

Sentinel Elementary District Local Wellness Policy

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I. Wellness Policy Goals

Goal for Nutrition Promotion: Sentinel School will post its menu on the district's website and have an app available for every family to view the menu which include nutritional analysis and alert to any allergen which can cause an allergic reaction in some students. The district also incorporates local and/or regional products into the school meal program and messages about agriculture and nutrition are reinforced throughout the learning environment. The district will host a school garden. The district hosts a trip to a local farm. Smarter Lunchroom techniques are implemented in the cafeteria: A) sliced or cut fruit is offered B) Both hot or cold vegetables are offered. C) Milk cases are kept full throughout the meal service. D) Staff smile and greet students upon entering the service line and throughout the meal service. E) Cleaning supplies or broken/unused equipment are not visible during meal service F) All lights in the dining and meal service areas work and are turned on. G) Trash cans are emptied when full. H) Students have the opportunity to volunteer in the lunchroom I) Monthly menu is provided to families, students and staff. J) When cut, raw vegetables are offered and paired with a low-fat dip such as ranch or salsa.

Sentinel School provides safe designated routes to school. The number of children walking and/or biking to and from school is documented. Secure storage facilities for bicycles and helmets are present on school grounds. The Maricopa County Sheriff's office will conduct a lesson to the students on walking/bicycling safety.

Goal for Nutrition Education: Sentinel school teaches nutrition education grades K- 8th A) Relationship between healthy eating and personal health and disease prevention. B) Food guidance from MyPlate. C) Reading and using the FDA's nutrition fact label. D) Eating a variety of foods every day. E) Balancing food intake and physical activity. F) Eating more fruits and vegetables and whole grain products. G) Choosing foods and beverages with little added sugar. H) Preparing healthy meals and snacks. I) Food Safety J) Importance of water consumption K) Importance of eating breakfast L) Reducing sodium intake. Hands on learning experiences will include a) cooking demonstrations b) Taste testing c) Promotion of new school menu items d) School garden e) Farm tour.

Physical Activity Topics: A) Health education is required in all elementary grades. B) The physical, physiological, or social benefits of physical activity. C) How physical activity can contribute to a healthy weight D) How an inactive lifestyle contributes to chronic disease. E) Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition. F) Decreasing sedentary activities such as TV watching G) Opportunities for physical activity in the community H) Preventing injury during physical activity I) Weather-related safety for example, avoiding heat stroke, hypothermia, and sunburn while being physically active. J) Developing an individualized physical activity plan L) Dangers of using performance-enhancing drugs such as steroids. M) Overcoming barriers to physical activity.

Goal for Physical Activity: Physical activity is available for at least 30 minutes per day for all students. Physical education for K – 3rd will be two times a week and physical activity for at least 30 minutes per day. Students will do one lap around the track every morning, increasing in March, a lap before lunch is added. K-5 will have recess in the morning and afternoon. Comprehensive school physical activity

program (CSPAP) is used to coordinate physical activity before, during and after school. To the extent practicable, schools ensure that their grounds and facilities are safe, and that equipment is available to all students to be active. Physical education program promotes student physical fitness through individualized fitness and activity assessments.

Elementary schools provide at least 30 minutes of recess on all days during the school year. If recess is offered before lunch, proper hand washing measures are in place. Recess is offered outdoors when weather is feasible. Recess monitors encourage students to be active. Recess monitors serve as role models by being physically active along with students.

Students have opportunities to participate in physical activity before and after school. Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education. Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions. Physical activity may not be substituted for any other class.

Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day on all or most days during a typical school week. Teachers provide short physical activity breaks to students during and between classroom time at least 3 days per week. Teachers are provided with any resources, tool or technology having ideas for classroom physical activity breaks. Teachers incorporate movement and kinesthetic learning approaches into “core” subject instruction, when possible, to reduce sedentary behavior during the day.

Goal for Other School-Based Activities that Promote Student Wellness: Sentinel School will sponsor events to incorporate wellness components including physical activity and healthy eating opportunities.

Sentinel School staff participates in the Wellness Program offered through the school’s insurance company.

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. Meals are appealing and attractive to students.*
- d. Meals are served in clean and pleasant settings.*
- e. Fresh fruits and vegetables are served 5 times per week.*
- f. Free, potable water will be available to all students during meal periods.*
- g. Water sources and containers are maintained on a regular basis to ensure good hygiene and health and safety standards.*
- h. Students are allowed to bring and carry approved water bottles with only water in them throughout the day.*

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.

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.

During testing breaks the students are given a choice of variety of fruit to eat and a smart snack.

- a. *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:*
N/A

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:* That allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in nutrition standards. N/A
- b. *Describe any additional policies for foods and beverages marketed to students:* NA

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:* One time per year
- b. *Description of who the LEA permits to participate in the wellness policy process.* parents, representatives of the school food authority, teachers of physical education, the school board, and school administrators.
- c. *Description of how the public is notified that their participation is permitted:* School's website.

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 Administrator*
- b. *The designated official for convening the wellness committee is: Business Manager and/or Food Service Manager*
- c. *The person designated for informing the public about the wellness policy is: Business Manager and or Food Service Manager.*

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.

A meeting is held at the beginning of the year to go over the wellness policy, meetings refresh everyone's memories on what our goals and plans are. Governing Board Members are notified of the Wellness Policy in a meeting. The School's Administrator will continuously monitor the program throughout the school year. We assess how we are doing and if there needs to be any changes.

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 committee will use the ADE local Wellness Policy Activity & Assessment Tool to monitor their progress yearly.
 - ii. Provide a description of how the district will assess each school's compliance with sections I-IV of this wellness policy.
We are a one school rural district which makes assessing compliance easier, committee is involved in our District Wellness Policy.

- 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. The committee will use the ADE local Wellness Policy Activity & Assessment Tool to monitor their progress yearly.

The school is using model wellness policy templates.

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: At the beginning of each year and make any changes to the policy at the time.

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:
School's website
- b. The annual progress reports and updates can be found at:
The district's office
- c. The District will make the Triennial Assessment available at:
The district's office and website.

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