

# OWENS–WHITNEY ELEMENTARY SCHOOL LOCAL WELLNESS POLICY

UPDATED MAY 24, 2017

## **Purposes and Goals**

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable choices for a lifetime. In addition, all school Staff are encouraged to model healthy eating behavior as a valuable part of daily life.

School leaders shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating that includes:

- A food service program that employs well-prepared staff who serve appealing choices of nutritious foods.
- Pleasant eating areas for students and staff with adequate time for unhurried eating.
- An overall school environment for staff to model healthy food choices.

The school nutrition program shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

## **I. Food Service Operation**

### **A. Financial Management**

1. It is acknowledged that the feeding of children is primarily a family responsibility. To supplement their efforts, Owens Elementary School will operate a food service program to ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
2. **The food service program shall aim to be financially self-supporting,** however, the program is essentially educational and support activity and budget neutrality or profit generation must not take precedence over the nutritional needs of the students. If subsidy of the food service fund is needed, it will not be from the sale of foods that have minimal nutritional value and/ or compete nutritionally with program meals.
  - No foods of minimal nutritional value are sold on our campus to allow the program to be self-supporting.

## **B. Program Requirements**

### **1. During each school day the food service program shall offer breakfast and lunch under the guidelines of the USDA'S National School Lunch and Breakfast Program.**

We shall encourage all students to participate in these meal opportunities. In particular, we will make efforts to ensure that families are aware of need-based programs for free or reduced-priced meals and that eligible families are encouraged to apply. The program shall maintain the confidentiality of students and families applying for or receiving free or reduced -price meals.

- Currently operating USDA National School Lunch Program to ensure students are provided nutritious food
- Ensures all enrolled children receive a USDA parent letter & income application to receive program benefits.
- Utilizes DES System to directly certify eligible children for the meal program

### **2. Our school food service program shall operate in accordance with The Healthy, Hunger Free Act of 2010 as amended and applicable laws and regulations of the state of Arizona.**

We will offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, *"Dietary Guidelines for Americans" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks.* Menus should be planned with input from students, family members and other school personnel and should take into account students' cultural norms and preferences, Meals are priced to encourage parents to purchase them for their children, Procedures are in place for providing to families, on request, information about ingredients and nutritional value of the foods served.

- Menus meet nutrient guidelines set forth by the National School Lunch and Breakfast Program-School Meals Initiative Nutrition Standards. We utilize the food based New Meal Planning '12-'13.
- Guidance for reimbursable school meals is not less restrictive than regulations and guidance issued by the secretary of Agriculture.
- Current menus have input from students, parents and staff by means most applicable to the school. Nutritional information is available to parents if requested.

### **3. The Owens School food service program shall monitor the nutrient breakdown of our menus.** Due to the high cost of nutrient analysis software and the fact that we use the food based menu planning method,

we are currently using a database compiled with information from [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp). USDA school recipes and nutrition fact sheets to ensure that USDA guidelines are being met.

**4. The school food service program shall have a procedure for handling leftover food production.**

- Leftover food is minimal and is disposed of in the garbage.

**C. Staffing**

1. The Owens -Whitney School District shall employ a food service director who is properly qualified, according to current professional standards, to administer the school food service program and satisfy reporting requirements.
  - Current Food Service Director is qualified to meet current professional standards.
2. Food service directors are strongly encouraged to implement the Arizona Department of Education Training Program or equivalent. for all food service personnel, The Arizona Department of Education Child Nutrition Program is defined as *a training initiative for Food Services Directors so that they possess the necessary skills and resources to effectively train food service personnel.*
  - There are currently no other food service personnel.
3. Dining room supervisory staff (teachers, aids) shall maintain safe, orderly and pleasant eating environments.
  - All dining room supervisory staff understand how to maintain a safe, orderly and pleasant eating environment.
4. Food service director is encouraged to inform and collaborate with classroom teachers about the school nutrition-food service environment and nutrition education.
  - Food service director will make efforts to collaborate on the nutrition food service environment and nutrition education.

## **D. Adequate Eating Space and Time and Appropriate Use of Food**

### **1. Students and staff shall have adequate space to eat meals in pleasant surroundings and shall have adequate time to eat, relax and socialize.**

Safe drinking water and convenient access to facilities for hand washing and oral hygiene must be available during all meal periods.

- Current eating environment allows for adequate space and provides a sufficient amount of time to eat the meal (at least 10 minutes after sitting down for breakfast and 15 minutes after sitting down for lunch).
- Drinking fountains and bathroom facilities are in close proximity to eating location.

### **2. Rewards and incentives for academic performance should be given careful consideration as to the messages they send to students receiving them.** Food is not included in recognition of academic performance.

