

## **District Wellness Plan**

The Queen Creek Unified School District strives to make a significant contribution to the general well-being, mental and physical capacity, and learning ability of each student while affording them the opportunity to fully participate in the educational process.

The Governing Board, in consultation with the Director of Child Nutrition, school administrators and the public, adopts the following goals for student wellness:

### **Wellness Goals**

1. The district's food service program, operated by the Child Nutrition Department, will provide all students access to nutritious foods to help them stay healthy and learn well. Nutritional standards for reimbursable meals sold or served in all schools will meet or exceed the Federal Breakfast and Lunch Program regulations issued by the U.S. Department of Agriculture.
2. The selection of student foods and beverages sold or served on school grounds during the normal school day will have as a primary goal the promotion of student health and lifelong wellness. In furtherance of this goal, all food and beverages sold or served to students on school campus during the school day will conform to all applicable nutrition standards adopted by the Arizona Department of Education and the U.S. Department of Agriculture (the "Smart Snacks").
3. The district will include nutrition and health education in physical education, science, and other courses as required by the Healthy, Hunger-Free Kids Act of 2010.
4. The school and school-sponsored organizations will provide opportunities for students to develop the knowledge and skills for various physical activities, participate regularly in physical activity, and learn the long-term benefits of a physically active and healthy lifestyle.
5. Schools will maintain a school environment that is safe, comfortable and conducive to healthy eating and physical activity.

### **Evaluation**

The Director of Child Nutrition and the Director of Curriculum, together with a committee of staff and citizens, will annually review the district's progress toward the wellness goals.

The Superintendent will adopt administrative regulations to implement this policy.

Adopted: \_\_\_\_\_

Revised: \_\_\_\_\_

LEGAL REF.: A.R.S. 15-242

National School Lunch Act, 42 U.S.C. 1751, et. seq.

Healthy, Hunger Free Kids Act of 2010, 42 U.S.C. 1751

## **STUDENT WELLNESS**

### **Child Nutrition Programs**

The program of the Child Nutrition Department will be considered as an integral part of the educational program. The district will participate in the National School Lunch, National School Breakfast and Summer Meals Programs (for those that qualify) in accordance with the National School Lunch Act and the Healthy Hunger Free Kids Act of 2010 as amended and applicable laws and regulations of the state of Arizona.

A program of free and reduced-price meals is established through Governing Board approval and participation in the National School Lunch Program (NSLP) and the National School Breakfast Program (NSBP) to provide meals for students who qualify.

Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law.

Students may bring lunches from home. Further restrictions/guidelines on lunches brought from home may apply.

### **Foods Available on School Campuses**

All Food and beverages sold or served on school campuses during the school day (outside of the NSLP & NSBP) will comply with USDA Smart Snacks Standards. This will include a la carte programs, vending machines, fundraisers, and student stores. Food and beverage sales and fund-raisers that occur after school hours or during non-school days are exempt from this regulation.

#### *Fundraising*

Fundraisers in grades K-8 must comply with USDA Smart Snacks Standards.

Queen Creek High Schools will have the following number of weeks open to exempt fundraising by any club on campus.

First Term - 2 weeks

Second Term - 3 weeks

Third Term - 2 weeks

Fourth Term - 2 weeks

Student Council will select the exact weeks each semester and publish them to all clubs and organizations on campus. The fundraiser will be open to all from Monday to Friday. The clubs and organizations will submit a fundraiser request to QCHS Student Council. QCHS Student Council will check all requests for appropriateness so that groups aren't selling the same items. QCHS Student Council, specifically the Student Council Advisor, will submit the required paperwork to ADE. All other fundraisers on school campus during the school day will comply with USDA Smart Snacks Standards.

Student food/beverage sales and fund-raisers selling food/beverage items will not be allowed from 15 minutes before published meal service to 15 minutes after published meal service (High school student store is exempt from time restriction). Students, employees and/or school visitors will not privately sell food or beverages to students on school grounds unless the sale is part of a fund-raiser.

### *Rewards*

All school campuses will be allowed one exempt reward per quarter. All other rewards on school campus during the school day will comply with USDA Smart Snacks Standards. The school Principal and Child Nutrition Director must be notified of the exempt reward.

School staff and PTO will be encouraged to provide students with non-food related rewards.

### *Availability*

Student food/beverage sales and fund-raisers selling food/beverage items will not be allowed from 15 minutes before published meal service to 15 minutes after published meal service (High school student store is exempt from time restriction).

