

JL

STUDENT WELLNESS

The District is committed to the well-being, optimal development, and positive educational outcomes for every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Pursuant to the Healthy Hunger-Free Kids Act of 2010 (“HHFKA 2010”), the following goals shall be set forth in policy:

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. *Nutritional Promotion Marketing and Advertising*: The District goal is to teach students how to make informed choices about nutrition, health, and physical activity, and will encourage healthy nutrition messages within schools, classrooms and gymnasiums. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

1. Any foods and beverages marketed or promoted to students on the school campus during the school day will align with HHFKA 2010, United States Department of Agriculture (USDA) Smart Snacks, and District Wellness Guidelines.

2. Food and beverage marketing is defined as advertising and other promotion in schools.

D. *Physical Activity/Recess*: The District goal for physical activity is 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 A.R.S. §[15-118](#), 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 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).

E. *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.

F. *Other School-Based Activities*: The goal is to create a total school environment that is conducive to healthy eating and physical activity.

G. *Evaluation/Implementation*: The goal is to (annually) evaluate the effectiveness of this policy and report progress to the Governing Board. This will be accomplished by:

1. An annual report of the Wellness Committee's activity will be made to the Governing Board at a duly noticed public meeting; and
2. At least a tri-annual (every three years) assessment of the implementation and effectiveness of the policy.
3. *The results of each assessment will determine:*
 - a. Compliance with this Policy JL, Student Wellness;
 - b. How Policy JL compares to model policies; and
 - c. Progress made in attaining the goals of Policy JL.

The assessment shall be made available to the public on the District's website.

H. *Parent, Community and Staff Involvement:* The District goal will be to engage a Wellness Committee comprised of family members, students, and representatives of the District's Nutritional Services Department, school administrators and other staff and the public in development and regular review of the Wellness Guidelines.

The Superintendent or his/her designee 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, including provisions for staff development, family and community involvement and program evaluation. 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.

The District's Nutrition Services Department 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 HHKFA 2010 applicable to the District.

LEGAL REF.:

A.R.S.

[15-118](#)

[15-159](#)

[15-242](#)

42 U.S.C. 1751 *et seq.* (National School Lunch Act)

42 U.S.C. 1771 *et seq.* (Child Nutrition Act)

Pub. L. No.111-296 HHKFA 2010

CROSSREF.:

[ABA](#) - Community Involvement in Education

[ABAA](#) - Parental Involvement

[BBA](#) – Board Powers and Responsibilities

[EBAA](#) – Reporting of Hazards/Warning Systems

[EF](#) – Food Services

[EFE](#) -Competitive Food Sales/Vending Machines

JL-R - Student Wellness Regulation and Wellness Committee Guidelines