



Local Wellness Policy Plan

Goal #1:

FUSD will provide nutritious food for school meals and will support and promote healthy eating habits, physical activity, all of which will benefit student and staff health, school/work attendance and academic/work performance.

Goal #2:

FUSD will provide a multifaceted learning environment, involving nutrition and physical education which will foster the development and practice of lifelong health and wellness behaviors.

Goal #3:

FUSD will support the development of farm to school and school garden programs to help students eat fresh nutritious foods, to promote healthier lifelong eating habits and to educate students on the origins of their food sources.

Goal #4:

FUSD, working through the Wellness Committee, will annually evaluate the implementation of this Wellness Plan and recommend policy revisions based on supporting data.

The Board of Education for the Flagstaff Unified School District, hereafter known as FUSD, is committed to maximizing the health and wellness of its students and staff, and will support students' and staff efforts to become healthy and fit. As a measure of this commitment, the Board formally sets into place this policy which visibly affirms the district's steadfast intent to support the following:

- 1) Engage the FUSD Wellness Policy Committee, students, parents, teachers, food service professionals, health professionals and community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical fitness activity policies, which will be accessible to the public via the FUSD website www.fusd1.org; **Goal 4**
- 2) Provide opportunities, support and encouragement for all K-12 students to be physically active on a regular basis; **Goal 2**
- 3) Provides opportunities for students to achieve the recommended physical education standards; **Goal 2**
- 4) Utilize the Arizona Nutrition Standards and Child Nutrition Program Guidelines (as the minimal standard) in preparing FUSD standards and recommendations for all food and beverage offered on school campuses; **Goal 1**
- 5) Provide students with access to a variety of affordable, nutritious and appealing foods; **Goal 1**
- 6) Provide clean, safe and pleasant settings and adequate time for students to eat; **Goal 1**
- 7) Participate in federal school meal programs (including the School Breakfast Program, National School Lunch Program and the Summer Food Service Program); **Goal 1**
- 8) Provide nutrition and physical education in accordance with current, evidenced-based research and science to foster lifelong habits of healthy nutrition, physical activity and fitness; **Goal 1 & 2 & 3**
- 9) Establish linkages between health education, school meal programs, and related community services; **Goal 1**
- 10) Incorporate wherever possible local, community and school garden initiatives as they pertain to harvest, food science and nutrition education. This will be in the Four Corners Region in accordance with USDA and Arizona Farm to School and School Garden initiatives. **Goal 3**
- 11) Support Wellness Policy Committee members' ongoing work with local and state officials to refine and institute nutrition standards and guidelines that incorporate and reflect current, evidenced-based nutrition research and science. **Goal 4**

Goal #1-FUSD will provide nutritious food for school meals, and will support and promote healthy eating habits and physical activity, all of which will benefit student and staff health, school/work attendance and academic/work performance.

Nutrition

School Environment

1. Fresh foods such as fruit & vegetables, whole grains and low-fat dairy products will be promoted as best practice in foods offered or sold to children and staff.
2. All schools will provide access to free drinking water during meals and throughout the day.
3. School breakfast and lunch will be easily accessible to every child.
4. Schools will provide an adequate amount of time for students to eat lunch after they have received their meal. A minimum of fifteen minutes for breakfast and twenty minutes for lunch will be offered during a regular school day.
5. Elementary schools will strive to develop a school schedule that allows recess time to take place prior to lunch.
6. Schools will encourage teachers and administrators to model good nutrition and other healthy behaviors.
7. Students will be provided access to hand washing and/or hand sanitizing before meals and snacks.
8. The District shall accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).
9. School nutrition service will form working relationships with other school and community groups to support the goals of this document (student stores, fundraisers, food providers, etc.)
10. FUSD will promote marketing of healthy foods, beverages, and activities. For example, marketing on vending machines, score boards, banners, during fundraisers, etc., when possible.

Nutrition Service-Pertaining to the Reimbursable Meal

1. Nutrition Services providing breakfast and/or lunch programs will be required to meet the USDA Child Nutrition Program Guidelines in order for qualifying students to receive reimbursable meals.
2. Schools ranging from K-12 will be required to meet the Arizona Nutrition Standards.
Please refer to Appendix A.
3. At least one member of the Wellness Committee will serve on the selection committee for food service contracts.

Nutrition Standards-Outside of the Reimbursable Meal and Competitive Foods

Foods served outside of the reimbursable meal include: à la carte items, vending machine items, school store sales and fundraising items. All items that are served or sold to students and staff will be required to meet the minimum USDA Child Nutrition Program Guidelines. Furthermore, schools ranging from K-12 are required to meet the minimum Arizona Nutrition Standards.

