



STUDENT WELLNESS POLICY JL ©

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.

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.
- D. "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).
- 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:* 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.



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H. *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 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 funding-raising 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.

Adopted: December 12, 2018

LEGAL REF.:

A.R.S.

[15-118](#)

[15-158](#)

[15-242](#)

[42 U. S. C. 1751 et seq.](#) (National School Lunch Act)

[42 U. S. C. 1771 et seq.](#) (Child Nutrition Act)

CROSS REF.:

[ABA](#) – Community Involvement in Education

[ABAA](#) – Parental Involvement

[BBA](#) – Board Powers and Responsibilities

[EF](#) – Food Services

[EFDA](#) – Collection of Money/Food Tickets

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

[IA](#) – Instructional Goals and Objectives



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JL-RA REGULATION

The Coolidge Unified School District adopts this school wellness policy to promote a healthy environment in schools. This regulation was formed by a collaborative effort of a committee of local professionals, District staff and students who considered existing nutrition policies. The committee recommended that the District make the following commitments to nutrition education and physical activity. The Governing Board adoption of the Wellness Policy (Policy JL) and approval of this regulation is intended to comply with the public notice requirements of the United States Department of Agriculture (USDA) regulations 7 CFR § 210.31 and 220.7. The Wellness Policy and this regulation shall also be made available to parents on an annual basis.

Introduction

The Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004 required that as of the 2006-2007 school year, local education agencies participating in school meals programs were required to establish a local wellness policy. Section 204 of the Healthy, Hunger-Free Kids Act of 2010 strengthened wellness policies by emphasizing ongoing implementation and assessment. This regulation is intended to document how the District provides a healthy environment for Coolidge Unified School District students and employees in compliance with USDA regulations.

Local Wellness Policy Goals

Coolidge Unified School District is committed to the goals of nutrition education promoting adequate physical activity and having healthy school-based activities by providing a school environment that enhances learning and development of lifelong wellness practices.

District Wellness Committee

The District will convene a District Wellness committee that meets at least four (4) times per year with the goal of improving the school health environment. The Committee will represent both School District employees and members of the community and will review the implementation of the Wellness Policy and this regulation and make suggested updates to the Governing Board periodically. The Committee to include representatives from each school site and reflect the diversity of the community when possible. The District Wellness Committee may be a part of an existing committee within the District.

Leadership

The Superintendent or a designee shall convene the Committee and facilitate development of and updates to the Wellness Policy and this regulation and shall ensure each school site's compliance with the policy and regulation. In each school, the principal will ensure compliance with established District-wide student wellness goals and will report on the school's compliance to the Superintendent.

Evaluation of Wellness Policy

The District shall review and conduct an assessment of the Wellness Policy and this regulation every three (3) years to determine the effectiveness of the Wellness Policy at the District's schools and progress made toward to the goals of the Wellness Policy and this regulation. The District shall welcome public feedback and inform the public about progress toward meeting the Goals in the Wellness Policy and this regulation in an accessible and easily understood manner. The District will also actively communicate ways in which representatives of the Wellness Committee and others can participate in the development, review and update of the Wellness Policy and this regulation. The District shall propose revisions to the Wellness Policy and this regulation as necessary based on this triennial review.

Definitions

Definitions for the purpose of this regulation:

Fund-raiser – a sale of food or beverages by students, employees or parents to students on behalf of a student or school-related organization.

School food sales – food sold to students from the school cafeteria, snack bar, and designated school locations.



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School campus – any area that is accessible by students during the day.

School day – Midnight the night before to thirty (30) minutes after the last bell rings.

Nutrition Guidelines and Food Services Operations:

