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STUDENT WELLNESS

FOWLER ELEMENTARY SCHOOL DISTRICT #45

LOCAL SCHOOL WELLNESS POLICY

The School District is committed to creating school environments that support and promote children's health, well-being, and academic success through healthy eating and regular physical activity. The School District strives to make a meaningful contribution to each student's overall well-being, mental and physical development, and learning capacity, ensuring all students can fully engage in the educational experience. Research shows that healthy eating is strongly associated with a lower risk of premature death and the development of chronic diseases later in life. In alignment with this commitment, Fowler adopted the Community Eligibility Provision to ensure that all students have access to nutritious meals during the school day, helping them stay well-nourished and ready to learn.

The Community Eligibility Provision (CEP) is a non-pricing meal service option for schools and school districts in low-income areas. CEP allows the nation’s highest poverty schools and districts to serve breakfast and lunch at no cost to all enrolled students without collecting household applications. Instead, schools that adopt CEP are reimbursed using a formula based on the percentage of students categorically eligible. For free meals based on their participation in other specific means-tested programs, such as the Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF). To ensure the health and well-being of all students, the Board shall promote and monitor student wellness in a manner that the Board determines is appropriate in the following areas:

A. *Nutrition Guidelines*: All foods offered at each school throughout the day will prioritize promoting student health and reducing childhood obesity. The guidelines for reimbursable school meals will adhere to, or exceed, the standards set by the Secretary of Agriculture, as specified in the relevant regulations and guidance for schools. https://www.govinfo.gov/content/pkg/FR-2012-01-26/pdf/2012-1010.pdf

B. *Nutrition Education*: Our goal is to positively shape students' eating habits by delivering age-appropriate nutrition education that acknowledges their cultural backgrounds, aligns with health education or core subjects, and includes interactive activities where students can practice skills in a fun and engaging way. A sequential, comprehensive approach to nutrition education is offered across all grade levels. To support these efforts and encourage student engagement, quarterly taste tests are conducted with students to introduce new, healthy food options and gather feedback.

C. *Physical Activity/Recess*: The goals for physical activity are to provide opportunities 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.

"*Recess*," as defined in statute, means a period of time during the regular school day, including time during a scheduled lunch period, during which a pupil is able to engage in physical activity or social interaction with other pupils.

1. The District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through three (3). From and after August 1, 2019, the District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through five (5).

2. A school that offers a half-day kindergarten program is required to provide at least one (1) recess period during the school day for pupils in that kindergarten program.

3. The school District may count a pupil's participation in a physical education course during a school day as one (1) of that day's recess periods.

4. The District is not required to extend the school day to meet this recess requirement.

5. This recess requirement does not apply to middle schools, junior high schools, high schools, Arizona online instruction or schools in which the lowest grade of instruction offered is grade five (5).

6. All schools have a forty-minute break each day—twenty minutes are spent in the cafeteria for lunch, and the remaining twenty minutes are spent outside. In addition, students can take 'brain breaks' as needed to stretch, dance, or move around.

D. *Sunscreen*: The goal is to emphasize skin health and promote the application of sunscreen products and to inform students that a student who attends school in this District may possess and use a topical sunscreen product while on school property or at a school-sponsored event without a note or prescription from a licensed healthcare professional.

E. *Other School-Based Activities*: The goal is to create a total school environment that is conducive to healthy eating and physical activity.

F. *Implementation, Evaluation and Communication*: The School District will evaluate the effectiveness of this wellness policy at least once every three years to ensure it is successfully promoting student wellness and wellness policy goals. This evaluation will utilize measurable criteria and inform revisions to enhance the policy’s overall impact. Additionally, USDA requires that the School District compare their policy to the ADE model wellness policy.

The Wellness School Assessment Tool (WellSAT) will serve as the evaluation tool for the triennial assessment, and results will be summarized within the District Wellness Scorecard. This Scorecard includes:

- The extent to which schools are in compliance with the District's wellness policy.
- An assessment of the policy's alignment with current federal regulations.
- A summary of progress made toward achieving the policy's stated goals.

The Local Wellness Policy and the evaluation results will be made publicly available on the District's website at https://www.fesd.org/food-services to ensure transparency and accountability.

