

**CHINLE UNIFIED SCHOOL
DISTRICT #24 WELLNESS POLICY
CHINLE, ARIZONA**

The Chinle Unified School District is issuing the following Local Wellness Policy as an important tool in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards. This policy is the result of the Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265), which requires schools to implement nutrition standards, physical activity goals, nutrition education goals and goals for other school based activities designed to promote student wellness. A first revision was completed in February 2014. With the passage of the Healthy, Hunger- Free Kids Act of 2010 (PL 111-293, Sec 204), the new provisions expanded the scope of local wellness policies by bringing in additional stakeholders in its development, implementation and review. The Act also requires public updates on the content and implementation of the wellness policies. This February 2014 revision serves to update the previous policy. CUSD administration, physical education teachers, school district staff, and Southwest Foodservice Excellence staff were all involved in developing this revision. The Wellness Policy committee will reevaluate the policy yearly and it is our hope to have additional school district staff, parents, community members, and students involved.

A. NUTRITION POLICY

Effective March 1, 2014, all Chinle Unified School District schools shall comply with the nutrition policies outlined below. These policies are intended to provide a healthier school environment for Chinle Unified School District students and employees. The following specific nutrition standards pertain to all foods and beverages served or made available to students on elementary school and middle school campuses. This includes school meals, a la carte and the nutritious classroom snacks.

Chinle Unified Schools

1. All Chinle Unified School District Elementary Schools and Junior High School will follow the Arizona Nutrition Guidelines (See Attachment #1 for details). Implementing these standards successfully will help maintain children's health and ensure that they are ready to learn. In addition, this will guarantee that school environments are supporting both parents and teachers as they encourage children to establish healthy eating behaviors.
2. All schools in the Chinle Unified School District will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Food served in school cafeterias will meet all Nutrient Standards established by the USDA. The Food & Nutrition Department will provide snacks that meet federal nutrition guidelines to after school programs as appropriate.
3. Adequate time will be provided for students to receive and consume meals. The minimum recommended eating time for each student after being served is at least

10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

4. Foods of Minimal Nutritional Value (FMNV) Policy: Foods that compete with more healthful choices should not be made available to students, especially during meal times when well balanced nutritious meals are available. These foods are known as Restricted Competitive Foods (See Attachment #2 for details).
5. No foods may be sold in competition with Lunch and Breakfast programs. Vending machines and competitive food sales are allowed to begin selling after the end of the last lunch period. A la carte sales run by the Food Services Department are not limited because foods sold follow the nutrition guidelines.
6. No outside food may be sold on campus during the school day without specific permission from the Business Office, in cases of fundraising for student activities or authorized vending.
7. Students who bring their own lunches are not allowed to share any portion of their meals with other students due to the high risk of allergic reactions and food safety. If a student is seen sharing his/her food, the food will be confiscated.

B. POLICY EXEMPTIONS

1. School Nurses: This policy does not apply to school nurses using FMNV's (Foods of Minimal Nutritional Value - see attachment #2) during the course of providing health care to individual students.
2. Accommodating Students with Special Needs: Special Needs Students whose Individualized Education Program (IEP) or 504 plans indicates the use of an FMNV or candy for behavior modification (or other suitable need) may be given FMNV or candy items.

School Events:

- a) Schools may allow each classroom to provide one birthday party each month, which must to be approved by the building principal.
 - a. During these events, FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations and Arizona Nutrition Standards.
 - b. Event must be held in the classroom.
 - c. No homemade foods. Foods must be bought from the store due to food safety and allergy risks. In promoting healthy celebrations, attached is a list approved beverage choices by the District Food Services.
3. AIMS Test Days: Schools and parents may provide nutritious snacks for students taking state standardized tests. The snack must comply with the fat

and sugar limits of the Arizona Nutrition Standards (see attachment #2) and may not contain any Foods of Minimal Nutritional Value. Items can be purchased from Southwest Foodservice Excellence and will comply with the state regulations.

