum, meet Smart Snacks. The district will make available for caregivers and all school and school-based OST staff:

• A list of healthy and non-food party ideas

• A list of foods and beverages that meet Smart Snacks

• A list of healthy and non-food rewards.

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:*

The district requires that fundraising, including activities such as donation nights at restaurants, cookie dough, candy and pizza sales and market days during the school day and during the extended school day (including during out-of-school time/and before and after school) sell only non-food items or foods and beverages that meet or exceed Smart Snacks. The district encourages schools to use fundraisers that promote physical activity (e.g., walk-a-thons, Jump Rope for Heart or fun runs). The district will make available to caregivers and all school and school-based OST staff a list of healthy fundraising ideas.

***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:*

Promote healthy food and beverage choices using the following marketing and merchandising techniques:

* + - 1. Displaying whole fruit options in attractive bowls or baskets
      2. Making sliced or cut fruit available daily
      3. Displaying daily fruit options in the line of sight and reach of students
      4. Giving creative or descriptive names to all available vegetable options
      5. Bundling daily vegetable options into all grab-and-go meals available to students
      6. Training all staff members, especially those serving, to politely prompt students to select and consume the daily vegetable options with their meal
      7. Placing white milk in front of other beverages in all coolers
      8. Highlighting alternative entrée options (e.g., salad bar or yogurt parfaits) on posters or signs within all service and dining areas
      9. Allowing students to create reimbursable meals in any service area available to them (e.g., salad bars or grab-and-go lines)
      10. Conduct student surveys and taste testing opportunities and using them to inform menu development, dining space décor and promotional ideas
      11. Using daily announcements to promote and market menu options

1. *Describe any additional policies for foods and beverages marketed to students:*

The district requires that:

• Free, safe, and unflavored drinking water is available to students during the school day and during the extended school day\* (including during out-of-school time/and before and after school)

• Water cups/jugs are available in the cafeteria if a drinking fountain is not present

• Students can bring and carry approved water bottles filled with only water before, during and after the school day across the school campus

• all water sources and containers (e.g., drinking fountains, water jugs, hydration stations and water jets) will be maintained regularly to ensure adherence to health and safety standards

1. **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:*

The district will develop and annually update an action plan for the execution of this LWP. The plan will outline who is responsible for overseeing each component, as well as actions and a timeline for the completion of activities and goals. The district recommends that schools use the Healthy Schools Program Assessment or the School Health Index to complete an annual school-level health and wellness assessment. The district ensures that the LWP aligns with the Alliance for a Healthier Generation’s Model Wellness Policy. The district requires that all efforts related to obtaining federal, state or association recognition of and/or funding for healthy school environments be coordinated with and complementary of this LWP, including but not limited to ensuring the involvement of the School Wellness Committee (SWC)

1. *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):*

The SWC membership will include, but is not limited to:

• Superintendent (or designee)

• Caregivers (ensure diversity of representation in terms of race, ethnicity, gender identity, disability status, etc.)

• Students

• Representatives of the school nutrition program (e.g., school nutrition director),

• Physical and health education teachers and school health professionals

• Specialized instructional support personnel

• School administrators (e.g., superintendents, principals, vice principals, or head teacher)

• School board members

• Community health professionals

• School-based OST program staff (e.g., district afterschool program coordinator, 21st Century Community Learning Center district lead)

• General public (ensure diversity of representation in terms of race, ethnicity, gender identity, disability status, etc.)

• Community stakeholders (e.g., Supplemental Nutrition Assistance Program Education (SNAP Ed) coordinators, representatives from community-based organizations or local business representatives)

1. *Description of how the public is notified that their participation is permitted: Notification will be provided by posting on the district website and other social media platforms.*

***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 each school is: Superintendent Edgar Garcia*
2. *The designated official for convening the wellness committee is: Office Manager Alma Garcia*
3. *The person designated for informing the public about the wellness policy is: Office Manager Alma Garcia*
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.

The district will document the impact of the LWP on behavioral and educational outcomes.

In order to be compliant with the USDA final rule, the School Wellness Committee will update the LWP based upon:

* + - The results of the triennial assessment
    - District priorities
    - Community needs
    - The results of school health assessments

***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.

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

The district recommends that schools use the Healthy Schools Program Assessment or the School Health Index to complete an annual school-level health and wellness assessment.

* 1. Provide a description of how the District will assess each school’s compliance with sections I-IV of this wellness policy.

The district requires that all efforts related to obtaining federal, state or association recognition of and/or funding for healthy school environments be coordinated with and complementary of this LWP, including but not limited to ensuring the involvement of the SWC.

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

The district ensures that the LWP aligns with 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.

Describe how often the LEA will update or modify the wellness policy:

School Wellness Committee will update the LWP based upon:

* + - The results of the triennial assessment
    - District priorities
    - Community needs
    - The results of school health assessments

***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:

In order to be compliant with the USDA final rule, the district will actively inform caregivers and the public each year of basic information about the LWP, including but not limited to:

• Its content and any updates

• District- and school-level implementation status

• An explanation of why updates were made, who was involved and how stakeholders were made aware of their ability to participate

• The effective dates of any policy changes

• The names and contact information of the district and school officials leading and coordinating the SWC

• Information on how the public can get involved with the SWC

• Information about SWC meetings including dates, times, locations, agendas and meeting minutes

• Mechanisms for the public to provide feedback and comments

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

Local Wellness Policy

<https://www.elfridaschools.org/>

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

Local Wellness Policy

[https://www.elfridaschools.org/](https://www.bowieschools.org/)