Competitive foods are any foods sold in competition with meals served under the National School Lunch and School Breakfast Programs. Current federal regulations prohibit the sale of Foods of Minimal Nutrient Value (FMNV) on campus when a reimbursable meal is sold.

1. Vending Machines
No food deemed FMNV will be sold in vending machines (including those for staff). All foods and beverages sold in vending machines in all grades K-12 will be subject to the USDA and Arizona Nutrition Standards regardless if they are exempt from the FMNV food list by USDA and the Arizona Department of Education.
2. School Stores
All food sold in school stores shall meet the minimum Arizona/USDA Nutrition Standards.
3. A la carte Items
All a la carte items shall meet the minimum Arizona Nutrition Standards.
4. All beverages sold must have a screw top cap or pop top. Cups with plastic lids are prohibited.
5. Fundraising (during school hours)
All fundraising during school hours shall meet the minimum Arizona/USDA Nutrition Standards.
6. Fundraising (outside of school hours)
School-based fundraising activities held outside of school hours (½ hour after school- midnight) are excluded from the Child Nutrition Program Guidelines.
7. Classroom Rewards
School staff members will not use or offer food or beverages as individual student rewards.
Please refer to Appendix B.
8. Classroom Snacks
Classroom snacks must meet Arizona/USDA Nutrition Standards, offering healthy and nutritious choices and recommended portion control. Teachers, parents and families can refer to Appendix C of this policy when determining appropriate foods and beverages for classroom snacks.
Please refer to Appendix C. www.usda.gov/
9. Classroom Celebrations
Teachers and parents are encouraged to limit Classroom Celebrations to once a month. Classroom Celebrations should meet Arizona/USDA Nutrition Standards, including healthy and nutritious choices and recommended portion control.
Please refer to Appendix C. www.eatwellbewell.org and www.myplate.gov
10. Pricing Strategies
Pricing strategies to promote healthy food choices through vending machines, à la carte items and other foods offered on campuses will be encouraged (i.e. pricing pre-packaged snacks at a cost higher than healthy alternative such as fresh fruit).
11. Outside Vending Sales
The Wellness Committee will work on City and County policy to promote healthy eating/nutrition regulations for Independent Vendors selling food adjacent to school property.

Physical Activities

1. Physical education teachers will collaborate with after-school staff including outside agencies, to align physical activities with the physical education content currently being taught.
2. Partnerships will be developed with outside organizations to expand opportunities for FUSD students to participate in a variety of non-competitive physical activities, including physical activity breaks before, during, and after school hours.
3. Opportunities will be provided across FUSD for families to learn about and participate in physical activities. Certain outdoor areas at elementary school facilities (playgrounds) will be available to students, staff and community members after the school day, on weekends and during vacation times as

appropriate. Priority will be given to students. School-hour safety standards will be adhered to at all times.

4. FUSD will support the creation and distribution of a recommended walk-ability and bike-ability map within a 2-mile radius for each school in order to encourage students to walk or bike to school.

Recess

1. It is the expectation of FUSD that recess provides opportunities for physical activity which helps students to stay alert and attentive in class and provides the benefits of education and social interaction (i.e. learning to work cooperatively in an unstructured environment).
2. It is also the expectation of FUSD that all elementary schools will provide a daily recess for all students, in addition to the lunch break or period. Further, it is the expectation of FUSD that students in grades 4-5 will have at least 20 minutes of supervised recess, preferably outdoors, during which the schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. K-3 will have a mandatory 15 minute recess each day.
3. Recess providing structured activity and free play will be available to all students using a variety of equipment and organized games. Moderate to vigorous physical activity will be encouraged by staff during recess.
4. Principals will examine the feasibility of having recess before lunch, especially K-3.
5. FUSD recognizes that recess is a necessary education support component for all children. Other forms of discipline should be considered before denying students recess.

Recess Supervision

1. It is the expectation of FUSD that recess will be supervised by appropriate school staff in such a way as to encourage safe and active play. Supervising staff must be in a position to sufficiently observe their assigned area. Staff are encouraged to wear easily identifiable apparel such as a safety vest.
2. Adults who monitor recess are expected to intervene when a child's physical or emotional safety is at risk. It is expected that bullying or aggressive behavior will be prohibited and all safety rules will be enforced.
3. It is the expectation of FUSD that principals will seek to ensure professional development for staff involved in recess supervision in the following areas: promotion of active games and play, first aid, universal precautions, conflict management and bullying prevention. New staff will receive training.

