

# Be'ek'id Baa Ahoodzani Diné Bi'ólta' Pinon Community School Board, Inc.



## School Wellness Policy School Year 2024-2025



**Pinon Community School Board, Inc.**  
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Motion by **Rena Mann**, with a Second Motion by **Bertina Preston** with the vote of 4 in Favor,  
0 Opposed, and 0 Abstained on this 7th day of October, 2024.

Mr. Wayne Clement, CNSB Board President  
Pinon Community School Board, Inc.

**LEA Name: PINON COMMUNITY SCHOOL**

**Local Wellness Policy**

Date Created: July 2024

Last Updated: October 2024

**Introduction** The health and wellness of students and staff at Pinon Community School (PCS) are vital to fostering a thriving learning environment. This Local Wellness Policy is developed in alignment with the Local Wellness Policy Final Rule and the Arizona Department of Education's model policies. The policy outlines PCS's commitments to nutrition, physical activity, and overall wellness to support the holistic development of every student.

**Purpose** This policy aims to promote student health, reduce childhood obesity, and ensure compliance with federal and state regulations regarding school nutrition and wellness programs. It reflects PCS's dedication to creating a supportive environment conducive to academic success and lifelong wellness habits.

**I. Wellness Policy Goals**

**1. Goals for Nutrition Promotion:**

**Goal 1: Academic Integration**

- Incorporate nutrition education into core subjects such as science and health for KG-12<sup>th</sup> grade students to build foundational knowledge of healthy eating habits.
- Utilize project-based learning to engage students in activities like planning balanced meals, understanding food labels, and exploring the nutritional value of various foods.
- Provide professional development for staff to integrate nutrition education into their academic curriculum effectively.

**2. Goal 2: Homeliving Skills Development**

- Offer workshops and take-home materials for families to support healthy eating practices at home, fostering a collaborative approach to nutrition.
- Encourage staff to model healthy eating habits and participate in wellness programs that promote practical nutrition skills.

**3. Goal 3: Community and Staff Engagement**

- Partner with local organizations to host cooking demonstrations, provide resources on nutritious meal options, and support school garden programs.
- Develop a staff wellness initiative that includes nutritional counseling, healthy meal options in the cafeteria, and incentives for maintaining a healthy lifestyle.

**Goals for Nutrition Education:**

**1. Goal 1: Comprehensive Curriculum Integration**

- Develop and implement a comprehensive nutrition education for KG-12 students.
- Include lessons on the benefits of healthy eating, understanding nutritional labels, and making balanced food choices.
- Provide ongoing training and resources for teachers to effectively deliver nutrition education.

**2. Goal 2: Hands-On Learning Opportunities**

- Incorporate hands-on learning experiences, such as school gardening, cooking demonstrations, and interactive nutrition workshops, to reinforce classroom instruction.
  - Engage students in activities like food tastings and creating healthy recipes to encourage practical application of nutrition knowledge.
3. **Goal 3: Family and Community Engagement**
- Provide nutrition education resources and workshops for families to support healthy eating habits at home.
  - Host community events, such as family nutrition nights, to promote collaboration and shared learning among students, staff, and families.

Goals for Physical Activity:

1. **Goal 1: Daily Physical Education**
- Provide all students from KG-12th with daily physical education (PE) classes taught by certified SPARKS instructors, ensuring that at 1 hour of class time is devoted to physical activity.
  - Incorporate activities that develop motor skills, physical fitness, and social-emotional well-being.
  - Ensure adaptive PE options are available to meet the needs of all students, including those with disabilities.
2. **Goal 2: Active Recess and Breaks**
- Implement structured recess programs for all students, encouraging physical activity through organized games and free play.
  - Provide brain breaks and movement activities for students during extended class periods to enhance focus and reduce sedentary time.
  - Ensure that physical activity is not withheld as a form of punishment.
3. **Goal 3: Staff and Community Engagement**
- Promote staff wellness by encouraging participation in school-wide physical activity initiatives, such as fitness challenges and group exercise sessions.
  - Collaborate with Wellness Committee to offer after-school sports, family fitness activity, and weekend wellness projects.
  - Advocate for the use of school facilities for community-based physical activities, such as walking clubs, sports night, and other recreational sports.