- Procedures are in place to assess rewards and incentives given out for academic performance to ensure messages sent to the students is appropriate.

### **3. Food shall not be withheld from students as punishment.**

## **E. Food Safety**

### **1. All food service equipment and facilities must meet applicable local and state standards concerning health; safe food preparation, handling and storage, drinking water, sanitation and workplace safety.**

### **2. All food service personnel shall have adequate pre-service training and must hold a State issued or equivalent training certificate. *All food service workers in establishments handling open food must obtain a food handler's card or applicable requirements for each county following the guidelines of the Arizona Department of Health Services***

- HACCP plans and guidelines are in place.
- Compliance with county health inspections and health certificates are on file.

All personnel who serve or handle food have current food handlers card or Manager's card, in compliance with the Arizona Department of Health Services.

## **11. Nutrition Education**

At Owens Elementary, we will teach our students in all grades comprehensive standards based health education in the classroom. We integrate our health education within other subjects taught including math, English, reading, science, and art. Owens Elementary strives to teach students the application of these health standards, by allowing to practice them within the classroom. Our students are taught the importance of health and how to combat the media's portrayal of products such as tobacco. Our educators, through training, stay up to date with the latest information regarding health.

We at Owens are excited to soon start a partnership with the local fire department, where they will be able to come teach our students important health demonstrations. Some examples of what we integrate into the classroom are; teaching children about drinks and foods high in sugar, sodium intake, eating a variety of foods, water consumption, physical activity, preparing healthy foods, food safety, importance of eating breakfast, accepting body size, social influences, making good choices while eating out, eating calcium rich foods, and resisting peer pressure. At Owens, we know the importance of allowing kids to have hands on experiences, such as cooking and gardens.

### **A. Staff Qualifications**

**1.** Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

- Teachers and any staff member involved in teaching nutrition topics receive adequate training to instruct their students on the most up to date nutrition information and facts.

### **B. Educational Reinforcement**

**1.** School staff will research nutrition information and will provide families with our findings.

- School officials will circulate information regarding nutrition assistance to families. The manner of which the information is relayed is up to the school officials to decide what would work best. Examples may include school newsletter, bulletins sent home with children or verbal announcements at school meetings.

### **C. Staff As Role Models**

1. Our staff is encouraged to model healthy eating behaviors.

- Every effort is made by the school staff to encourage healthy eating behaviors. This may include administration requesting school staff not to partake in eating or drinking any food or beverage that has been eliminated from school campus (example-no drinking soda in front of students during normal school day).

#### **D. Coordination of Programs**

1. The food service program shall be closely coordinated with nutrition instruction. The school cafeteria shall serve as a laboratory to allow students to apply critical thinking skills taught in the classroom. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals.

- The food service personnel make every effort to coordinate their food choices offered to the students fall in line with the same messages the students are learning in the classroom. (Example-limiting high fat, high calorie foods.)

## **E. Modified Diets**

1. The school food service program will comply with USDA's disability requirements for modified diets.
  - Menu will meet USDA disability requirements for modified diets should any student qualify.

## **III. Food Choices at School and a Healthy School Environment**

### **A. The School Environment**

#### **1. Recess**

Careful consideration of the school lunch environment shall be taken into account when scheduling recess. The importance of physical activity for children of all ages and supervised: playtime for younger children shall be duly acknowledged. *Center for Disease Control defines physical activity as any bodily movement produced by skeletal muscles that results in an expenditure of energy.*

- School administrator ensures that recess is offered at the most appropriate and beneficial time for her students. Additionally, consideration of recess before lunch has been discussed and implemented if feasible during the normal school day.

### **B. Nutritious Food Choices**

1. **Foods of good nutritional content including fruits, vegetables and low-fat grain products, shall be available wherever and whenever food is sold or otherwise offered at school during the normal school day.**  
We will make efforts to encourage students to make nutritious food choices.

**2 Foods of Minimal Nutritional Value as defined by CFR 210.11(2) are prohibited from being served or sold anywhere a reimbursable meal is served, sold and /or eaten.** Foods of minimal nutritional value as defined by USDA include carbonated beverages, water ices, chewing gum, hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn.

- a. Non-Creditable Food Items-may be served during the lunch period, as well as contribute to the nutritional content of the menu. However, these foods do not count towards USDA meal patterns. Schools are encouraged to limit availability of these food items to students.
- b. Creditable Food Item-determined by USDA to have nutritional value and acceptable as a component of a complete meal. Schools are encouraged to serve a variety of creditable food items.
  - The only foods offered during the normal school day are those of good nutritional content and meet the Dietary Guidelines for Americans as outlined above. An analysis of all food offerings has been completed to ensure this has been met.
  - We do not market, advertise or sell foods of non-nutritional value during the school day.