Safety

1. It is the expectation of FUSD that play areas, facilities and equipment used for physical activity on school grounds shall meet the accessibility guidelines as outlined by the Architectural and Transportation Barriers Compliance Board, a supplement to the Americans with Disabilities Act Accessibility Guidelines (ADAAG) as well as accepted safety standards for design, installation and maintenance.
2. The FUSD facilities and maintenance division will work with school staff to ensure that recess equipment and facilities are checked quarterly for safety.
3. Principals and staff will check the playground for dangerous objects on a daily basis and the playground equipment and play surfaces on a weekly basis.
4. It is the expectation of FUSD that if it comes to anyone's attention that equipment is found worn, broken or in need of repair, that it will be promptly reported to the Principal or office personnel at which time a Work Order will be generated. Repairs will be made within a reasonable amount of time.

Goal #2 -The District will provide a multifaceted learning environment, involving nutrition and physical education which will foster the development and practice of lifelong health and wellness behaviors.

Physical Education

FUSD will provide opportunities for all students to attain or surpass the State of Arizona's physical education standards and core competencies for each grade level, according to the following standards:

1. All students K-12 will receive quality instructional physical education taught by a certified and endorsed physical education specialist.
2. Elementary students will receive physical education for a minimum of 30 minutes every week for the entire school year and the District will strive towards the National Association for Sport and Physical Education recommendation of 150 minutes of instructional physical education per week. It is recommended that administration schedule additional physical education for elementary students.
3. Middle school students will receive physical education for at least one semester of each year for a minimum of 225 minutes per week.
4. High school students will receive physical education according to the Arizona State Physical Education standards and FUSD Board requirement of one semester in order to graduate.
5. FUSD staff will strive to minimize PE waivers/exemptions/substitutions and provide other opportunities for physical education.
6. Students will spend at least 50% of the physical education class time participating in moderate to vigorous physical activity.
7. Professional development specific to teaching physical education is recommended annually and required at least once every three years for FUSD physical education teachers.
8. District-supported professional development in the form of collaborative team meetings will occur monthly.
9. Mentoring for physical education teachers: all newly-hired physical education teachers in FUSD will be assigned a mentor physical education teacher appropriate to their grade level, to provide support in the district PE program.
10. At least one FUSD physical education teacher will serve on the school selection committee for new physical education teachers. (Selected representative should be from the same grade span).

Physical Activity/Nutrition/Health Education

FUSD, in collaboration with health professionals, community service providers and parents, will develop and provide opportunities for student and parent education and staff professional development in the areas of physical activity, nutrition and health, including but not limited to:

1. Nutrition education will be integrated into health, physical education, science, math, language arts and/or social studies curricula, and taught in all grade levels;

2. Dissemination of current evidenced-based nutrition and physical activity information via teacher and health experts, newsletters, campus posters and displays in or near food service or vending areas;
3. Professional development activities for K-12 teachers (i.e. nutrition education, physical activity and wellness training, methods for cross-curricular integration of health and nutrition information, etc.);
4. Student activities/lessons provided in K-12 classrooms by FUSD educators, local agencies and nutrition service providers (i.e. Arizona Nutrition Network, Fit Kids, District Registered dietitian, and community nutrition experts) shall meet current state standards, and a comprehensive school physical activity program will be developed and implemented as a best practice;
5. Parent/family workshops on health, fitness and nutrition;
6. Two FUSD physical education teachers will serve on the Wellness Committee; one at the elementary level and one at secondary level.

Goal #3: FUSD will support the development of Farm to School and school garden programs to help students eat fresh nutritious foods, to promote healthier lifelong eating habits and to educate students on the origins of their food sources.

Farm to School and school garden programs provide students with the opportunity to eat and learn about healthy, locally (Four Corners Region) grown foods and be exposed to a variety of fresh produce.

1. The school district supports the integration of Farm to School and school garden programs into the school district's curricular and co-curricular activities as appropriate to facilitate this policy's nutrition education goals.
2. The school district understands that Farm to School and school garden programs enhance the nutrition and education experience of children by providing:
 - a. Nutritious locally grown food as part of daily education.
 - b. Opportunities for children to learn about the origins of their foods and how their food is grown by visiting local farms, indigenous gardens, and other sources of food; and, interdisciplinary teaching tools to influence food choices and lifelong healthy eating habits.
3. Crops grown in school gardens shall reflect the ethnic and cultural diversity of the student population.
4. Local food, if available, and from approved sources, will be used in the breakfast and lunch programs whenever possible.
5. Training opportunities such as Good Handling Practices and Good Agricultural Practices (GHP/GAP) will be provided to FUSD employees on contract time if they are managing or assisting with a school garden.

Goal #4: FUSD, working through the Wellness Committee, will annually evaluate the implementation of this Wellness Plan and recommend policy revisions based on supporting data.