Goals for Other School-Based Activities that Promote Student Wellness:

1. **Goal 1: Comprehensive Health Services**
- Provide on-site health screenings, such as vision, hearing, and dental checks, to identify and address student health needs promptly.
  - Partner with local health professionals to offer regular wellness consultations and educational sessions for students and families.
  - Ensure students have access to mental health resources, including counseling and peer support programs.
2. **Goal 2: Sustainable Environmental Practices**
- Implement school-wide recycling programs and encourage sustainable practices like composting and reducing food waste in the cafeteria.
  - Organize eco-friendly initiatives, such as tree planting days and clean-up events, to promote environmental stewardship.

- Incorporate sustainability education into the curriculum to foster a deeper understanding of the connection between environmental and personal health.
- 3. Goal 3: Cultural and Community Wellness Events**
  - Celebrate diverse cultural traditions through events that highlight healthy foods, traditional physical activities, and wellness practices.
  - Engage families and community members by hosting wellness fairs, cooking demonstrations, and activity nights that reflect the community's unique heritage and values.
  - Partner with local organizations to provide resources and workshops focused on holistic wellness, including financial literacy and stress management.

**Other School-Based Wellness Activities**

- PCS will host annual wellness events, such as health fairs and fitness challenges, to engage the entire school community.
- Staff wellness programs will be implemented to support educators and staff in maintaining their health and well-being.
- The school will collaborate with local health organizations to provide resources and support for students and families.

**Policy Implementation and Evaluation**

- PCS will establish a Wellness Committee comprising students, parents, staff, and community members to oversee policy implementation.
- The committee will meet twice a month to review progress, assess needs, and recommend updates to the policy.
- A triennial assessment will be conducted to evaluate the effectiveness of the policy and its alignment with model policies, as required by the Local Wellness Policy Final Rule.

**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 National School Lunch Program.
- b. All meals will, at a minimum, meet the New Meal Pattern requirements.
- c. Free, potable water will be available to all students during meal periods.
- d. Additional standards include:
  - I. Meals will emphasize the inclusion of whole grains, lean proteins, fresh fruits, and vegetables.
  - II. Sodium content in meals will comply with USDA sodium reduction targets.
  - III. Age-appropriate portion sizes will be followed to avoid excessive calorie intake.
  - IV. Special dietary accommodations will be provided for students with documented medical needs or religious practices.

**Competitive Foods and Beverages**

- a. 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:
  - I. School cafeterias outside of the meal service periods.

- II. Vending machines accessible to students.
- III. School stores or snack bars.
- IV. Fundraisers and events held on school premises during school hours.

- b. List any additional criteria the district has established for competitive foods here:
  - I. All beverages must contain no more than 10 grams of added sugar per serving.
  - II. Items sold must be free from artificial trans fats.
  - III. Packaged snacks should contain at least one serving of whole grains or protein.

### **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.

- A. Describe your standards for all foods and beverages provided, but not sold, to students during the school day:
  - I. Foods and beverages served during classroom celebrations, parties, and events must meet the USDA Smart Snacks in Schools nutrition standards.
  - II. Teachers, staff, and parents are encouraged to provide non-food items or healthy snacks (e.g., fruits, vegetables, or whole-grain snacks) for celebrations.
  - III. Birthday celebrations should be limited to once per month per class, and healthy options or non-food-based recognition are strongly encouraged.
  - IV. Rewards for student performance or behavior should prioritize non-food incentives, such as extra recess time, certificates, or classroom privileges.
  - V. For special occasions that involve food, schools may permit up to **three exemption days per school year** where foods served do not need to meet Smart Snacks standards, as allowed by USDA guidelines.
- B. **Cultural and Seasonal Celebrations:**
  - I. **Indigenous Food Day:** Schools are encouraged to feature traditional indigenous foods prepared using healthy recipes to honor and celebrate local cultural heritage. Efforts should be made to ensure these foods align with USDA nutritional standards while preserving cultural authenticity.
  - II. **Holiday Dinners:** Schools hosting holiday meals (e.g., Thanksgiving, Winter Holidays) should provide balanced meal options that include lean proteins, whole grains, fruits, and vegetables. These meals can also highlight traditional dishes to honor cultural diversity.
  - III. Schools may collaborate with families and local communities to incorporate culturally significant foods into celebrations while prioritizing health and nutrition.
  - IV. Teachers and event planners should communicate in advance with parents about food being served during these events, ensuring that students with dietary restrictions or allergies are accommodated.

