



Whiteriver Unified School District



Wellness Policy

Table of Contents

Wellness Policy Overview

Purpose and Goal	3
Rationale	3

Nutrition Education

Policy Recommendations	4
Rational	4
Reference/ Resources	4

Physical Activity

Policy Recommendations	5
Rational	5
Reference/ Resources	5
What can schools do?	6
What can parents do?	6
What can teachers do?	7

Establishing Nutrition Standards for All Foods Available on School Campus

Policy Recommendations	8
Rational	9
Reference/ Resources	9
Healthy School Parties	9
Classroom Rewards	10
Healthy Fundraising Ideas	10

Setting Goals for Other School Based Activities Designed to Promote Student Wellness

Policy Recommendations	12
Reference/ Resources	12

Setting Goals for Measurement and Evaluation

Policy Recommendations	13
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Whiteriver School District Wellness Policy

By the 2006-07 school year, all schools receiving federal funding for Child Nutrition Programs will be required, at a minimum, to have a student wellness policy with the following features:

- Goals for nutrition education, physical activity, and other school based activities that are designed to promote student wellness in a manner that the local education agency determines are appropriate;
- Nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day, with the objectives of promoting student health and reducing childhood obesity;
- Assurances that guidelines for reimbursable school meals are not less restrictive than the regulations issued by the USDA;
- Guidelines to measure how well the school wellness policy is being implemented, including the designation of one or more persons at each school with operational responsibility for ensuring that the school is meeting the policy;
- Involvement of parents, students, representatives of the school food authority, the school board and school administrators, and the public in developing the wellness policy.

Model School Wellness Policy

Mission Statement

- The Whiteriver School District shall prepare, adopt, and implement a comprehensive wellness policy to encourage healthy eating, physical activity and well-being. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Rationale

- Childhood weight problems are a medical concern, not a cosmetic issue. Poor nutrition, lack of physical activity and being overweight can lead to complications such as elevated blood cholesterol and blood pressure, gallbladder disease, osteoarthritis and joint problems, asthma, type II diabetes, depression, anxiety and sleep apnea.
- Good nutrition and adequate physical activity help children grow, develop and do well in school.
- A good portion of children's diets are consumed in the school environment.

Policy Recommendations

- A. Whiteriver Unified School District will follow education and physical activity achievement standard as outlined by the State Department of Education. Students pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- B. All nutrition education will be scientifically based, consistent with the United States Department of Agriculture's (USDA) Dietary Guidelines for Americans.
- C. Nutrition education will be offered in school dining room and in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.
- D. Whiteriver school campuses will participate in USDA nutrition programs such as "Team Nutrition" and conduct nutrition education activities and promotions that involve students, parent, and the community. The school nutrition team responsible for these activities will be composed of child nutrition services staff, student services staff, school nurses, health, and physical education teachers.
- E. Each school will be given the opportunity to provide 4 hours of teacher training on food and nutrition education. The training will be given by the Indian Health Nutrition and Dietary Department.
- F. Schools will provide health education a minimum one lesson per month in elementary grades (K-6th), one semester each year in middle school (7th & 8th) and ½ credit in high school. Classes can be given by the Indian Health Service Nutrition and Dietary Department.

Rational

- Nutrition education has been shown to improve eating habits and health studies.
- Integrating nutrition education topics into other subject instruction areas helps with the mastery of core subject standards.
- Behavior change correlates positively with the amount of nutrition instruction received.