Implementation, compliance, evaluation, and revision of this Wellness Plan will be ensured by the following:

1. A Wellness Committee shall be established for the purpose of monitoring the implementation of the District's Wellness Policy through the Superintendent or his/her designee.
 - a. The FUSD Wellness Committee will meet at least quarterly to evaluate implementation of and compliance with the wellness policy. The Wellness Committee shall meet at least annually to evaluate the wellness policy impact on student health.
 - b. The Wellness Committee shall be responsive to relevant wellness issues as they arise.
2. The building administrator or designee from each school will ensure compliance with established District-wide student wellness goals in his/her school:

- a. Each building administrator or his/her designee will present all staff with the most recent Wellness Policy and provide an overview and highlight policy revisions at a staff meeting within the first month of each school year.
 - b. The building administrator or designee will provide requested implementation, compliance and student health data to the Superintendent or his/her designee and the Wellness Committee.
3. An annual report shall be made to the Governing Board on compliance and effectiveness of FUSD's Wellness Policy. The report will be compiled by the Food Service Administration, Wellness Committee and the FUSD Superintendent or his/her designee. The report will be issued and presented by the FUSD Superintendent or his/her designee by July 15th and must include but not be limited to:
 - a. Report on the outcomes chosen for evaluation for the previous school year.
Please refer to Appendix D. Table Report on Outcomes
 - b. Recommendations for Wellness Policy revisions for upcoming school year
4. Student survey or focus group on the Farm to School and School Garden programs.

Food Standards Grades K-12

NSLP and Non-NSLP entrée's sold à la carte:

- 35% or less of total calories from fat (ADENS 40%)
- 10% or less of total calories from saturated fat
- Zero trans fat
- 51% of grains offered will be whole grain-rich upon implementation of the Nutrition Standards in the National School Lunch and School Breakfast Programs Standards (2012) with 100% of grains being offered whole grain-rich two years after implementation (2014)
- No more than 35% of the total sugar by weight
- Maximum 350 calories per serving for entrée items sold a la carte (ADENS 350 calories)
- Maximum 480 mg sodium for entrée items sold as a la carte-to be lowered if ADE Nutrition Standard is lowered.
- Final preparation method cannot be deep fat-fried

All other items:

- 35% or less total calories from fat (ADENS 40%)
- Less than 10% of total calories from saturated fat
- Zero trans fat
- 51% of grains offered will be whole grain-rich upon implementation of the Nutrition Standards in the National School Lunch and School Breakfast Programs Standards (2012) with 100% of grains being offered whole grain-rich two years after implementation (2014)
- No more than 35% of total sugar by weight
- Must contain at least 1 gram of fiber
- Maximum of 200 calories per serving for all other snack items
- Maximum of 230 mg sodium for all other snack items
- Final preparation method cannot be deep-fat fried
- No deep-fat fried chips or crackers
- No foods deemed FMNV
 - Baked goods including-cakes, cupcakes, pies, brownies, pastries, donuts, sweet rolls, muffins and cookies deemed FMNV, etc.

ADENS- Arizona Department of Education Nutrition Standard

Beverage Standards

Water

- Pure water
- Water with essences that are pure flavor and aroma products with a maximum dilution of 0.5 to 1 per 1000 and contain no artificial sweeteners, flavorings or colors
- May not contain non-calorie artificial sweeteners
- May not contain caffeine or a caffeine derivative

Juice (AAP, 2001)

- Must contain 100% fruit and/or vegetable juice for grades K-12
- Must not exceed designated portion size
- Whole fruits should be encouraged to meet recommended daily fruit intake goals

Fruit Smoothies (yogurt or ice based)

- Must contain 100% fruit juice for grades K-12
- Must not exceed designated portion size
- Yogurt must be in reduced fat form (not to contain more than 10% of calories from fat)
- Must not exceed 350 calories

Milk and Milk Alternatives

- Fat free and low fat (1% milk fat) for K12; 2% reduced fat milk only for preschool age students
- Reduced fat enriched rice, nut or soy milk
- Flavored milk may contain no more than 4 grams of sugar per ounce (Plain low-fat milk contains 1.5 gm. per ounce)
- Must not exceed designated portion size

Fluid Milk Substitutions for Non-Disability Reasons

- Schools may make substitutions for fluid milk for non-disabled students who cannot consume fluid milk due to medical or special dietary needs. A school that selects this option may offer the nondairy beverage(s) of its choice, provided the beverage(s) meets the nutritional standards found in memo CN 23-10: Q&As: Milk Substitution for Children with Medical or Special Dietary Needs (Non- 49 Disability). Expenses incurred when providing substitutions for fluid milk that exceed program reimbursements must be paid by the school food authority. Please note, 100% juice is not an allowable milk substitution.

