

ARTICLE 9. WELLNESS

I. WELLNESS POLICY

A. PURPOSE OF THE WELLNESS PROGRAM

1. Salt River Pima-Maricopa Indian Community (Community) and Education Division (Division) goals identify the importance of having healthy, productive, and successful Community members and students. These goals meet the requirements of Section 204 of Public Law 111-296 and the Healthy, Hunger-Free Kids Act dated December 13, 2010. The Division Schools have established the following Wellness Policy to ensure that all students have access to a healthy nutrition environment during the school day as well as the ability to participate in a healthy physical activity during and beyond the school day.
2. The program of the Education Division Food Service Department will be considered an integral part of the educational program.
3. The Division will maintain facility and equipment for the preparation, service and storage of food and supplies that meet local and state standards and work place safety. Follow Hazard Analysis Critical Control Point (HACCP) guidelines to prevent food borne illnesses.
4. All staff will receive specialized training in providing healthy school meals. All food service personnel must obtain a food handlers card and/or applicable certification as required by the guidelines of the Arizona Department of Health Services.
 - a. **Non-Pricing Program** – Students are provided meals free of charge.
 - b. **Offer vs. Serve** – A school lunch policy that allows students to reject some components of a meal while allowing the food service to receive full reimbursement value of the meal.

B. POLICY

1. Nutrition Guidelines for School Meals – All School Sites

School meals are subject to the rules established by USDA and the Arizona Department of Education. The procedures adopted by the Division Schools may be more restrictive (that is, healthful) in some respects than required by the authorities noted above.

- a. **Safe Drinking Water** – all sites will have access to safe drinking water in each cafeteria.
- b. **Whole Grains, Fruits & Vegetables** – all sites will serve whole grains, fruits, and vegetables compliant with the July 1, 2012 nutrition standards.

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- c. **Use of Food** – food should not be used as either a punishment or a reward. Classroom activities should focus on other means of reinforcing behaviors.
- d. **Outside Food in Cafeteria** - children may bring meals in from home; however, foods that are not allowed to be served (according to National School Lunch Program (“NSLP”) competitive food list) will be confiscated or asked to take home. For meals brought from home, all 5 food components (Fruit, Vegetable, Grain, Meat and Dairy) should be included. If not all 5 food components are included, then the cafeteria will be provide a meal for the student free of charge.
- e. **Role Models** - parents, teachers, administrators, food service personnel and Community members are important role models and will be encouraged to practice Healthy Eating Habits while on school campus. Foods brought in should not conflict with the NSLP guidelines when eating with students. Whenever possible, travel mugs or plain foam cups should be used for beverages so advertising is not apparent.
- f. **Vending Machine** – vending machines for students’ use is not permitted on Elementary School campuses. Vending machines at the Salt River High School campuses must dispense only food and beverages that comply with the Arizona Nutrition Standards.
- g. **Students, Employees and/or School Visitors** – students, employees and/or school visitors will not privately sell food or beverages to students on school grounds unless the sale is part of an approved fundraiser, and it does not interfere with the students desire to have a healthy meal.
- h. **Normal School Day** – the normal school day is defined as the beginning of the start of the first breakfast period and ending with the last bell of the instruction period.
- i. **Foods of Minimal Nutrition Value (FMNV)** – foods containing minimal nutritional value are prohibited in a la carte programs, vending machines and student stores on all sites during school hours. FMNV may not be sold during school program meals to Grades 9-12; and may not be sold during or outside of school program meals for Grades K-8.
- j. **School Sponsored Functions** – school sponsored functions, such as barbeques, pancake breakfast and carnival, must comply with SRPMIC and its Division’s policies and regulations. A SRPMIC special events permit must be obtained to operate public functions where food is served. Alternatively, Division schools may contract the services of an outside vendor or caterer that has obtained all required permits, insurance and other required documents.

2. Nutrition Promotion

- a. Each Kitchen Supervisor will plan and prepare bulletin boards and nutrition/health topics of interest to the students served on a regular basis.