### **C. Food Sales**

**At the discretion of the Food Service Director, the management of food sales on school grounds shall be under the management of the school food service program (except foods sold as part of a fundraising activity).**

2. Only student organizations and legally constituted, nonsectarian, nonpartisan organizations approved by a designated school official are permitted to engage in fundraising on school grounds during the school day. These organizations are encouraged to raise funds through the sale of items other than food. Foods sold for fundraising purposes are prohibited during meal services and until 30 minutes after the last meal is served during the school day. Foods sold for fundraising purposes during the school day shall be monitored by the food service director to ensure compliance with the nutritional standards established by the USDA for school food service programs, as well as nutrition standards set forth by the Arizona Department of Education Child Nutrition Programs. Organizations raising funds by selling foods must schedule, and authorize the fundraiser with the food service director prior to the event
3. Foods and beverages that have as the first ingredient: sugar, corn syrup, shortening, lard or similar, may not be sold to students on school grounds during the normal school day.



#### **IV. Physical Activity and a Healthy School Environment**

At Owens Elementary we see the importance of physical education and are students are allotted 1 hour and 5 minutes of physical activity per day. That includes recesses and P.E.

We are open to alternative ways to discipline students rather than taking away recess time. We have a wonderful physical education program which follows state standards, grounds are kept in safe conditions for physical activity, community relations are strong for student's families to use our facilities, and our equipment is up to date and used correctly. Our physical education program allows for students to have 1.5 hours of physical education per week. We assess our student's physical activity through regular formative assessments. We provide at least 20 minutes of recess each day for our students. Living in Arizona, most months of the year the students are able to be outside and be active during this time. In our classrooms, we use a program called gonoodle.com which is a website designed for students to have brain breaks during the day. These brain breaks are all activities to physically get them moving. Teachers love being an example and doing these brain breaks with the students.

##### **A. Recommendations for Physical Activity**

1. Physical education courses should be the environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
2. Physical activity involves bodily movement that results in an expenditure of energy of at least a moderate intensity level and for duration sufficient to provide a significant health benefit for students.
3. Children will accumulate at least 60 minutes of physical activity on all or most days of the week. This can be accomplished through several bouts of physical activity lasting 15 minutes or more each day.
4. Extended periods of inactivity (periods of two or more hours) are discouraged.
  - Physical education classes provide an environment that encourages students to learn, practice and be assessed for appropriate motor skills and knowledge.
  - School administration and staff will encourage students to strive for at least 60 minutes of physical activity on all or most days of the week and discourages extended periods of inactivity .

##### **B. Recommendations for Physical Education for Children During the Normal School Day**

1. Provide an adequate amount of time for physical education classes. Schools should provide at least 150 minutes per week for elementary students and at least 225 minutes per week for middle school students for the entire school year.

2. Ensure that physical education classes have a teacher / student ratio comparable with those of other classes.
3. Implement a sequential physical education course study consistent with national standards for physical education and with a focus on students' development of motor skills, movement forms and health-related fitness.

4. Ensure that students are moderately to vigorously active at least 50% of the time while participating in physical education classes.
5. Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
6. Prohibit the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class as punishment, or the use of physical education class time to complete assignments from other classes.
  - School schedules should make every effort to provide 150 minutes per week for elementary students and 225 minutes per week for middle school students for the school year.
  - Physical education classes have the same teacher / student ratio of other classes at the school.
  - Physical education teachers have put into place a course of study that is consistent with national standards for physical education.
  - Students are encouraged to be moderately to vigorously active at least 50% of the time and the physical and social environment where they are active is enjoyable and safe for all students.
  - Physical activity should not be used as punishment or taken away as a punishment.  
Also, the time allotted for physical activity is not used to prepare for another class.

### **C. Encouraging Lifetime Physical Activity**

1. Schools should provide daily recess periods of at least 15 minutes for K-5 elementary school students.
2. Schools should provide physical activity breaks during classroom hours.
3. Schools should encourage parents and community members to institute programs that support physical activity, such as a walk to school program.
4. Schools should encourage children to reduce or eliminate the time spent in sedentary activities such as watching television or videos.
  - School makes reasonable effort to provide daily recess of at least 15 minutes for K-5 elementary students.
  - School staff tries to provide physical activity breaks during classroom hours
  - School staff will encouraged parents and community members to start programs that encourage physical activity by communicating with the parents and community the importance of such programs and offering support when needed.



Owens School will hold a core meeting at least once per year, to review and assess our policy and a public meeting at least once per year. We will also assess, review and update our policy at least once every three years.

This wellness policy was established involving parents, students, the school food authority, the school administrator and the school board.

We have charged Ms Michaela Gist with operational responsibility for ensuring that Owens-Whitney Elementary School meets the expectations of our Local Wellness Policy.

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