References/Resources

- Arizona Department of Education State Standards for Health Education <http://www.ade.state.az.us/standards/health/CompRationale.asp>
- Dairy Council of Arizona provides free nutrition education materials consistent with the USDA's Dietary Guidelines for Americans. Visit <http://www.dairycouncilofaz.org/main.htm> to view materials.
- Arizona Beef Council provides nutrition education materials. Visit <http://www.arizonabeef.org/>
- Eat Smart. Play Hard. Free resource from the USDA. <http://www.fns.usda.gov/eatsmartplayhard/>
- Arizona Nutrition Network. Eat Well, Be Well Conference. Information can be found at <http://www.eatwellbewell.org/>

Physical Activity:

Policy Recommendations

- A. Schools will provide physical education a minimum of 40 minutes a week in elementary grades K-2nd, 45 minutes or more a week in elementary grades 3rd- 6th, one semester each year in middle school (7th & 8th) and ½ credit in high school. A student may be excused from participation in physical education only if: 1) a physician states in writing that specific physical activities will jeopardize the student's health and well-being or 2) a parent/guardian requests exemption from specific physical activities on religious grounds.
- B. National standards with all state standards will be incorporated into the lessons.
- C. Schools will provide relevant continuing education opportunities for all physical education teachers. All physical educators are encouraged to attend National American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) Conference at District expense.
- D. Schools will encourage and create opportunities for students to voluntarily participate in before and after school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics.
- E. Schools will strive to have 30 minutes or recess time in pre K-6 during each school day. Recess shall complement, not substitute for, physical education classes.
- F. Physical education teachers should be qualified, with a teaching endorsement in physical education.
- G. Encourage active transportation to/from schools by assessing the safest routes for students to walk or bike to school, and by installing bike racks at school buildings.
- H. Staff members are encouraged to participate in and model physical activity as an important part of daily life. This can include supporting the use of local facilities, school competitions (volleyball, basketball, weight loss contest, etc.), or walking or running groups.
- I. All teachers/staff will discourage the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes.
- J. Physical Educators will implement a Presidential Fitness Test or Fitness Gram Test to their students during PE classes.

Rational

Physical Activity:

- Helps build and maintain healthy bones, muscles, and joints.
- Helps control weight, build lean muscle, and reduce fat.
- Prevents or delays the development of high blood pressure and helps reduce blood pressure in some adolescents with hypertension.
- Reduces feelings of depression and anxiety.

References/Resources

- Arizona Physical Education Standards. Available at:
<http://www.ade.state.az.us/standards/contentstandards.asp>

- Centers for Disease Control (CDC) and Prevention: <http://www.cdc.gov>
- CDC Physical Activity and Health: <http://www.cdc.gov/nccdphp/sgr/sgr.htm>
- National Association of State Boards of Education: http://www.nasbe.org/HealthySchools/Sample_Policies/Sample_Policies.html
- PE Central: <http://www.pecentral.org>
- Recess Articles. Available at: <http://www.geocities.com/recessplease/index>
- Safe Routes to School: <http://www.bicyclealliance.org/saferoutes/index.php>

WHAT CAN SCHOOLS DO?

- Offer time within the school day for all teachers as well as students to be physically active.
- Provide recess at least twice each day for 10 minutes each, pre K-12.
- Offer extracurricular and recreational activities that promote physical activity at recess and at lunch time.
- Avoid substituting recess for physical education class.
- Provide faculty and staff support to families with inactivity concerns.
- Avoid the temptation to deny recess as a form of discipline.
- Avoid using physical activity as a form of discipline. Instead, use physical activity as a reward.
- Encourage and allow faculty and staff to attend professional development trainings and workshops that focus on positive use of physical activity in the classroom.
- Keep teacher/student ratios of physical education classes comparable to the ratio in other classes.
- Use five minute physical activity breaks in the classroom to help students make transition between lessons and subject areas.
- Encourage parents to assess safe routes where students can walk or ride bikes to school.
- Install bike racks outside the school building.
- Offer intramural and physical activities that feature a range of competitive, cooperative and individual physical activities.
- Collaborate with Boys and Girls Club and recreation departments to identify physical activity opportunities for students and their families.
- Support efforts and initiatives, such as America on the Move and Walk to School Day. Encourage teachers and parents to do the same.
- Support efforts of physical educators to meet recommended Arizona Physical Education Standards.
- Encourage recess before lunch.

WHAT CAN PARENTS DO?