Sports Drinks, Electrolyte-Replacement Drinks

- Only served in High Schools
- Only available during sports or extra-curricular activities
- Not available during school hours.
- Limit serving size to 8 ounces
- May not contain artificial sweeteners
- May not contain caffeine or a caffeine derivative

Specific Prohibited Foods and Beverages on FUSD Campus:

Prohibited foods and cooking methods

- All deep-fat fried chips and crackers
- Final preparation method cannot be deep-fat fried
- Foods deemed to have minimal to no nutritional value
- Baked goods including- cakes, cupcakes, pies, brownies, pastries, donuts, sweet rolls, muffins and cookies deemed FMNV, etc.

Prohibited Beverages

- Fruit/Vegetable drinks containing less than 100% juice for grades K-12
- Sports drinks and Electrolyte-Replacement drinks- Grades K-8
- Whole fat milk (4% milk fat); flavored or regular- Grades K-12
- Caffeine/Energy Drinks grades K-12
- Carbonated beverage- Grades K-12
- Beverages in disposable cups with plastic lids.

Exceptions to the Food Standards

35% or less of total calories from fat

- Cheese in any form may exceed total fat standard, however must be in a reduced fat form
- Nuts and seeds may exceed total fat standard

10% or less of total calories from saturated fat

- Cheese in any form may exceed total saturated fat standard, however must be in a reduced fat form
- Nuts and seeds may exceed total saturated fat standard

No more than 35% of total sugar by weight

- Dairy (solid) may exceed sugar by weight standard (does not include fluid milk)
- Fruits and vegetables may exceed sugar by weight standard

Must contain at least 1 gram of fiber

- Dairy is exempt from fiber standard
- Jerky is exempt from fiber standard
- Fruits and vegetables are exempt from fiber standard

Maximum 400 calories per serving for entrée items sold as a la carte, and a maximum of 300 calories per serving for all other items

- Fruit-based smoothies may contain up to 400 calories

FUSD Wellness Policy Maximum Portion Sizes

Chips & Snacks	Max Portion Size
Baked chips	1.5 oz.
Baked crackers	
Popcorn	
Trail mix, Seeds, Jerky	2 oz.
FUSD strives to practices a nut-free restriction.	

Baked Goods	Max Portion Size
Muffins (i.e. apple, banana, blueberry, pumpkin, zucchini, corn)	3 oz.
Cookies	2 oz.
Oatmeal	
All other baked goods-brownies, pastries, sweet rolls, pie, cakes, cupcakes, donuts, & bars are excluded.	

Milk	Max Portion Size
Fat Free, 1% & 2% Grades K-8	6 oz.
Fat Free, 1% & 2% High School	8 oz.
Enriched rice, nut or soy milk Grades K-8	6 oz.
Enriched rice, nut or soy milk High School	8 oz.

Dairy Products	Max Portion Size
Low fat, non-frozen yogurt	8 oz.
Cheese	2 oz.
Ice Cream	Not Served

Juice	Max Portion Size
100% Juice Grades K-8	6 oz.
100% Juice High School	8 oz.

Fruit Smoothie	Max Portion Size
Yogurt based- Grades K-8	6 oz.
Yogurt based- High School	8 oz.
Ice based- Grades K-8	6 oz.
Ice based – High School	8 oz.

French Fries & other potato products	Max Portion Size
Served only for Grades 6-12	
Cannot exceed the served portion size of the NSLP reimbursable meal. Allowable if final preparation method is not deep-fat fried.	
Not encouraged to be on the menu daily.	

Entree	Max Portion Size
Cannot exceed the served portion size of the NSLP reimbursable meal	

Appendix B

Alternative to Using Food as a Reward

At school, home and throughout the community, kids are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term change.

There are many disadvantages to using foods as a reward:

- *It undermines nutrition education being taught in the school environment.*
- *It encourages over consumption of foods high in added sugar and fat.*
- *It teaches kids to eat when they aren’t hungry as a reward to themselves.*

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors.



Kids learn preferences for foods made available to them, including those that are unhealthy. Poor food choices and inadequate physical activity contribute to being overweight and obesity. Currently, obesity among kids is at an epidemic level and can often lead to serious health problems.

