

JL © – STUDENT WELLNESS

The School District strives to make a significant contribution to the general well-being, mental and physical capacity, and learning ability of each student while affording them the opportunity to fully participate in the educational process.

The 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. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.

The District shall establish and maintain a Local Wellness Policy in compliance with federal requirements under the National School Lunch Program.

To ensure the health and well-being of all students, the Board shall promote and monitor student wellness in a manner that the Board determines is appropriate in the following areas:

A. Nutrition Guidelines

All foods available in each school during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.

B. Nutrition Education

The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into health education or core curricula; and provides opportunities for students to practice skills and have fun.

C. Physical Activity/Recess

The goals for physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

"Recess," as defined in statute, means a period of time during the regular school day, including time during a scheduled lunch period, during which a pupil is able to engage in physical activity or social interaction with other pupils.

1. The District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through three (3). From and after August 1, 2019, the District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through five (5).
2. A school that offers a half-day kindergarten program is required to provide at least one (1) recess period during the school day for pupils in that kindergarten program.
3. The school District may count a pupil's participation in a physical education course during a school day as one (1) of that day's recess periods.
4. The District is not required to extend the school day to meet this recess requirement.
5. This recess requirement does not apply to middle schools, junior high schools, high schools, Arizona online instruction or schools in which the lowest grade of instruction offered is grade five (5).

D. Sunscreen

The goal is to emphasize skin health and promote the application of sunscreen products and to inform students that a student who attends school in this District may possess and use a topical sunscreen product while on school property or at a school-sponsored event without a note or prescription from a licensed health care professional.

E. Other School-Based Activities

The goal is to create a total school environment that is conducive to healthy eating and physical activity.

F. Evaluation/Implementation

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, including the extent to which schools are in compliance with District policy, 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. Physical education teachers and school health professionals shall have an opportunity to participate in the evaluation and implementation of this policy.

The District shall conduct a comprehensive assessment of the Local Wellness Policy at least once every three (3) years, including:

- Compliance with the policy
- Progress toward meeting policy goals
- Comparison to model wellness policies

The results of the assessment shall be made available to the public.

G. Parent, Community and Staff Involvement

A primary goal will be to engage family members, students, and representatives of the school food authority, the Governing Board, school administrators, and the public in development and regular review of this school policy.

The District shall permit participation by the general public and school community in the development, implementation, and periodic review and update of the Local Wellness Policy.

H. Wellness Policy Leadership

The Superintendent or designee shall serve as the District Wellness Policy Leader.

The Wellness Policy Leader is responsible for:

- Ensuring compliance with federal and state requirements
- Coordinating implementation of the Local Wellness Policy
- Overseeing assessment and updates
- Facilitating stakeholder participation

I. Public Notification

The District shall inform and update the public about the content and implementation of the Local Wellness Policy through:

- Posting on the District website
- Annual notification to families
- Other appropriate communication methods

The District shall notify the public of:

- The availability of the Local Wellness Policy
- The results of the most recent wellness policy assessment
- Opportunities to participate in policy development and review

J. Food and Beverage Marketing

The District shall permit the marketing and advertising of only those foods and beverages that meet USDA Smart Snacks in School nutrition standards during the school day.

This applies to all marketing on campus, including but not limited to:

- Vending machines
- Posters and signage
- Menu boards
- Coolers
- Trash cans
- Cups used for beverage dispensing

Any marketing that does not meet these standards will be removed or replaced.

Implementation

The Superintendent is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, after-school programs, and fundraising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation.

The Superintendent shall institute and clearly communicate a meal charge policy to all District households and District staff responsible for policy enforcement that is consistent with aspects of the Healthy Hunger-Free Kids Act of 2010 applicable to the District.

Regulations and exhibits created for the purpose of implementing this policy shall be considered, in effect, to be an extension of this policy subject to Governing Board review, and shall ensure compliance with all federal Local Wellness Policy requirements.