- Be role models for physical activity.
- Find activities and recreational pastimes the whole family can enjoy.
- Limit television, and video/computer games time to a maximum of two hours per day.
- Support and join the efforts of community organizations that focus on development of parks, walking paths, bike routes, etc.
- Use your bike or feet in place of the car whenever you can.
- Take time every day to engage in physical activity.
- Exercise with a friend, especially a friend who is not inclined to participate.

- Take a walk break instead of a coffee break.
- Make time for daily family play.
- Learn the meaning of BMI.
- Purchase pedometers for the entire family...and wear them.
- Walk around the house or do sit-ups during TV commercials.

WHAT CAN TEACHERS DO?

• Teachers and other adults are role models for students. Encourage physical activity by joining in the fun with the kids on the playground or gym, and talking about physical activities you like to do outside of school. Ask the librarian to prepare a book display about various physical activities or send home activity homework that parents and teachers can do together. Don't take away physical activity opportunities as a form of punishment, but use physical activity as a reward. Try taking physical activity breaks using the "Take 10" ideas below.

Take 10 Physical Activity Breaks

Below are some ideas of how you can incorporate physical activity into the classroom. Even ten minute bouts of physical activity can enhance learning. For additional "Take 10" ideas search for mind and body at <http://www.opi.state.mt.us>.

Math

- Have students measure their jumping skills by measuring the distance covered when jumping, leaping and hopping.
- Call out a math problem. If the answer is less than 20, have students give their answer in jumping jacks.
- Have students graph their resting heart rate, and elevated heart rate.

Science

- Test the shapes of movement equipment and analyze why they are shaped as such.
- Take nature walks.

Language Arts

- Ask students to record in their journals the amount of time they spend watching TV and being physically active- and what activities they enjoyed the most.
- Read health-related books to the students as a reward.

Spelling

- Host a spelling bee with a physical activity theme. Ask students to act out verbs such as skip, hop, jump and others.
- Have students spell out health-related words using their bodies to form letters.

Geography

- Rhythmic Activity: "Body, Mind Map" uses the body as a model of the globe. North Pole: touch head, South Pole: touch toes, Equator: hands around waist, America: left hand, Europe: nose, etc.
- Have student research and demonstrate what physical activities are done in other countries.

Policy Recommendations

- A. During each school day the food service program shall offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast programs. Students and staff are encouraged to participate in these programs.
- B. Portion size will follow Arizona Nutrition Standards.
- C. A la carte options within the school nutrition program shall be offered to supplement, not substitute for school meals. Schools will encourage students to make nutritious food choices, such as whole grains, fresh fruit and vegetables, and lower fat dairy. Vending machines, student stores, concession stands much supplied with nutritional snacks, according to ADE Standards.
- D. The food service program shall offer snacks based on the nutrient guidelines in the USDA's After School At-Risk Snack Program to those students in after-school education or enrichment programs. The food service program shall also offer breakfast and lunch based on the nutrient guidelines for field trips or school events with the exception of an overnight or long day trip.
- E. Food and Beverages sold or served on school grounds or at school-sponsored events during the normal school day shall meet the Dietary Guidelines for Americans and other nutrition standard guidelines as set forth by the Arizona Department of Education Child Nutrition Programs. This includes:
 1. a la carte offerings in the food service program
 2. food and beverage choices in vending machines
 3. food and beverage sold as part of school-sponsored fundraising activities
 4. refreshments served at student parties, celebrations, and meetings

Parties, meetings, sports activities, fundraising activities may be exempted with approval given through food service and the school principal.
- F. School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at meal time due to misbehavior in the classroom.
- G. Selling food during school hours need to follow the "Allowable Food & Beverage List". All food sold after school does not need to follow the list.
- H. Food or beverage contracts must be approved by food service.
- I. The district will employ a food service director, who is properly qualified and certified according to current professional standards, to administer the school food service program and satisfy reporting requirements. All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that address strategies for promoting healthy eating behavior, food safety, and other topics directly relevant to the employee's job duties.
- J. All schools will allow four exempted parties on Halloween, Christmas (before winter break), Valentines and the end of school year. These parties do not need to follow the "Allowable Food & Beverage List."
- K. Teachers that want to use food in their lesson must use food listed in the "Allowable Food & Beverage List". All food not on the list must be approved through the Food Services Department.

