



Shonto Governing Board of Education, Inc. Policy Statement

SUBJECT: STUDENT & STAFF WELLNESS
POLICY NUMBER: ADB
DATE OF ORIGINAL POLICY: 5/9/06

EFFECTIVE DATE: 10/2/17
DATE OF NEXT REVIEW: 10/2020
DATED: 10/2/17

I. PHILOSOPHY:

The Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (42 USC 1751 Note, added by P.L. 108-265, Section 204) mandates each district participating in the National School Lunch program (42 USC 1751-1769) or the Child Nutrition Act of 1966 (42 USC 1771-1791, including the School Breakfast Program to adopt a district-wide school wellness policy by the beginning of the school year after July 2006. The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in the district. The policy has been reviewed and updated Local Wellness Committee. Therefore, the Governing Board adopts the following policy.

II. POLICY STATEMENT:

It is the policy of the Shonto Governing Board of Education, Inc. that any time students are under the direct supervision of adults in a school sponsored at all educational and extra-curricular activities, this district will implement a comprehensive wellness policy which will help ensure that our children learn to lead healthy life styles and good choices regarding the ongoing care of their bodies.

III. EXCEPTIONS TO POLICY:

None

IV. AMPLIFYING INSTRUCTIONS AND GUIDELINES:

- A. As required by all schools in the country receiving federal funding for school lunch operations, this policy includes the following components:
1. Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines is appropriate;
 2. Nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity;
 3. an assurance that the district's guidelines for reimbursable school meals will not be less restrictive than federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a) and 1779(a) and (b), as they apply to schools
 4. A plan for measuring implementation of the policy, including the designation of one or more persons in the district or at each school charged with operational responsibility for ensuring that this policy is implemented.
- B. ADDITIONAL COMPONENTS OF A COMPREHENSIVE WELLNESS POLICY.
1. A comprehensive policy on wellness should also include:



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2. Goals and strategies for increasing student participation in the school breakfast and lunch programs;
3. Nutritional standards for the school breakfast and lunch programs that meet or exceed state and federal standards;
4. The amount of time allowed for students to eat and the adequacy of lunchroom facilities;
5. Guidelines and standards for foods and beverages sold outside of the district's meal programs, such as through vending machines, residential canteen, school-sponsored events, school fund-raisers and other venues on campus, as well as foods and beverages offered as rewards for academic performance or good behavior;
6. Guidance on foods and beverages donated for class parties or other school events;
7. Age-appropriate, skill-building nutrition education at each grade that is focused on behavior change;
8. Opportunities for all students to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and
9. Additional opportunities such as recess and before- and after-school programs;
10. Outreach strategies to encourage families to reinforce and support healthy eating and physical activity;
11. Cost estimates of implementing the recommended strategies and potential funding sources;
12. Priorities for implementing the recommended strategies in the wellness policy;
13. Processes for evaluating the Board's wellness policy, including evaluation methods, indicators that will be used to measure success, and frequency of reports

C. MEALS SERVED THROUGH THE NATIONAL SCHOOL LUNCH AND BREAKFAST PROGRAMS WILL:

1. Be appealing and attractive to children by offering a variety of menu choices and new food items;
2. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations and provide training for Food Service staff;
3. Offer a variety of fruits and vegetables, especially in the spring menu items;
4. Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA); and
5. Ensure that half of the served grains are whole grain.

D. FUNDING CHOICE

The school district shall be uniform in that all school lunch applications shall be under the "provisional" status as of July 2006 and henceforth. This means that all students shall be qualified as a "free lunch" regardless of parents' financial status.



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E. INFORMATION SEEKING AND GIVING ORIENTATION

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. The Food Service Manager and Director of Finance shall issue an annual survey each October to students to determine satisfaction with the school lunch program. In addition, schools shall share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials. The district will post at least twice a week the nutrition contents of the foods being served that day.

F. BREAKFAST

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. The district will, to the extent possible, operate the School Breakfast Program.
2. School breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
3. The district will notify parents and students of the availability of the School Breakfast Program annually.
4. The district will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

G. FREE LUNCH

Since it is proposed that there be no social stigma, the district is proposing the elimination of paid and reduced price lunches. The schools shall promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

The district will offer a salad bar as an alternative for middle and high school students 5 days week that might otherwise refuse the vegetable offering.