ZERO-COST ALTERNATIVES

- *Sit by friends*
- *Watch a video*
- *Read outdoors*
- *Teach the class*
- *Have extra art time*
- *Enjoy class outdoors*
- *Have an extra recess*
- *Play a computer game*
- *Read to a younger class*
- *Get a no homework pass*
- *Make deliveries to the office*
- *Listen to music while working*
- *Play a favorite game or puzzle*
- *Earn play money for privileges*
- *Walk with a teacher during lunch*
- *Be a helper in another classroom*



- *Eat lunch outdoors with the class*
- *Eat lunch with a teacher or principal*
- *Dance to favorite music in the classroom*
- *Get “free choice” time at the end of the day*
- *Listen with a headset to a book on audiotape*
- *Have a teacher perform special skills (i.e. sing)*
- *Have a teacher read a special book to the class*

LOW-COST ALTERNATIVES

- *Select a paperback book*
- *Enter a drawing for donated prizes*
- *Take a trip to the treasure box (non-food items)*
- *Get stickers, pencils, and other school supplies*
- *Receive a video store or movie theatre coupon*
- *Get a set of flash cards printed from a computer*
- *Receive a “mystery pack” (notepad, folder, sports cards, etc.)*

Healthy Classroom Parties



*Dear Families,
When you contribute snacks for a classroom celebration, please provide healthful, nutritious choices for the students to enjoy. Flagstaff Unified School District strives to teach healthful eating habits, both in theory and in practice. This includes during all classroom parties and events. Our goal at FUSD is to make healthy choices easily accessible to all.*

*Thank you for helping to
create a healthy school
environment!*

Healthy Options

Fresh, whole fruit
(apples, pears, oranges,
bananas, grapes)

Fruit or applesauce cups
(no sugar added)

100% Fruit Juice

Bagged baby carrots or
other vegetables served
with hummus

Whole grain crackers or
pretzels

Dried fruit mix

Brown rice cakes

Bagged, low-fat popcorn

Cheese sticks or slices

Yogurt cups

Fresh Fruit Salads

Healthy Classroom Celebrations - Teachers Resource

Flagstaff Unified School District teaches healthful eating, both in theory and practice. This healthy philosophy includes during classroom parties and events, as well as after school activities. The goal of FUSD is to make healthier choices easily accessible to all and promote healthy behaviors for life.

Many schools have chosen to celebrate birthdays once per month and without food. If food is served, healthy options are required.

Healthy Classroom Celebration Ideas

- Wear a sash and crown for the day
- Sit in a special decorated chair
- Visit the Principal for a special surprise (card or sticker)
- Be the teacher's assistant for the day
- Choose the day's classroom story
- Plan a Scavenger Hunt
- Give students extra recess time
- Set up a craft station
- Hold a Hula Hoop or Jump Rope Contest
- Play music
- Draw pictures

Appendix D

FUSD - School Wellness Policy –Tool for Evaluation of Goal Outcomes

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
Goal #1 Nutrition-School Environment-Page 3			
1. Promote fresh foods, whole grains and low-fat dairy as a best practice	Every 3 years or as mandated	Survey of food service personnel-random spot check of menus done by nutritionists/ menus, cafeteria set-up, ingredient lists and methods of preparation for dishes made on site or in the central kitchen	Food Service Director, Wellness Committee Members
2. Schools will provide access to free drinking water	Monthly	Work Orders for non-working water fountains	School Administrator
3. School breakfast & lunch accessible to every child	Annual (included in ADE NSLB Program report)	Survey-each elementary school/teacher	School Administrator, Teachers, Food Service Director
4. School schedules will be such that students will have enough time to eat their meal after receiving it: 15 minutes for breakfast; 20 min. lunch	Bi-Annually	Analyze individual school schedules-random checks	Administrators-School & District
5. Elementary school administrators and teachers will strive to schedule recess before lunch	Annually	Analyze individual school schedules	Administrators-School & District
6. Teachers and administrators will model healthy behaviors	Bi-Annually	Existing Schools National Standards FUSD standards	Teachers, Administrators, Wellness Committee Members

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
7. Students will be provided access to hand washing facilities before meals and snacks	Annually	District Wide Maintenance Department maintain supplies /teachers observe students	Teachers/ Administrators
8. District policy will be to accommodate tooth-brushing regimens of students with special oral health needs	Annually	Follow 504 Plans	Teachers, Nurse, Administrators
9. School nutrition services will have working relationships with school and community groups to support the goals of this document	Frequent (every few months) until the relationships are well established.	Yearly assessment done at the end of the year: 1. Frequency of events 2. Participation 3. Survey	Nutrition services, managers of student stores; parent/teacher associations, Wellness Committee Members
10. Promote marketing of healthy products and activities when possible	Bi-Annually	Visits by Wellness Committee Members	Wellness Committee Members
Nutrition Service-Pertaining to the Reimbursable Meal-Page 3			
1. Nutrition Services providing breakfast and/or lunch programs will be required to meet the USDA Child Nutrition Program Guidelines in order for qualifying students to receive reimbursable meals	Annually	Data provided by Nutrition Services as specified in Appendix A of the FUSD School Wellness Policy	District liaison to the State of Arizona District Administration