- I. These guidelines apply to (check all that apply):
  - School-sponsored events
  - Celebrations and parties
  - Classroom snacks provided by parents

☒ Classroom rewards and Incentives

## **Fundraising**

- a. 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:

### **Fundraising**

**I. Policy on Food and Beverage-Related Fundraisers:** All food and beverage-related fundraisers held on school campus during the school day must comply with USDA Smart Snacks in Schools guidelines. Fundraisers that do not meet these standards may only be permitted **up to three times per school year** and must be exempt from regular food and beverage policies. These exempt fundraisers should be limited in duration and must be pre-approved by the school administration. Schools are encouraged to explore non-food-based fundraisers or those that promote healthy eating habits.

## **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.

### **a. Describe your policies for food and beverage marketing:**

- I. All food and beverage advertisements on school grounds, including posters, digital media, and product placements, must comply with USDA Smart Snacks in Schools standards.
- II. Marketing of foods and beverages to students during the school day is limited to products that meet the nutritional guidelines outlined by the USDA.
- III. Schools will not permit the marketing of foods or beverages that do not contribute to the overall health and well-being of students.
- IV. Promotional materials, including flyers, banners, or digital displays, must not promote unhealthy eating habits or encourage the consumption of products that are high in sugar, fat, or sodium.

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

- I. The marketing of foods and beverages on school property will prioritize nutritious options such as fruits, vegetables, whole grains, and lean proteins.
- II. Advertising campaigns featuring sugary snacks, drinks, or fast food are prohibited in the school environment.
- III. All food and beverage marketing efforts, including those from external companies, must be aligned with the school's commitment to fostering healthy eating habits.
- IV. Promotional partnerships or sponsorships with food companies must be carefully reviewed to ensure they align with school wellness goals and USDA guidelines.

## **III. 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.

- a. Describe frequency of meetings: Committee will meet twice (2) a month and sponsor two (2) wellness events/projects for students, parents, staff and community.
- b. 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): Everyone is invited to participate in the Wellness Committee and everyone may participate in the meetings set by the Committee.
- c. Description of how the public is notified that their participation is permitted: Meetings and events will be shared throughout flyers, calendars, social media, chapter meetings, planning meetings, PAC meetings, and etc.

**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: Governing Board, Principal and Supervisors.
- b. The designated official for convening the wellness committee is: Wellness Committee
- c. The person designated for informing the public about the wellness policy is: President of the Wellness Committee

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

**Implementation of the Wellness Policy**

- a. Describe the District’s plan for implementation to manage and coordinate the execution of this wellness policy.  
The Wellness Policy will be approved by the Governing Board and published on the school’s website for students, parents, staff and stakeholders.

**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.

- a. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
  - i. Provide a description of how the District will assess the progress made in attaining the goals of the District’s wellness policy: The Committee will conduct a survey. Based on the survey, the goals may need to be revised, amend and modify the Wellness Policy.
- I. (Optional) The person responsible for this assessment is: The Wellness Committee.
  - ii. Provide a description of how the District will assess each school’s compliance with sections I-IV of this wellness policy.