### *Caffeine*

Caffeinated beverages marketed as energy drinks and/or containing more than 4mg of caffeine per ounce will be prohibited at all QCUSD campuses (current USDA regulations prohibit caffeine entirely at the K-8 level)

## **Other School-Based Activities**

### *Rewards*

School staff and PTO are encouraged to review the practice of using food as a reward for academic performance or good behavior. When incentives are appropriate, items other than food should be considered.

### *Celebrations*

Items provided for individual classroom celebrations should support the goals of a healthy school environment. Individual classroom celebrations are not subject to the USDA Smart Snacks Standards, however, group celebrations involving more than one classroom including Field Days will need to comply with the USDA Smart Snacks Standards.

## **Food Safety, Sanitation and Security**

All food brought onto campus for consumption by students in classroom celebrations must originate from commercial grocery or food service stores or other commercial kitchens certified to comply with Maricopa County Environmental Service regulations. This excludes curriculum based food and celebrations.

Access to school food service facilities, including cafeteria ice machines, will be limited to Child Nutrition staff and authorized personnel. Cafeteria ice machines will be used for food service purposes only and will be the only ice machines used to dispense ice for student consumption. It is advised that all cafeteria ice machines display a sign stating authorized personnel only.

School-sponsored evening functions, such as barbeques and carnivals must comply with Maricopa County Environmental Service regulations. A county special events permit must be obtained to operate public functions where food is served. Alternatively, schools may contract the services of an outside vendor or caterer that has obtained all required permits (such as QCUSD Catering). Private events such as pot lucks and school sponsored banquets are excluded.

Food for events held during the school day will be provided by the Child Nutrition Department following the NSLP & NSBP guidelines.

## **Curriculum**

### *Physical Activity*

The district will promote and encourage student participation in physical activity and recognizes that all physical activity contributes to a healthy lifestyle.

Schools will provide students a variety of options for participation in physical activity. Activities may include physical education classes, elective physical education courses and the integration of physical activity into the academic curriculum.

Elementary schools should provide 30 minutes of Physical Education twice per week. Middle schools should provide 45 minutes of Physical Education five days per week for one semester of 6<sup>th</sup> grade. High schools should require at least one year of Physical Education for graduation.

Schools should provide daily recess for all elementary school students. Recess should not be used as a reward or punishment. Extended period of inactivity (periods of two or more hours) are discouraged.

### *Health Awareness*

Schools are encouraged to develop a health awareness curriculum (including mental health).

### *Sunscreen*

Schools will promote and encourage the use of sunscreen and recognize that this is an important health practice.

## **Lunch Break**

Elementary schools should allow at least 40 minutes for a lunch break. This can include recess. Middle schools and high schools should allow at least 30 minutes for a lunch break.

## **Program Evaluation & Recordkeeping**

The Director of Child Nutrition will prepare an annual report on the district's compliance with established student wellness goals.

Each school administration is required to keep proper documentation, as described in Smart Snacks Flyer found on district website, of all non-exempt food and beverages sold or served on campus during the school day to show compliance with the USDA Smart Snacks Standards.

An annual report will be made to the Governing Board on the district's compliance with the law and policies related to student wellness.

## **Definitions**

For the purpose of this regulation,

Fundraiser – a sale of food or beverages by students, employees or parents to students on behalf of a student or school-related organization.

School food sales – food sold to students from the school cafeteria, snack bar, vending machines, designated school location, and student store.

School campus – Any area that is accessible by students during the school day

School day – Midnight the night before to 30 minutes after the last bell rings.

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### *Wellness Goals*

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2. The selection of student foods and beverages sold or served on school campus or at school-sponsored events during the school day will have as a primary goal the promotion of student health and lifelong wellness. In furtherance of this goal,
  - a. Food and beverages sold or served to students on campus during the school day at all schools (outside of the NSLP & NSBP) will meet the USDA Smart Snacks Standards.
  - b. Nutritional standards for reimbursable meals sold or served in all schools will meet or exceed the regulations issued by the U.S. Department of Agriculture.
3. The district will include nutrition education as part of its physical education and/or science instruction.
4. The schools and school-sponsored organization will provide opportunities for students to develop the knowledge and skills for various physical activities, participate regularly in physical activity, and learn the long-term benefits of a physically active and healthy lifestyle.
5. Schools will maintain a school environment that is safe, comfortable and conducive to healthy eating and physical activity.

### **Evaluation**

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This institution is an equal opportunity provider.