4. **Instructional Use of Food in Classroom:** For instructional purposes, teachers may use foods as long as the food items are not considered FMNV or candy. Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy. However, FMNV may not be served during meal periods in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.
5. **Field Trips:** School-approved field trips are exempt from the nutrition policy. However, if meals are being provided and claimed as reimbursable by Food Services, food must follow Arizona Nutrition Standards. Therefore, not exempt from the nutrition policy. A school official must approve the dates and purposes of the field trips in advance. Food Service meal requests must be made 10 days in advance and require a roster of student names and ID numbers. Adult meals are available and must be paid prior to trip.
6. **Athletic, UIL, Band and Other Competitions:** The nutrition policy does not apply to students who leave campus to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy. Again, if reimbursable meals are being sent with students, those meals must meet nutrition standards.

II. NUTRITION EDUCATION

A. Chinle Unified School District Elementary Schools

Nutrition education will be comprehensively given to the students via the following:

1. Age and grade-appropriate nutrition education will be coordinated into the school's comprehensive school health curriculum. It is also highly

encouraged that nutrition education be integrated into other curriculums such as science, math, language arts, social sciences, etc.

2. Healthy nutrition practices will be promoted throughout school premises by way of nutrition posters, positive eating atmosphere environment, promotional incentives, etc.
3. Advertising of foods is limited to foods that meet the standards described in this policy.
4. This policy will be promoted among school faculty/staff and student families by means of formal in-service, handouts, newsletters, fun events (food demonstrations, taste-testing), and other means.
5. Implementation and Evaluation: The District Nurse will monitor and maintain records of usage of school health curriculum and submit a quarterly report to the Director of Curriculum, Instruction, and Assessment.

B. Chinle Middle School & High School

Nutrition education will be comprehensively given to the students via the following:

1. Age and grade-appropriate nutrition education will be coordinated into the school's comprehensive school health curriculum. It will be applied especially in PE classes every quarter. It is also recommended that nutrition education be integrated into other curriculums such as science, math, language arts, social sciences, etc.
2. Healthy nutrition practices will be promoted in the cafeteria area by way of nutrition posters, positive eating atmosphere environment, promotional

incentives, etc. We will work to promote throughout healthy nutrition practices throughout the school.

3. Advertising of foods is limited to foods that meet the standards described in this policy.
4. This policy will be promoted among school faculty/staff and student families by means of formal in-service, handouts, newsletters, fun events, and other means.
5. Implementation and Evaluation: The District Nurse will monitor and maintain records of usage of school health curriculum and submit a quarterly report to the Director of Curriculum, Instruction, and Assessment.

III. PHYSICAL ACTIVITY

A. Chinle Unified School District Elementary Schools

1. Physical Activity: the NASPE recommends that Chinle Unified School District Elementary Schools provide 150 minutes of physical activity per week (National Association for Sport & Physical Education). Of the 150 minutes per week, a minimum of 75 minutes per week will engage the students in direct structured physical activity including SPARKS activities.
 - a) Classroom activities: Beginning March 2014, at least 10 minutes of structured physical classroom activities, by way of spontaneous physical exercise, such as stretching, running in place, jumping jacks, and structured non-competitive play activities.
 - b) Recess: Beginning March 2014, at least 20 minutes of unstructured physical activity (recess) per day for all grades.
2. Special Physical Activities: The school will promote programs that involve physical activity, such as walking programs, campaign walks, and field days.

B. Chinle Unified School District Junior School

1. Physical Activity: The NASPE recommends that Chinle Unified School District Junior High School provide 150 minutes of physical activity per week (National Association for Sport & Physical Education). Of the 150

minutes per week, a minimum of 75 minutes per week will engage the students in direct structured physical activity including SPARKS activities.

2. Special Physical Activities: The school will promote programs that involve physical activity, such as walking programs, campaign walks, and field days.

C. Chinle High School

1. All high school students are required to complete .5 credit of physical education and .5 credit of Health Education, and may enroll in additional physical education classes as their schedules permit throughout their 4 year attendance. The district encourages all high schools to offer a variety of health and fitness classes for each grade in the high school.
2. Special Physical Activities: The school will promote programs that involve physical activity, such as walking programs, campaign walks, and field days.

IV. EVALUATION

- A. Evaluation of the wellness policy will be done quarterly of each year by the Wellness Policy contact person from each school and the _____. The annual report shall be generated by the _____ and ready for submission by May 31 of each year.
- B. Evaluation questions may include and are not limited to the following:
 1. Was the policy implemented in all of its components?
 2. How did implementation vary from the original plan?
 3. Are students choosing and enjoying healthier foods while on school premises?