Physical education teachers, school health professionals, and other relevant stakeholders will be actively involved in both the evaluation and implementation of this policy.

A primary goal of the District is to engage family members, students, representatives of the school food authority, the Governing Board, school administrators, and members of the public in the development and regular review of the wellness policy. Local Wellness Committee meetings are held quarterly, and meeting dates are posted on the District's Food Services webpage.

G. *Annual Training for Food Service Staff:* The District complies with, and in many cases surpasses, the U.S. Department of Agriculture's (USDA) mandated training hour requirements. The USDA requires annual training for school nutrition professionals:

- Directors – At least 12 hours of annual training
- Managers – At least 10 hours of annual training
- Full-time staff – At least 6 hours of annual training
- Part-time staff – At least 4 hours of annual training

H. *Water Availability*: Among the law's many reforms, schools that participate in the Department of Agriculture's (USDA) school lunch program will have to make drinking water available for free to students in the cafeteria during lunch. With this change we want to make the healthy choice, the easy choice for our kids. To support this effort, the district has installed multiple bottle-filling stations across all campuses.

I. *Nutrition Standards for Competitive and Other Foods and Beverages:* All foods sold at school during the school day are required to meet nutrition standards. The Smart Snacks in Schools regulation applies to foods sold a la carte, in the school store, vending machines, and any other venues where food is sold to students. The school day is defined by the USDA as midnight to thirty minutes after the last bell. https://foodplanner.healthiergeneration.org/calculator/

Foods served outside this time frame do not have to meet the guidelines. If a group, club or other organization wishes to conduct school-sponsored fundraisers that involve the sale of foods that do not meet the Smart Snacks Standards may do so by submitting a waiver request to the ADE. A school principal or designated representative of the school is permitted to submit the online https://www.surveymonkey.com/s/FundraiserExemption or by contacting the Health and Nutrition Services Division at 602-542-8700.

Title 7 of the Code of Federal Regulations section §210.11(b)(4) details the requirements for fundraiser restrictions. Regulations state that no exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. When considering a waiver request the intent of the law states, "A special exemption is allowed for the sale of food and/or beverages that do not meet the competitive food standards as required in this section for the purpose of conducting infrequent school sponsored fundraisers."

J. *Ultra-Processed Foods:* Effective at the start of the 2026-2027 school year, House Bill 2164, or the Arizona Healthy Schools Act A.R.S. 15-242-01 prohibits public schools participating in federally funded or assisted meal programs from serving, selling, or allowing a third party to sell ultra-processed food on the school campus during the regular school day. This does not prevent a student's parent or guardian from providing ultra-processed food to the student during the regular school day. The identified ultra-processed foods include:

- Potassium bromate
- Propylparaben
- Titanium dioxide
- Brominated vegetable oil
- Yellow dye 5 or 6
- Blue dye 1 or 2
- Green dye 3
- Red dye 3 or 40

K. *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 statement 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 a product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks in School nutrition guidelines. These guidelines apply to:

- Brand names, trademarks logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays such as on vending machine exteriors.
- Corporate brand, logo trademark or name on school equipment such as marquees, message boards, scoreboards, etc.

- Corporate brand, logo trademark or name on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment, as well as on posters, book covers, school supplies, displays, etc.
- Advertisements in school publications or mailings.
- Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product.

The Superintendent is directed to develop administrative regulations to implement this policy. These regulations shall address all food and beverages sold or served to students at school—including competitive foods, snacks, and beverages offered through vending machines, school stores, after-school programs, fundraisers, and refreshments at school parties, celebrations, and meetings. The regulations should also include provisions for staff training, family and community involvement, and program evaluation.

Adopted: August 11th, 2026

LEGAL REF.:
A.R.S.
15-118
15-159
15-242
42 U. S. C. 1751 *et seq*. (National School Lunch Act)
42 U. S. C. 1771 *et seq*. (Child Nutrition Act)

CROSS REF.:
ABA - Community Involvement in Education
ABAA - Parental Involvement
BBA - Board Powers and Responsibilities
EF - Food Services
EFDA - Collection of Money/Food Tickets
EFE - Competitive Food Sales/Vending Machines
IA - Instructional Goals and Objectives