- A. ***Nutrition Guidelines:*** All food available in each school during the school day will have as a primary goal the promotion of student health.
- B. ***Nutrition Education:*** The District will influence student eating behaviors by providing nutrition education that is age/grade appropriate and is integrated within health education. Students will develop the necessary skills to make nutritious choices, adopt and maintain healthy eating behaviors. Each School in the District will encourage staff to model healthy eating as a valuable part of life.
- C. ***Physical Activity:*** The District's physical activity goals are to provide opportunities for every student to have fun while being physically active, maintain physical fitness, participate in regular physical activity and teach the short- and long-term benefits of a physically active lifestyle. Each school in the District will encourage staff to model physical activity as a valuable part of life.
- D. ***Other school-based activities:*** The District will create a total school environment that is conducive to healthy eating and physical activity.
- E. ***Evaluation:*** The District will regularly evaluate the effectiveness of this policy in promoting healthy eating and physical activity and changing the policy to increase its effectiveness.
- F. ***Parent, Community and Staff Involvement:*** The District will engage parents, students, school administration, school food authorities, Governing Board members, school staff, physical education teachers and school health professionals in the development and regular review of the Wellness Policy and this regulation. Parents will be provided the opportunity to give feedback on our District's Wellness Policy and this regulation through our website at foodservices@coolidgeschools.org.
- G. ***Program Recordkeeping:*** Records are available upon request. Contact the Food Service Department at 520-723-2083.
- H. Each school's administration is required to keep on file Smart Snacks Calculator results printout and nutritional labels.

Child Nutrition Operations:

- A. The food services department will aim to be financially self-supporting. However, the department is essential to educational support. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students.
- B. All revenue from the sale of foods purchased using funds from the non-profit school food service account must accrue only to the school food service account.
- C. The food services program will ensure that all students have affordable access to the nutritious foods they need to stay healthy and learn well.
- D. The school will strive to increase participation in the available federal Child Nutrition programs (e.g., school lunch, school breakfast and summer feeding programs).
- E. Coordinate with other agencies and community groups to operate, or assist with operating a summer food service program for children and adolescents who are eligible for federal program support.

Food Safety/Food Security:

- A. All foods made available on campus comply with the state and local food safety and sanitation regulations.
- B. For the safety and security of the food and facility, access to the food service operations are limited to Food Services staff and authorized personnel.



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Physical Activity:

- A. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- B. Athletics, recess and/or other classes may not take the place of physical education.
- C. Physical activity will be integrated throughout the school day. Movement can be made a part of any class.
- D. All students in grades K-6 shall receive daily supervised recess.
- E. Time allotted for physical activity will be consistent with state and/or national standards. Students should have several opportunities for physical activity of fifteen (15) minutes or more per day.
- F. A daily recess period for students is not used inappropriately as punishment or a reward. Staff members shall not use physical activity as a punishment, or regularly deny participation in recess or other physical activity opportunities as a form of discipline.
- G. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activity.
- H. Adequate space and equipment is available for all students to participate in physical education.

The District will adhere to the following Nutrition Guidelines for all foods available on campus during the school day:

There will be no sale of foods and/or beverages on campuses other than water and those offered by Food Services during the time frame of from midnight the night before until thirty (30) minutes after the final bell rings for the school day.

1. Child Nutrition Programs will comply with and will not be less restrictive than federal, state and local requirements. Child Nutrition Programs are accessible to all children.
2. All food and beverages made available on campus by the school (including vending, concessions, à la carte, student stores, parties and fund-raising) during the school day are consistent with the standards described by the National School Lunch Program.
3. All food and beverages on campus adhere to food safety and nutrition guidelines.

Local Wellness Policy Guidelines

Nutritional Guidelines for All Goods on Campus:

- A. All schools in the Coolidge Unified School District will participate in the National School Lunch and School Breakfast Programs. All foods made available on campus during the day will comply with the appropriate nutritional standards for each age group. The Food Service Department will provide snacks that meet federal nutrition guidelines to after school programs as appropriate.
- B. Foods sold and served during the school day must comply with the Arizona Nutrition Standards established by the Arizona Department of Education.
- C. Food providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines.
- D. In our District food service program, all grains served will be whole grain rice.
- E. Our District will prohibit the sale of soda to students.
- F. Classroom parties must be approved by the school principal and will be limited to three (3) parties per school year. Student food allergies will be considered when planning classroom parties. Food and beverages served during classroom



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parties must be store bought and packaged from the store; service homemade food and beverages to students is prohibited. The promotion of healthy foods and beverages is encouraged during classroom parties.

G. Fund-raising activities will support healthy eating and wellness. Foods and beverages sold at fund-raisers will include healthy choices and meet federal and state nutrition guidelines. All goods and beverages outside the reimbursable school meal programs that are sold and served to students on the school campus during the school day will meet USDA Smart Snacks nutritional standards. These standards apply in all locations and throughout the District where foods and beverages are sold, which may include, but not be limited to, á la carte options in the cafeteria, vending machines, school stores and snack or food carts. Food and beverage sales and fund-raisers that occur after school hours or during non-school days are exempt from this regulation.