H. MEAL TIMES AND SCHEDULING

The schools will provide students:

1. With at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
2. Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
3. Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
4. Schedule lunch periods to follow recess periods (in elementary schools);
5. Provide students access to hand washing or hand sanitizing before they eat



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meals or snacks; and

6. Take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

I. NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS

1. All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans. This requirement shall apply to:
 - a) *Vending machines*
 - b) *Beverages*
 - c) *Fund-raisers*
 - d) *Concession stands*
 - e) *School parties/celebrations*
 - f) *Food item purchased for trips off campus or athletics.*

2. SNACKS

Snacks served during the school day or in 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 list of healthful snack items to teachers, after-school program personnel, and parents. A copy of a suggested letter to parents and staff on this topic is included at the end of this policy.

3. CELEBRATIONS

Schools shall limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

4. SCHOOL SPONSORED EVENTS (SUCH AS, BUT NOT LIMITED TO, ATHLETIC EVENTS, DANCES, OR PERFORMANCES)

Foods and beverages offered or sold at school-sponsored events outside the school day will offer healthy food choices for students and adults.

5. FUND RAISERS

Only student organizations and legally constituted, nonsectarian, nonpartisan organizations approved by a designated school official are permitted to engage in fundraising on school grounds during the school day. These organizations are encouraged to raise funds through the sale of items other than food. Foods sold for fundraising purposes are prohibited during meal services and until 30 minutes after the last meal is served during the instructional school day. Foods sold for fundraising purposes during the school day shall be monitored by the



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		Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.	Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.
AFTER SCHOOL PROGRAMS	Snacks served under the USDA After School Care Snack Program comply with all applicable federal regulations and state policies.	“Snack” means two or more items that are served as a unit. On at least 3 days of the week, snacks meet the following standards:	“Snack” means two or more items that are served as a unit. On all days of the week, snacks meet the following standards:
		• Fat – Except for nuts, seeds and nut butters, not more than 35% of total calories from fat (or less than 4 g. per 100 calories)	• Fat – Except for nuts, seeds and nut butters, not more than 35% of total calories from fat (or less than 4 g. per 100 calories)
		• Sugar – Except for fruit (without added sugar) and milk, not more than 35% of weight from total sugar (or less than 9 g. per 100 calories)	• Sugar – Except for fruit (without added sugar) and milk, not more than 35% of weight from total sugar (or less than 9 g. per 100 calories)

J. BAN ON FOOD ITEMS PURCHASED WITH DISTRICT FUNDS FOR FIELD TRIPS OR ATHLETIC EVENTS

No district funds shall be used to purchase unhealthy snack items for any class or activity while on a sponsored field trip or athletic event. Milk, juice, or water is encouraged as the liquid refreshment.

K. VENDING MACHINE SALES

1. All snack vending machines shall provide only single serving snacks that meet at least two, with at least 50% of the items meeting three of the following: 300 or fewer calories; six grams of fat or less, one or more grams of fiber, at least 10% of RDA of calcium, iron, vitamin A or vitamin C.
2. Vending machines where student meals are served or eaten shall not include carbonated beverages.
3. All beverage vending machines in secondary school public areas and all faculty/staff areas at school and district sites shall include:



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- a) *Water*
- b) *100% fruit juice*
- c) *Non-carbonated drinks with less than 150 calories per container d. No more than 1/3rd of the choices will be carbonated drinks*

4. The beverage vending machines may also include:

- a) *Non-fat, low-fat, plain or flavored milk or yogurt in 16 ounces or less servings*

L. STAFF WELLNESS

The district and each work site shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well-being of site staff.

1. Each school shall be in compliance with drug, alcohol and tobacco free policies.
2. Each school shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
3. Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities.

M. FAMILY, SCHOOL AND COMMUNITY PARTNERSHIP

1. Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.
2. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
3. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
4. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
5. Schools and the district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

N. PHYSICAL ACTIVITY

The Governing Board recognizes that a comprehensive wellness program for the Shonto Preparatory School must include extensive physical activity. The following guidelines shall be followed:

1. Physical activity will be integrated across curricula and throughout the school



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- day. Movement can be made a part of science, math, social studies and language arts.
2. Physical education classes shall be taught by certified PE teachers.
 3. PE teachers will emphasize strenuous activities, including aerobics, conditioning, running, yoga, dancing, and activities to improve coordination.
 4. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
 5. Physical education classes have a student/teacher ratio similar to other classes. Time allotted for physical activity will be consistent with research, national and state standards. For example, the National Association for Sport and Physical Education includes recommendations for at least 60 minutes and up to several hours of physical activity per day for children 5 to 12 years of age. Children should have.
 6. Several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours.
 7. Provide a daily recess period, which is not used as a punishment or a reward. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
 8. Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
 9. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
 10. Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
 11. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
 12. Information will be provided to families to help them incorporate physical activity into their student’s lives.
 13. Schools are encouraged to provide community access to and encourage students and community members to use the school’s physical activity facilities outside of the normal school day.
 14. Schools encourage families and community members to institute programs that support physical activity, such as a walk to school program.
 15. Other school based activities, such as after-school programs will encourage physical activity and healthy habit formation.
 16. Local wellness policy goals are considered in planning all school-based



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activities (such as school events, field trips dances, and assemblies).

