

Toltec School District No. 22
Local Wellness Policy
2023-2024

I. Wellness Policy Goals

Goals for Nutrition Promotion: An annual report shall be made to the Governing Board on the District's student wellness compliance. Student Council officers and representatives will present students with a presentation regarding student wellness and school compliance.

Goals for Nutrition Education: The Physical Education Teacher will 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 student to practice skills and have fun.

Goals for Physical Activity: The Physical Education Teacher will facilitate physical activity that provides opportunity 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.

Goals for Other School-Based Activities that Promote Student Wellness: The District shall provide at least two recess periods during the school day for pupils in kindergarten programs and grades one through five.

II. Nutrition Standards

School Meals

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

- a. *All schools in the district will participate in the National School Lunch Program.*
- b. *All meals will, at a minimum, meet the New Meal Pattern requirements.*
- c. *Free, potable water will be available to all students during meal periods.*
- d. *Additional standards include:*
 - I. *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.*
 - II. *Foods and beverages sold/served outside of the school meal program will meet the USDA Smart Snacks in School nutrition standards.*
 - III. *Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as performance or behavior.*

Competitive Foods and Beverages

- a. *Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. These guidelines apply to all foods sold in the following locations:*
 - a. *School grounds, whether indoors or outside.*

- b. *List any additional criteria the district has established for competitive foods here:*
- a. *All foods and beverages made available on a school campus serving any configuration of kindergarten through grade eight during the school day are to be consistent with the Arizona Nutrition Standards.*

Celebrations and Rewards

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.

- a. *Describe your standards for all foods and beverages provided, but not sold, to students during the school day:*
All foods offered on the school campus will meet or exceed the USDA Smart Snacks in the school nutrition standards, including celebrations and parties.
- b. *These guidelines apply to (check all that apply):*
- School-sponsored events
 - Celebrations and parties
 - Classroom snacks provided by parents
 - Classroom rewards and Incentives

Fundraising

- a. *Describe your policy on food and beverage related fundraisers sold to students on school campus during the school day, including the frequency and duration of exempt fundraisers as appropriate: Food and beverages sold for fundraising purposes during the school day are subject to the USDA Smart Snacks standards. Fundraising outside the school day is not subject to the same restrictions.*

Food and Beverage Marketing in Schools

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines.

- a. *Describe your policies for food and beverage marketing: Toltec School District services students from kindergarten through grade eight. We do not permit food and beverage marketing.*
- b. *Describe any additional policies for foods and beverages marketed to students: None*

III. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

- a. *Describe frequency of meetings: Committee meetings will convene at the beginning of every school year.*
- b. *Description of who the LEA permits to participate in the wellness policy process. (e.g. parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators):
Committee will be composed of members inclusive of the Food Services Director, Physical and Health Teachers, School Administrators, Elementary Teachers, Student Council Officers, and Parents.*
- c. *Description of how the public is notified that their participation is permitted: Written Invitation/ Flyer, Website, and ClassDojo.*

Leadership

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

- a. *The designated official for oversight of implementation at each school is: School Principal*
- b. *The designated official for convening the wellness committee is: Lead Teacher*
- c. *The person designated for informing the public about the wellness policy is: Superintendent*

IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of the Wellness Policy

- a. Describe the District's plan for implementation to manage and coordinate the execution of this wellness policy.
District and School Administrators are responsible for the coordination of committees and oversight thereof.

Triennial Progress Assessments

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the District will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the District will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

- a. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
 - i. Provide a description of how the District will assess the progress made in attaining the goals of the District's wellness policy:
The Lead Teacher, responsible for overseeing his/her school committee, will guide the composition and evaluation of the Wellness Policy.
 - ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.
School and District Administration will collaborate and evaluate compliance on an annual basis.

- b. The District will assess how their wellness policy compares to model wellness policies.
 - i. Provide a description of how the District will compare their policy with the model policies. Models provided by the state will be considered as our policy is composed and evaluated.

Revisions and Updating the Policy

The District will update or modify the wellness policy as appropriate.

- a. Describe how often the LEA will update or modify the wellness policy: Annually

Notification of Wellness Policy, Policy Updates and Triennial Assessment

The District will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

- a. Describe how the LEA will make the district wellness policy available to the public:
District Website
- b. The annual progress reports and updates can be found at:
School Site
- c. The District will make the Triennial Assessment available at:
District Website

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