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School staff and students are encouraged to be part of the process. School Nutrition handouts are available from all sites.

- b. School Menus will be posted in the cafeterias and on Community website. Menus will include promotional information for the month.

3. Public Notification – Websites

All school lunch menus are posted on the Education Division public websites, in addition to being sent home with students through parent handouts/flyers.

- Early Childhood Education Center (ECEC) – <http://ecec.srpmic-ed.org>
- Salt River Elementary School (SRES) – <http://sres.srpmic-ed.org>
- Salt River High School (SRHS) – <http://srhs.srpmic-ed.org>
- Alternative Learning Academy (ALA) – <http://ala.srpmic-ed.org>

4. Nutrition Education

- a. The Nutrition Education curriculum will be provided to all age groups, and will address making healthy food choices, avoidance of food/diet fads, needs of the body and creating a balance between calorie intake and physical activity.
- b. Nutrition Lab-cafeterias may be used as learning labs to introduce children to new foods, to allow children to learn about nutrition and food production, etc.
- c. Promotion of healthy eating practices will be strongly encouraged.

5. Physical Education

- a. Division Schools will provide physical education lessons daily at all sites.
- b. Division Schools are encouraged to participate in available running and walking clubs at each site.
- c. Recess is a daily activity with the Early Childhood Education Center (ECEC) and the Salt River Elementary School (SRES).
- d. After school activities and facility usage from the Community are permitted for various youth programs offering health, physical activities and information booths in and out of class.

6. Student Wellness

- a. The Education Division Food Service program will provide all students access to nutritional foods to help them stay healthy and learn well.
- b. Students and staff will be provided adequate space to eat meals and adequate time to eat. Cafeteria will provide sanitary and safe conditions for students and employees.
- c. Children will be provided adequate time to eat meals – at least 10 minutes for breakfast and 20 minutes for lunch. Staggering meal times for different age groups will minimize congestion wait time, etc.

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- d. Nutritional quality of school meals will adhere to nutrition standards of the school breakfast program and lunch program and after school snack program. These standards include portion sizes for various ages/grade levels as well as nutrient criteria including but not limited to protein, vitamin A, vitamin C, iron, fat content (total, saturated and cholesterol), calcium, fiber and sodium.
- e. Large numbers of classroom snacks and parties can have a negative impact on the intent of the Wellness Policy. Rewards and incentives will include non-food items, such as stickers, pencils, school supplies, etc.
- f. However, if food is an essential part of a particular classroom activity, they must be approved by the appropriate site administrator or designee.
- g. Fundraisers on campuses during school hours will comply with USDA regulations.
- h. Competitive Food is any food sold in competition with National School Breakfast and Lunch Programs. Competitive Food includes Foods of Minimal Nutritional Value (FMNV), where this type of non-compliant food should not be sold during the normal school day. Additionally, the FMNV may not be sold during school program meals to Grades 9-12; and may not be sold during or outside of school program meals for Grades K-8.
- i. Student food sales and fundraisers, that occur after school hours or during non-school days, are exempt from this policy.
- j. After school programs (both Community and School sponsored) will provide a variety of enrichment activities that will include physical activities of interest to students enrolled.

C. School Health Advisory & Evaluation

- a. The School Health Advisory Council (SHAC) will prepare an annual report on the Education Division compliance with established wellness goals.
- b. An annual report will be made to the Education Board on the Education Division Compliance with the Wellness Policy related to the student’s wellness with minutes of meetings and goals going forward.
- c. School Health Advisory Council (SHAC) members will include but not be limited to the following:
 - Assistant Superintendent
 - Site Administrators or their designee
 - Teachers
 - School Nurse
 - Food Service Manager or designee
 - All Physical Education Teachers
 - Parents
 - Students

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- d. School Health Advisory Council (SHAC) will evaluate and/or revise the policy as necessary. The activities of the SHAC will be reported to the Assistant Superintendent periodically.

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