O. PLAN FOR STUDYING IMPLEMENTATION OF THIS POLICY

The Governing Board will be provided an annual report on the implementation of the wellness policy and recommendations to improve deficiencies in the policy and operation of the wellness efforts in this district.

P. COST ESTIMATES OF IMPLEMENTING THE RECOMMENDED STRATEGIES AND POTENTIAL FUNDING SOURCES

It is unrealistic to provide an estimate of the funding needed to implement this policy. The Board does expect that the school and the school lunch program will divert funds as needed to make it work.

Q. PRIORITIES FOR IMPLEMENTING THE RECOMMENDED STRATEGIES IN THE WELLNESS POLICY

The main priority is that the regular school lunch program adheres to menu choices that promote healthy lifestyles. The second priority is that the physical education program transition to a more meaningful fitness regimen with an aerobic emphasis.

R. PROCESSES FOR EVALUATING THE BOARD'S WELLNESS POLICY

1. School principals are expected to survey their students annually regarding nutrition and physical activity needs and changes in habits.
2. The Director of Financial Services is expected to assume operational responsibility to ensure that the school is meeting policy requirements.
3. The Superintendent is required to meet with the Local Wellness Committee twice a year to monitor the school district's implementation of the policy and evaluate student health and activities.

V. DELEGATION OF AUTHORITY:

The district hopes to hire a physical education teachers and the Athletic Department will assume responsibility for enforcing all provisions of this policy.

VI. REPORTS:

None

VII. FORMS:

Memo to parents and staff on health snacks for classroom parties and celebrations.

VIII. EXPIRATION:

This policy expires three (3) years after its acceptance unless reapproved.



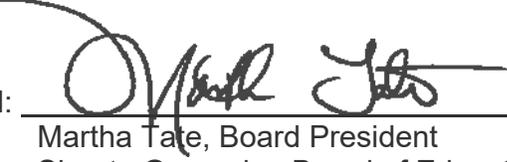
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IX. SIGNATURE BLOCK:

Submitted by: Lemual B. Adson
Superintendent

Date: 10/2/17

Approved: October 2, 2017

Established: 
Martha Tate, Board President
Shonto Governing Board of Education, Inc.



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To : All Parents and Staff
 From : Lemual Adson, *Superintendent*
 Re : Healthy Food Choices for Snacks and School Celebrations
 Date : October 2, 2017

As of July 1, 2006, every school district in the nation must comply with Federal legislation regarding the kinds of foods that may be eaten during the school day. We must continue to meet requirements of this law to prevent loss of funding for the school lunch program.

Part of the requirement is that classroom parties and celebrations is limited to once a month, and must feature healthy food choices. Candy, cakes, or cupcakes are no longer acceptable for classroom parties. This memo is meant to provide you with lists of healthy snacks we will approve in the classroom:

Fresh fruits and raw vegetables		
<ul style="list-style-type: none"> Berries Oranges Grapefruit Melons Pineapple Pears 	<ul style="list-style-type: none"> Tangerines Broccoli Celery Carrots Cucumbers tomatoes 	<ul style="list-style-type: none"> unsweetened fruit & vegetable juices canned fruits in natural juices
Whole Grains		
<ul style="list-style-type: none"> Whole grain bread Whole grain bagels Whole grain unsweetened cereals Unbuttered popcorn Tortilla chips (baked, not fried) 	<ul style="list-style-type: none"> Pretzels (low salt) Blue corn mush Navajo wheat dumpling Blue corn pancakes Navajo tortillas Goat milk crepes 	<ul style="list-style-type: none"> Kneel down bread Whole grain pasta Whole grain plain crackers
Nuts & Seeds		
<ul style="list-style-type: none"> Pumpkin seeds Sunflower seeds 	<ul style="list-style-type: none"> Assorted nuts Pinion nuts 	

California has identified the following as healthy snacks that may be consumed in schools:
http://www.nojunkfood.org/vendors/healthy_snack_list.html