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
2. Nutrition Services in schools with grades K-12 will be required to meet the Arizona Nutrition/District Standards in foods offered	Annually	Data provided by Nutrition Services as specified in Appendix A of the FUSD School Wellness Policy	District liaison to the State of Arizona District Administration
3. One member of the Wellness Committee on Food Service Selection	Every 5 years	Selection Committee Member List	Assistant Superintendent of Operations
Nutrition Standards-Outside of the Reimbursable Meal- Page 3			
1. Vending Machines-No food deemed FMNV will be sold in vending machines	Periodic visual checks throughout the year-review camera tapes.	Twice each year, check products on contracted vendor's inventory.	District Administration
2. School Stores – All food sold in school stores will meet the minimum USDA/ AZ Nutrition Standards	Random quarterly checks throughout the year.	Twice each year, check products on inventory. Appendix A	District Administration
3. Beverages – All must have a screw top cap or pop top. Cups with plastic lids are prohibited. Must meet the minimum USDA/ AZ Nutrition Standards if sold during the school day	Random quarterly checks throughout the year.	Twice each year, check products on Contracted vendor's inventory. Appendix A	District Administration
Physical Activities-Page 4			
1. PE teachers will collaborate with afterschool staff	Every semester	Report from PE teachers & principals	Superintendent or appointee

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
2. Partnerships / during school hours	Annually	Report from PE teachers & principals	Superintendent or appointee
3. Opportunities for families afterschool, and when schools are closed	Twice per year	Facility Request Report	Superintendent or appointee
4. Walk-ability/ Bike-ability map	Every 2 years	Map available – posted on school website	Coconino County Public Health Services District
Recess-Page 5			
1. Recess provides opportunity for physical activity	Every semester	Report from principals	Superintendent or appointee
2. K-3 mandatory 15 minutes a day 4 th -5 th 20 minutes per day	Annually	Report from principals	Superintendent or appointee
3. Equipment is available to all students and moderate to vigorous activity is encouraged	Every semester	Report from principals	Superintendent or appointee
4. Examine feasibility of recess before lunch	Every semester	Report from principals	Superintendent or appointee
5. Denial of recess will not be used as a disciplinary measure	Every semester	Report from principals	Superintendent or appointee
Recess Supervision-Page 5			
1. Appropriate staff, encourage activity and wear safety vest	Annually	Report from principals	Superintendent or appointee
2. Adults expected to intervene for safety and no bullying	Annually	Report from principals	Superintendent or appointee

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
3. Professional development for recess staff	Quarterly	Report from principals	Superintendent or appointee
Safety-Page 5			
1. Equipment will meet national guidelines	Annually	Report from facilities	Superintendent or appointee
2. Facilities, maintenance, and the insurance company for FUSD will work with school to ensure safety	Annually	Report from facilities	Superintendent or appointee
3. Principal and staff check equipment daily and weekly Maintenance will check equipment each month	Annually	Report from principal	Health Department
4. Broken equipment	Annually	Report from principal	Superintendent or appointee
Goal #2 Physical Education-Page 6			
1. Certified & endorsed PE teachers	Annually	Report from Human Resources	Human Resources Department Director or appointee
2. 30 minutes for Elementary students every week	Annually	Individual school schedules	Principal
3. 225 minutes per week for Middle School students one semester a year	Annually	Individual school schedules	Principal
4. High School-according to State Board of Education and FUSD Board recommendations	Annually	Individual school schedules	Principal

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
5. Staff will strive to minimize PE Waivers/Exemptions/ Substitutions	Bi-Annually	Student Transcripts	School Counselors
6. Student P.E. Class -50% Moderate to vigorous physical activity	Annually	Lesson Plans	P.E. Teachers/ Principals
7. Professional development activities for K-12 teachers	Every 3 years	Report from teachers	Principals
8. District supports professional development in the form of monthly collaborative team meetings	Annually	Report from PE teachers	District Administration
9. Mentoring for physical education teachers	Annually	Report from Human Resources	District Administration
10. At least one FUSD physical education teacher will serve on the school selection committee for new physical education teachers	Annually	Report from Human Resources	District/School Administration
Physical Activity /Nutrition/Health Education-Page 6			
1. Nutrition education integrated	Every other year	Lesson plans	Principal or designee
2. Dissemination of current evidenced-based nutrition and physical activity	Every other year	Lesson plans, pictures of the displays	Wellness Committee/District Administration
3. Professional development activities for K-12 teachers	Every 3 years	Report from teachers	Principals