To assess each school's compliance with sections I-IV of the wellness policy, the School will implement a systematic review process that involves multiple methods to ensure all areas are properly addressed. The assessment will include the following steps:

- A. **Documentation Review:** The School will collect and review relevant documents, such as wellness policy implementation plans, health and nutrition programs, and physical activity records, to ensure each school is in line with the guidelines set forth in the wellness policy.
  - B. **Data Collection:** Schools will be required to submit reports on their wellness programs, including participation data, meal programs, physical activity levels, and health education outcomes. The School will evaluate this data for alignment with the wellness policy sections.
  - C. **Surveys and Feedback:** Staff, students, and parents will be surveyed periodically to gauge the effectiveness and compliance of wellness initiatives. Feedback will be used to identify any gaps or areas for improvement.
  - D. **Site Visits and Observations:** District representatives will conduct site visits to observe wellness activities and assess whether they meet the standards outlined in the policy, such as adequate physical activity opportunities and healthy meal offerings.
  - E. **Annual Review and Reporting:** An annual review will be conducted at the School level to assess the overall compliance of all schools with the wellness policy. This review will include progress reports from each school and an evaluation of the effectiveness of implemented strategies.
  - F. **Corrective Actions:** If any school is found to be non-compliant, the School will work with the school to develop corrective action plans. This will include additional support, resources, and guidance to help meet the wellness policy's requirements.
  - G. Each section of the wellness policy (I-IV) will be evaluated based on established metrics, ensuring a comprehensive and consistent approach to monitoring and enhancing student health and wellness across the District.
- i. (Optional) The person responsible for this assessment is: The Wellness Committee
- b. The District will assess how their wellness policy compares to model wellness policies.
    - i. Provide a description of how the District will compare their policy with the model policies.

To compare the District's wellness policy with model wellness policies, the District will implement the following process:

      - **Research and Identification of Model Policies:** The School will gather and identify reputable model wellness policies from national, state, and regional sources, such as the Centers for Disease Control and Prevention (CDC), the U.S. Department of Agriculture (USDA), and state education agencies. These model policies will serve as benchmarks for best practices in school wellness.
      - **Policy Review:** A cross-functional team consisting of health and wellness experts, nutrition specialists, school administrators, and legal advisors will



carefully review both the School's wellness policy and the model policies. The comparison will focus on key areas such as:

- **Nutritional Standards:** Meal requirements, healthy snacks, and beverage offerings.
- **Physical Activity:** Opportunities for physical education, recess, and extracurricular activities.
- **Health Education:** Curriculum guidelines related to nutrition, fitness, and overall well-being.
- **Environmental Support:** School environment factors that support healthy lifestyles, such as clean facilities, access to healthy food, and safe spaces for physical activity.
- **Gap Analysis:** The team will conduct a gap analysis to identify any discrepancies or areas where the School's policy might fall short compared to the model policies. This includes checking for specific guidelines, goals, or recommendations in the model policies that may not be present in the School's current policy.
- **Consultation with Experts:** The School may consult with external experts or agencies, such as local public health departments, school nutritionists, and wellness policy consultants, to get feedback on how well the School's policy aligns with national standards and model policies.
- **Feedback from Stakeholders:** The School will gather feedback from key stakeholders, including school staff, students, parents, and community members, to assess whether the policy meets the needs and expectations of the school community, in comparison with best practices found in model policies.
- **Recommendations for Improvement:** Based on the comparison and gap analysis, the School will develop recommendations for updating and improving its wellness policy. This could involve adding specific language, introducing new strategies or goals, or ensuring compliance with state and federal regulations that might not have been previously addressed.
- **Ongoing Monitoring and Adjustment:** To ensure the policy remains aligned with evolving best practices, the School will periodically review and compare its wellness policy with updated model policies and incorporate any relevant changes as necessary.

By systematically comparing their wellness policy with established model policies, the School will ensure its approach to student health and wellness is comprehensive, effective, and in line with the latest standards and recommendations.

- i. (Optional) The person responsible for this assessment is: The Wellness Committee

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

The District will update or modify the wellness policy as appropriate.

- a. Describe how often the LEA will update or modify the wellness policy: The policy will be reviewed annually.

### **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.

- a. Describe how the LEA will make the district wellness policy available to the public:  
The School will publish the Wellness Policy through the School website.
- b. The annual progress reports and updates can be found at:  
The Wellness Committee annual report.
- c. The District will make the Triennial Assessment available at:  
The Wellness Committee annual report.

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