<ul style="list-style-type: none"> ❖ Barbara's Granola Bars, Cinnamon Raisin, Oats and Honey, & Peanut Butter ❖ Barbara's Multigrain Cherry, Strawberry & Apple Cinnamon Cereal Bars ❖ Basil's Animal Crackers ❖ Blue Diamond Plain Almonds ❖ Blue Diamond Smokehouse Almonds ❖ Bodhi Jungle Nut Crunch Bar ❖ Cal-Tropic Ameri-Mix Fruit & Nut Snack Mix ❖ Cal-Tropic Totally California Trail Mix ❖ Cliff Bars, Chocolate Chip Peanut Crunch, Chocolate Almond Fudge, Cookies and Crème, and Chocolate Brownie 	<ul style="list-style-type: none"> ❖ General Mills Morning Mix ❖ Genisoy Soy Crisps ❖ Planter's "Heat" Hot Spicy Peanuts ❖ Planter's Peanuts ❖ Robert's American Gourmet Fruity Booty ❖ Glad Corn Original A-Maizing Korn Snack ❖ Golden Nut Chile Y Limon Garbanzos ❖ Golden Nut Chile Y Limon Havas ❖ Health Valley Apple Cobbler ❖ Health Valley Granola Bars ❖ Health Valley Solar Bars, Berry, Peanut Butter & Chocolate ❖ Health Valley Strawberry Cobbler ❖ Kellogg's Nutrigrain Bars
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<ul style="list-style-type: none"> ❖ Cliff Z Bar - peanut butter, chocolate brownie, apple caramel ❖ Dakota Gourmet Honey Roasted Sunflower Kernel ❖ Dakota Gourmet Lightly Salted Sunflower Kernel ❖ David Pumpkin Seeds ❖ David Sunflower Seeds ❖ Envirokidz Crispy Rice Bar ❖ Famous Amos Oatmeal Raisin Cookies ❖ Fig Newton's ❖ Fresh Fruit ❖ Fresh Veggies ❖ Frito Lay Baked Doritos ❖ Frito Lay Baked Lays ❖ Frito Lay Rold Gold Pretzels ❖ Frunola Energy Bars ❖ General Mills Chex Mix 	<ul style="list-style-type: none"> ❖ Kellogg's Pop Tarts ❖ Kettle Corn ❖ Cheese Snack ❖ Kettle Crisp, BBQ, Low Sal ❖ Kirkland's Trail Mix ❖ Kudos Milk Chocolate Granola Bars, Chocolate Chip & M & M's Flavor ❖ Luna Bars ❖ Mr. Krispers Rice Chips ❖ Mr. Nature Unsalted Trail Mix ❖ Nabisco Corn Nuts, Original, BBQ, Chili Picante Con Limon, Red Hot, Taco ❖ Natural Value Fruit Leathers, Apricot, Peach, Raspberry, Strawberry ❖ Nature Valley Bars ❖ Newman's Own Salted Rounds Pretzel
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<p>The following beverages are recommended: http://www.adph.org/NUTRITION/default.asp?DeptId=115&TemplateId=2265&TemplateNbr=0</p>	
<ul style="list-style-type: none"> ⊕ Navajo tea ⊕ Navajo ice cream ⊕ bottled water ⊕ Juices that are 100% fruit juices, such as Minute Maid Juice boxes ⊕ Mott's Juice both orange and apple ⊕ Treetop Juice – both apple and grape 	<ul style="list-style-type: none"> ⊕ Dole Pineapple Juice ⊕ Tropicana Juice – including orange, apple and grape ⊕ V8 Juice ⊕ Gator Aid ⊕ Propel ⊕ Welch's Grape Juice

Have fun searching for healthy snack recipes. As a start, the following is taken from a website on healthy snacks: http://kidshealth.org/teen/food_fitness/nutrition/healthy_snacks_p3.html

- Ants on a log - spread peanut butter on celery sticks and top with raisins.
- Banana ice-peel several very ripe bananas, break them into 1-inch pieces, and freeze the pieces in a sealed plastic bag. Just before serving, whirl the pieces in the blender with a small amount of water or juice. Serve right away. Add berries for a different flavor or top with fruit or nuts.
- Mini pizzas - spoon pizza sauce onto half a bagel. Top with low-fat mozzarella cheese and your favorite veggies and toast or bake at a low setting until the cheese is melted and the bagel is crispy.
- Healthy ice pops - freeze fresh, unsweetened 100% juice in ice pop molds or ice cube trays.
- Low-fat pita and hummus - warm a pita in the oven on low, and then cut it into small triangles. Dip it in a tasty, low-fat hummus. Hummus is available in yummy flavors like garlic and spicy red pepper.
- Happy trails mix - combine 1 cup whole- grain toasted oat cereal with 1/4 cup chopped walnuts and 1/4 cup dried cranberries for a healthy trail mix

Choosing healthy snacks means shopping smart. Be cautious of health claims on food packages. Thanks for doing your part to ensure that our students maintain healthy lifestyles.