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
4. Student activities/lessons provided in K-12 classrooms by local agencies and nutrition service providers	Annually	Lesson plans	Fit Kids /Principals or designee
5. Parent/family workshops on health, fitness and nutrition	Every other year	Report from Principal/designee	Principal/District Administration/ Committees
6. Two FUSD physical education teachers will serve on Wellness Committee	Annually	Report from committee	Wellness Committee
Goal #3: Farm to School and school garden programs-Page 7			
1. Integrated into school curricular and co-curricular activities.	Annually	Lesson Plans	Principal or designee
2. a. Nutritious locally grown food	Annually	Terra Birds End of Year Report	Principal or designee
b. Learning opportunities	Annually	Teachers, Principals, Terra Birds/Field Trip Request Form	Principal or designee
3. Crops reflect ethnic and cultural diversity	Annually	Terra Birds End of Year Report	Principal or designee
Goal #4 Annual Evaluation and recommendations-Page 7			
1. a. Wellness Committee meet Quarterly	Quarterly	Agenda/Minutes	Wellness Committee
b. Annual evaluation	Annually	Agenda/Minutes	Wellness Committee
2. a. Building Administrator ensure compliance	Annually	Agenda/Minutes	Principal or designee
b. Wellness Policy and highlights to staff within the first month	Annually	Written document	Wellness Committee

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
c. Provide data to Superintendent designee & Wellness Policy Committee	Annually	Provide written & visual documentation	Principal or designee
3. Wellness Committee Yearly report and recommendations	Annually	Provide written & visual documentation	Wellness committee
4. Student Survey	Annually	Survey	Terra Birds/Wellness Committee

Definitions

À la carte: Any individual food sold in a school cafeteria, also known as supplemental sales.

Baked Goods: A sweet baked food made of flour, liquid, eggs, and other ingredients, such as raising agents and flavorings that are baked. Example: cookies, cupcakes, cakes, tortes, brownies, pastries, snaps, bars, cannoli, wafers, scone, empanadas.

Dairy Products: Any foods made from milk. Examples: Milk (fluid), yogurt, cheese, ice cream, pudding, sour cream, butter, half and half.

Energy Drinks: A beverage containing caffeine and labeled as, but not limited to an energy drink, mood stimulant, or metabolism enhancer.

Entrée: A school lunch menu item that is a combination of foods or a single food item offered as the main course, as defined by the menu planner. The entrée is the central focus of the meal and forms the framework around which the rest of the meal is planned.

Foods of Minimal Nutritional Value (FMNV): Foods and beverages that do not provide at least 5% of the Recommended Daily Intake (RDI) for any one of several key nutrients. Soda water (carbonated beverages), water ices, chewing gum, and certain candies are included.

Fried Foods: Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as “deep fat frying.” This definition does not include foods that are stir-fried or sautéed.

Fundraisers: Activities in which students or others sell products to raise money for a school.

Juice, 100%: Undiluted liquid fraction of a whole vegetable, fruit or vegetable/fruit blend.

Milk: Pasteurized, homogenized fluid cow’s milk.

Skim/Fat Free Milk: Containing less than .5% milk fat, Low Fat Milk: Containing 1% milk fat
Reduced Fat Milk: Containing 2% milk fat, Whole Milk: Containing 4% milk fat

National School Lunch Program (NSLP): Program under which participating schools operate a nonprofit lunch program authorized by 7 CFR 210 of the National School Lunch Act.

Portion Size: A quantity of food or beverage intended for consumption by one individual.

Soda Water: As defined by 21 CFR 165.175 Food and Drug Administration Regulations, (class of beverages made by absorbing carbon dioxide in potable water, etc.) except no product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals, and proteins.

Whole Grain-Rich: The whole grains per serving (based on minimum serving sizes specified for grains/breads in FNS guidance) must be = 8 grams. Product ingredient listing lists whole grain first, specifically:

I. Non-mixed dishes (e.g., breads, cereals): Whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list).

II. Mixed dishes (e.g., pizza, corn dogs): Whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list).

References

American Academy of Pediatrics, Committee on Nutrition. *The Use and Misuse of Fruit Juice in Pediatrics*. Pediatrics, 2001, Vol. 107, No.5: 1210-13.

Arizona Department of Education, Health and Nutrition Standards. 2012.

Department of Agriculture, USDA, 7 CFR Parts 210 and 220[FNS–2007–0038] RIN 0584–AD59 *Nutrition Standards in the National School Lunch and School Breakfast Programs (FNS)*, Federal Register/Vol. 77, No 17. 2012.