H. *Fund-raiser Exemption:* Generally, foods that do not meet the standards cannot be sold to students on campus during the school day. Organizations planning fund-raisers of foods that do not meet the standards must work with their school administration and Food Service Supervisor to determine if their fund-raiser can be allowed as one of the school's limited fund-raiser exemptions. The Food Service Supervisor will submit a waiver request to Arizona Department of Education (ADE). Fund-raisers should be single events of duration not exceeding one (1) week.

I. Our District encourages non-food fund-raising.

J. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition standards.

Eating Environment:

- A. Students will be given adequate time to eat breakfast and lunch.
- B. Cafeteria procedures are designed so that students do not have to spend too much time waiting in line.
- C. Dining areas are attractive and have enough space for seating all students.
- D. Students and staff will have access to free, safe and fresh drinking water throughout the day. Drinking water is available for students at meals.
- E. Physical activity facilities on school grounds will be safe.
- F. Physical Education classes will have the same student/teacher ratio used in other classes.
- G. Schools will encourage families and community members to institute programs that support physical activity.

Other School-Based Activities:

- A. After-school programs will encourage physical activity and healthy habit formation.
- B. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).



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JL-RB REGULATION

Physical Activity Goals

The primary goal for the District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including physical education, recess, walk-to-school programs, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

Physical education (high school graduation requirements): Students must, at the least, satisfy the state and District's physical education credit requirement.

Physical activity (time, frequency, and/or intensity): Schools will ensure that students are moderately to vigorously active at least fifty percent (50%) of the time while participating in physical education classes.

Physical activity outside of physical education/Recess: Schools may offer after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically involved or those with special health care needs.

Recess shall be required and provided as follows:

- A. Two (2) recess periods during the school day for pupils in kindergarten (K) and grades one (1) through three (3).
- B. On August 1, 2019, this recess requirement of two (2) recess periods during the school day is extended to grades four (4) and five (5).
- C. Half-day kindergarten pupils are to receive one (1) recess period during the school day.
- D. Participation in a physical education course during a school day may count as one of the day's recess periods.
- E. Extension of the school day is not required to meet the recess requirement.
- F. 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).
- G. For the purposes of this section, "recess" 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.

Walking or biking to school to promote physical activity: The District shall annually review safe routes for students who walk or bike to school.

Prohibition of use of punishment: The District will discourage the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes.

After-school programs: The District shall encourage after-school programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos.

Community use: The District shall encourage community access to, and student and community use of, the school's physical activity facilities outside the normal school day.



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JL-RC REGULATION

The Coolidge Unified School District adopts this school wellness regulation to promote a healthy environment in schools. This regulation was formed by a collaborative effort of nutrition policies, committee of local professionals, District staff and students with the following commitments to nutrition education and physical activity.

Introduction

The Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004 required that as of the 2006-2007 school year, local education agencies participating in school meals programs were required to establish a local school wellness policy (Policy JL). Section 204 of the Healthy, Hunger-Free Kids Act of 2010, strengthened wellness policies by emphasizing ongoing implementation and assessment. Policy JL and this regulation are intended to provide a healthy environment for Coolidge Unified School District students and employees.

Local Wellness Policy Goals

Coolidge Unified School District is committed to the goals of nutrition education promoting adequate physical activity and having healthy school- based activities by providing a school environment that enhances learning and development of lifelong wellness practices.

- A. *Nutrition Guidelines:* All food available in each school during the school day will have as a primary goal the promotion of student health.
- B. *Nutrition Education:* The goal is to influence student eating behaviors by providing nutrition education that is age/grade appropriate and is integrated within health education. Students will develop the necessary skills to make nutritious choices, adopt and maintain healthy eating behaviors. Each school in the District will encourage staff to model healthy eating as a valuable part of life.
- C. *Physical Activity:* The goals for physical activity are to provide opportunities for every student to have fun while being physically active, maintain physical fitness, participate in regular physical activity and to teach the short- and long-term benefits of a physically active lifestyle. Each school in the District will encourage staff to model physical activity as a valuable part of life.
- D. *Other school based activities:* The goal is to create a total school environment that is conducive to healthy eating and physical activity.
- E. *Evaluation:* A primary goal will be to regularly evaluate the effectiveness of this policy in promoting healthy eating and physical activity and changing the policy to increase its effectiveness.
- F. *Parent, Community and Staff Involvement:* A primary goal will be to engage parents, students, school administration, school food authorities, governing board members, school staff, physical education teachers and school health professionals in the development and regular review of Policy JL and this regulation. Parents will be provided the opportunity to give feedback on our District's wellness policy through our website.