Rationale

- Numerous studies have shown that students eating breakfast and lunch at school consume a greater variety of foods and more nutrients.
- Menus offered at school by USDA requirement must meet one-quarter of the day's nutrient requirement for breakfast and one-third of the day's nutrient requirement for lunch. This assures that students receive a variety of foods that contribute to a balanced diet.
- Menus support and reinforce the Dietary Guidelines for Americans.
- Food Service Staff that is well-trained and certified under SNA regulations have the knowledge and skills to provide quality meals served safely.
- Students eat more healthful food safely in a supervised environment with enough time to eat and socialize.

References/Resources

- National Association of State Boards of Education:
http://www.nasbe.org/HealthySchools/Sample_Policies/Sample_Policies.html
- Arizona Department of Education Nutrition Standards

Healthy School Parties

Students are taught in the classrooms about good nutrition and the value of healthy food choices. However, many times foods served in the classroom, as in the case of a class party, are low in nutrients and high in calories. This sends a mixed message - that good nutrition is just an academic exercise that is not important to their health or education. To send the right message administrators, parents, teachers and students need to promote healthy lifestyle principles, replacing unhealthy food offerings with healthy ones. Below are some suggestions for healthier party treats.

- Milk/ flavored milk
- 100% juice
- Water/ flavored water (calorie free)
- Fresh fruit assortment
- Fruit and cheese kabobs
- 100% fruit snacks
- Vegetable trays
- String cheese/cheese cubes
- Pretzels
- Low-fat popcorn
- Graham crackers
- Vanilla wafers
- Yogurt parfaits (yogurt, berries, granola, layered)
- Pizza dippers (pizza toppings and bread on skewer with marinara dip)
- Wraps or sandwiches (turkey, roast beef, ham, tuna, tofu, veggie or chicken salad)
- Animal crackers
- Angel food cake
- Pizza with low-fat toppings
- Apples with fat-free caramel dip
- Instant pudding made with milk
- Yogurt smoothies
- Yogurt in a tube (try frozen)
- Crackers with cheese
- Quesadillas with salsa
- Low-fat breakfast or granola bars
- Trail/cereal mixes
- Peanut butter with apples or celery

Recipes

Easy low-fat fruit dip

½ cup vanilla low fat yogurt

1 teaspoon honey

¼ teaspoon cinnamon

¼ tsp nutmeg

Directions: mix together until blended. Serve with your favorite fruits!

Homemade Trail Mix

2 cups Cheerios cereal

1 cup chocolate chips

½ cup peanuts

1 cup Rice Chex

1 ½ cup raisins

½ cup coconut

2 cups Puffed Wheat

Directions: Mix all ingredients together. Serve with an ice cold glass of milk!

NOTE: Remember food safety - - - KEEP COLD FOODS COLD AND HOT FOODS HOT.

Classroom Rewards

Students learn what they live. Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

- Sit by friends
- Watch a video
- Read outdoors
- Teach the class
- Have extra art time
- Enjoy class outdoors
- Have an extra recess
- Play a computer game
- Read to a younger class
- Get a no homework pass
- Dance to favorite music in the classroom
- Have lunch or breakfast in the classroom
- Sing fun songs (songs with actions are fun)
- Be first in line when the class leaves the room
- Get a "free choice" time at the end of the day
- Listen with a headset to a book on audio tape
- Have a teacher perform special skills (i.e. sing)
- Have a teacher read a special book to the class
- Take a trip to the treasure box (filled with: stickers, tattoos, pencils, erasers, bookmarks, desktop tents, etc.)
- Play tag or hide and seek
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Be a helper in another classroom
- Eat lunch with a teacher or principal

