



# TSS NITSAA DEEZ'!H& DINS BI')LTA'

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## BOARD ACTION ITEM

Agenda Section: Food Service Meeting Date: August 3, 2022

Item: Discussion and Approval of Wellness Policy Implementation for School Year 2022-2023

☒ Action ☐ Action - RFP ☐ Personnel ☐ Other:

Submitted by: Alvina Tom

**Alvina Tom, Food Service Manager**

### Recommendation:

Discussion and Approval of Wellness Policy Implementation for School Year 2022-2023. Wellness Policy is required to follow the guidelines of the Arizona Department of Education, National School Breakfast and Lunch Program.

### Relevant Data (All costs are estimates):

| Description | Cost | Qty.  | Subtotal |
|-------------|------|-------|----------|
|             |      |       |          |
|             |      |       |          |
|             |      |       |          |
|             |      | Total |          |

Account Code(s) (REQUIRED if applicable): \_\_\_\_\_

Alternate Account by Name: \_\_\_\_\_

Darion Littleben

Darion Littleben, Business Manager

Trudy Beach

Trudy Beach, Human Resource Manager

Deana Dugi

Deana Dugi, Chief Executive Officer

Lynnette Sombroso

Lynnette Sombroso, Administration Office Specialist

### SCHOOL BOARD RECOMMENDATION

MOTIONED BY: Bessie Wilson

SECONDED BY: Nancy Harvey

( ) DELETED

(X) APPROVED

( ) DISAPPROVED

( ) TABLED UNTIL: \_\_\_\_\_

VOTE:

In Favor: 2

Opposed: 0

Abstained: 1

NOTES: \_\_\_\_\_



# ROCKPOINT COMMUNITY SCHOOL

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**LEA Name: Rock Point Community School**

**Local Wellness Policy**

**School Year 2022-2023**

Date Created: 02/23/2022

Last Updated: 07/20/2022

## **I. Wellness Policy Goals**

*Goal for Nutrition Promotion: To provide nutritional meal through our National School Breakfast and Lunch program*

*Goal for Nutrition Education: Training on our Meal patterns through national school lunch program and the basic food groups how much is served during the week of the meals.*

*Goal for Physical Activity: to provide 30 minutes of physical exercises 5 times a week. Monday to Friday.*

*Goal for Other School-Based Activities that Promote Student Wellness: to provide daily support to all students for student social emotional well-being.*

## **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 Breakfast and 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:*

### ***Competitive Foods and Beverages***

- e. *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. *No Vending on school site*
  - II. *Outside food sources are prohibited during instructional hours.*
- f. *List any additional criteria the district has established for competitive foods here:*
  - I. *Fundraising competitive foods only sold after 3:30pm for sports or other events.*

### ***Celebrations and Rewards***

3/21/17



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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.

- g. *Describe your standards for all foods and beverages provided, but not sold, to students during the school day: Class parties are approved by building principal and celebrations are approved by administration.*
- h. *These guidelines apply to (check all that apply):*
  - ☒ School-sponsored events
  - ☒ Celebrations and parties
  - ☐ Classroom snacks provided by parents
  - ☒ Classroom rewards and Incentives

## **Fundraising**

- i. *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: No food and beverages fundraisers are allowed until after lunch is served. Energy drinks are not allowed to be sold.*

## **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.

- j. *Describe your policies for food and beverage marketing: Food and Beverage marketing through TEAMS with a target audience of staff.*
- k. *Describe any additional policies for foods and beverages marketed to students: Food and Beverages marketing is not allowed unless a fundraiser event is happening in the evenings (sport events)*

## **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: Meets Quarterly*



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- 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):*  
*Family Partnership, Afterschool Program, Health Aide, Food Service, Safety Team, Community Member, Student Council, PE/Health Teacher, Local Business*
- c. *Description of how the public is notified that their participation is permitted: School Websites, social media, Email, Flyers, Marquee Sign, Website, 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.