The District will adhere to the following nutrition guidelines for all foods available on campus during the school day:

- A. There will be no sale of foods and or beverages on campuses other than water and those offered by Food Services during the time frame of 12:00 a.m. to thirty (30) minutes after the final bell rings for the school day.
- B. Child Nutrition Programs will comply with and will not be less restrictive than federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- C. All food and beverages made available on campus by the school (including vending, concessions, á la carte, student stores, parties and fund-raising) during the school day are consistent with the standards described by the National School Lunch Program.



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- D. All food and beverages on campus adhere to food safety and nutrition guidelines.

Local Wellness Policy Guidelines

Nutritional Guidelines for All Foods on Campus:

- A. All schools in the Coolidge Unified School District will participate in the National School Lunch and School Breakfast Programs. All foods made available on campus during the day will comply with the appropriate nutritional standards for each age group. The food service department will provide snacks that meet federal nutrition guidelines to after school programs as appropriate.
- B. Foods sold and served during the school day must comply with the Arizona Nutrition Standards established by the Arizona Department of Education.
- C. Food providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines.
- D. In the District food service program, all grains served will be whole grain rich.
- E. The District will prohibit the sale of soda to students.
- F. Classroom parties must be approved by the school principal and will be limited to three (3) parties per school year. Student food allergies will be considered when planning classroom parties. Food and beverages served during classroom parties must be store bought and packaged from the store; serving homemade food and beverages to students is prohibited. The promotion of healthy foods and beverages is encouraged during classroom parties.
- G. Fund-raising activities will support healthy eating and wellness. Foods and beverages sold at fund-raisers will include healthy choices and meet federal and state nutrition guidelines. The District encourages non-food fund-raising.
- H. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition standards.

Eating Environment:

- A. Students will be given adequate time to eat breakfast and lunch.
- B. Cafeteria procedures are designed so that students do not have to spend too much time waiting in line.
- C. Dining areas are attractive and have enough space for seating all students.
- D. Students and staff will have access to free, safe and fresh drinking water throughout the day. Drinking water is available for students at meals.

Child Nutrition Operations:

- A. The food services department will aim to be financially self-supporting. However, the department is essential to educational support. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students.
- B. All revenue from the sale of foods purchased using funds from the non-profit school food service account must accrue only to the school food service account.
- C. The food services program will ensure that all students have affordable access to the nutritious foods they need to stay healthy and learn well.
- D. The school will strive to increase participation in the available federal Child Nutrition programs (e.g., school lunch, school breakfast and summer feeding programs).



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E. Coordinate with other agencies and community groups to operate, or assist with operating a summer food service program for children and adolescents who are eligible for federal program support.

Food Safety/Food Security:

- A. All foods made available on campus comply with the state and local food safety and sanitation regulations.
- B. For the safety and security of the food and facility, access to the food service operations are limited to food services staff and authorized personnel.

Physical Activity:

- A. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- B. Athletics, recess and/or other classes may not take the place of physical education.
- C. Physical activity will be integrated throughout the school day. Movement can be made a part of any class.
- D. All students in kindergarten (K) through grade six (6) shall receive daily supervised recess.
- E. Time allotted for physical activity will be consistent with state or national standards. Students should have several opportunities for physical activity of fifteen (15) minutes or more.
- F. A daily recess period for students is not used inappropriately as punishment or a reward. Staff members shall not use physical activity as a punishment, or deny participation in recess or other physical activity opportunities as a form of discipline.
- G. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activity.
- H. Adequate space and equipment is available for all students to participate in physical education.
- I. Physical activity facilities on school grounds will be safe.
- J. Physical education classes will have the same student/teacher ratio used in other classes.
- K. Schools encourage families and community members to institute programs that support physical activity.

Other School-Based Activities:

- A. After school programs will encourage physical activity and healthy habit formation.
- B. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances and assemblies).