Healthy Fundraising Ideas

- Talent shows/school plays
- Fun runs
- Car washes
- Dances (traditional, father/daughter)
- Golf tournament
- Carnivals/festivals
- Sports camps for younger children
- Craft sales

- Healthy dinners
- Walk/bike/dance/bowl/jump rope/hit/kick-a-thons
- Auctions

Other Fundraising Ideas:

- Pizza kits
- Fresh fruit baskets
- Tupperware
- Greeting cards
- Valentines/telegrams
- Stationary
- Gift wrap, ribbons
- Baskets
- Lotions, soaps
- Picture frames
- Magazine subscriptions
- Flowers, plants, bulbs
- Holiday wreaths
- Ornaments
- Coupon books
- Balloons
- Jewelry
- CDs/DVDs
- Garage sales
- Services (lawn care, house cleaning, salon)
- Books
- Candles

At School Events. . . Instead of Candy Sell:

- Fresh Fruit
- Milk or flavored milk
- Nuts
- Popcorn
- String cheese
- Trail mixes
- Baked potatoes (w/ broccoli and cheese or chili)
- Low-fat chili
- Fruit and yogurt parfaits
- Low-fat sandwiches or wraps
- Fresh salads

If you must sell candy use price strategies for health (candy \$1.00, apple 35 cents)

Got Team Spirit? Sell:

- Apparel
- Spirit/ booster badges
- Decals, bumper stickers
- Mugs, souvenir cups
- School cookbooks
- School Calendars
- Key Chains
- Stadium blankets/ pillows
- Pens, pencils, erasers

Setting Goals for Other School Based Activities Designed to Promote Student Wellness

Policy Recommendations

- A. It is acknowledged that the feeding of children is primarily a family responsibility. To supplement their efforts, every school shall operate a food service program to ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. Students and staff are highly encouraged to promote and participate in this National school breakfast, lunch, and after school snack programs.
- B. Students and staff shall have adequate space to eat meals in pleasant surroundings and shall have adequate time to eat, relax, and socialize: at least 15 minutes for breakfast and 15 minutes for lunch. If buses are late, or activities interfere, adjustments are made to allow students time to complete a meal.
- C. The physical setting shall be clean and in good repair at all schools. Each school may stagger lunch hours as needed to create an optimal environment. Schools may use the environment for promotion activities on an individual basis which is appropriate to the developmental needs of the students served.
- D. Marketing of food or beverages is also on an individual school basis within the guidelines of current food service policy on what constitutes a healthy meal and may be served to students as such. Older students are offered more options in meal items within those guidelines.
- E. Schools can grow fruits and vegetables as a tool to enhance their lessons in class.
- F. Nutritious snack and physical activities are reported to be part of existing after school programs. Implementation of this category should include strengthening of those activities to include some overall wellness goals and implementation strategies.
- G. This committee is identified as the school health council. Additional representation will be added from the community, student body, and parents, as the model is developed. Individual schools may continue to have a group which is involved with implementation to ensure that implementation is relevant and developmentally appropriate at each site.
- H. Communications on this topic will be included in existing newsletters to families and community. Results of screening are shared through existing channels created for this purpose.
- I. Staff wellness activities are included in the model and implemented at each school in accordance with that site's wellness goals. Wellness goals should be determined by the staff at the particular site based on their perceived need.

References/Resources

- American Academy of Pediatrics <http://www.aap.org>
- Centers for Disease Control <http://www.cdc.gov>
- National Association of State Boards of Education, "Fit, Healthy, and Ready to Learn: A School Health Policy Guide," [http://www.nasbe.org/Healthy Schools/fithealthy.mgi](http://www.nasbe.org/Healthy_Schools/fithealthy.mgi)
- U.S. Department of Health and Human Services <http://www.hhs.gov>

Setting Goals for Measurement and Evaluation

Policy Recommendations

- A. In each school, the principal will ensure compliance with established District-wide student wellness goals and will report on the school's compliance to the Superintendent.
- B. The district, and individual schools within the Whiteriver School District, will revise the policy and develop action plans to facilitate their implementation as needed.