- d. *The designated official for oversight of implementation at each school is: Principal*
- e. *The designated official for convening the wellness committee is: After School Program*
- f. *The person designated for informing the public about the wellness policy is: Family Partnership*

## **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 committee will:
  - 1. review and revise the wellness policy on a yearly basis.
  - 2. Disseminate the policy (includes review with the community, students, and staff)
  - 3. List and schedule activities related to the policy that promotes wellness.
  - 4. Ensure that building principals will implement wellness policy in buildings.
  - 5. Meet quarterly to review quarter activities monitor implementation and document activities.
  - 6. Afterschool Program will conduct semi annual Fitness Grams (beginning and end of year)

### **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.



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- b. 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:  
We need to collect data (Fitness, Class schedules, Lunch Schedules, Meal Pattern, wellness surveys, Nutrition education events, Number of students served, etc.)
    - ii. (Optional) The person responsible for this assessment is: Food Service, Family Partnership, Afterschool Program, Principal, Health Aid and Counselors.
  - ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.
    - 1. Goals each school will review goals and set specific goals for each school.
    - 2. Nutrition standards Food service will review and update menus, meal pattern update guidelines, vendors, complete audits, OEH inspections, trainings, certification, sanitation permits, food handlers, fire training, first aid, CPR and reviews
    - 3. School Wellness at the beginning of each year the wellness committee will provide training/workshop on school goals and activities.
    - 4. Wellness Policy Implementation the listed person responsible will collect data and provide quarterly reports.
  - ii. (Optional) The person responsible for this assessment is:
- c. 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.
      - 1. Determine a model wellness policy
      - 2. Committee will evaluate local wellness policy against the model policy as a standard
      - 3. Determine findings/improvements
      - 4. Create an action plan to make improvements
      - 5. Implement revised new policy
    - ii. (Optional) The person responsible for this assessment is:

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

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

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

- e. Describe how the LEA will make the district wellness policy available to the public:





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School Website

- f. The annual progress reports and updates can be found at:  
School Website
- g. The District will make the Triennial Assessment available at:  
*School Website*



# 2022-2023 Wellness Policy Report

## Rock Point School



### We met these goals:

- ✓ We Provide Nutritional meals through NSLP
- ✓ New Meal Patterns
- ✓ Portable Water refill stations provided to all students
- ✓ We are still requiring full time mask all parents, students and staff had to complete a safety course
- ✓ Required 50-minute PE Secondary Course for 9<sup>th</sup> grade
- ✓ Our facility modified to accommodate to stay sanitize to prevent covid transmission (water stations, hand sanitizer station, temperature monitors, screeners, floor markings, etc.)

### Our Wellness Goals

### We are still working on these:

- ✗ Due to Pandemic Era, we are finally implementing our afterschool smart snack and sport activities.
- ✗ Staff wellness activities
- ✗ Wellness Conference
- ✗ Review and revise wellness policy
- ✗ Establish a Wellness committee



### District Wellness Committee

Actively recruiting!

- ✓ Meets every quarter about school health & safety
- ✓ Led by Food Service Department
- ✓ Designates a Ms. Dugi, CEO to ensure that schools use the wellness policy

Current members include Food Service, Family Partnership, Afterschool Coordinator, PE/Health Teacher, Health Aide, Student Council Member, Safety Team Member, Parent Committee Member, Community Member (Chapter Official, Business, Local Store), Mission



To join, contact: Food Service Department 928-223-3586

### Our District Wellness Policies

- Our meals are nutritional from 7:00am to 3:30pm through out our school day.
- 3:30pm to 5:00pm National Smart Snack for Afterschool Program
- 5:00pm to whenever is competitive fundraisers or marketing begin.
- Annual Health and Wellness Conference
- No Soda, Energy Drinks allowed during instruction
- No outside food brought to students
- Offer sports program at elementary, middle school and High School



### Planning, Tracking, & Sharing

- Our school provides a weekly meeting with our parents through the Family Partnership Parent Forum
- Child Find Completed by Special Education Department
- Afterschool Program provides agricultural activities
- Both schools provide counseling services (social and emotional well-being)
- Teen Clinic Provided Grade 6 to 12.
- SMILES movement for dental hygiene for K-5 students
- K-5 provides 30-minute PE and health class
- K-5 provides daily recess program for 20 minutes aerobic activities
- Traditional food Nutrition course Middle School
- Cafeteria Native Food
- We do the fitness grams includes students' weight, BMI, track year to year
- Daily Meal Count
- For those that have C19 cases we keep track through NASIS














# BAI Wellness Policy sy22.23

Final Audit Report

2022-07-21

|                 |  |
|-----------------|--|
| Created:        | 2022-07-20                                   |
| By:             | Alvina Tom (alvina.tom@rpcsaz.org)           |
| Status:         | Signed                                       |
| Transaction ID: | CBJCHBCAABAALiYwwSw0UL4U1-63J_PYnsWQqo_e7nzw |

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2022-07-20 - 4:19:09 PM GMT- IP address: 162.219.92.178
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