

J-4962 © JL-RA
Student Wellness

Coolidge Unified School District Local Wellness Policy

Coolidge Unified School District #21
450 N. Arizona Blvd.
Coolidge, AZ 85128

The Coolidge Unified School District adopts this school wellness policy to promote a healthy environment in schools. This policy was formed by a collaborative effort of nutrition policies, committee of local professionals, district staff and students with the following commitments to nutrition education and physical activity.

Introduction

The Child Nutrition and WIC Reauthorization Act of 2004 required that as of the 2006-2007 school year, local education agencies participating in school meals programs were required to establish a local school wellness policy. Section 204 of the Healthy, Hunger-Free Kids Act of 2010, strengthened wellness policies by emphasizing ongoing implementation and assessment. This policy is intended to provide a healthy environment for Coolidge Unified School District students and employees.

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Local Wellness Policy Goals

Coolidge Unified School District is committed to the goals of nutrition education promoting adequate physical activity and having healthy school- based activities by providing a school environment that enhances learning and development of lifelong wellness practices.

- **Nutrition Guidelines:** All food available in each school during the school day will have as a primary goal the promotion of student health.
- **Nutrition Education:** The goal is to influence student eating behaviors by providing nutrition education that is age/grade appropriate and is integrated within health education. Students will develop the necessary skills to make nutritious choices, adopt and maintain healthy eating behaviors. Each school in the district will encourage staff to model healthy eating as a valuable part of life.
- **Physical Activity:** The goals for physical activity are to provide opportunities for every student to have fun while being physically active, maintain physical fitness, participate in regular physical activity and to teach the short and long term benefits of a physically active lifestyle. Each school in the district will encourage staff to model physical activity as a valuable part of life.
- **Other school based activities:** The goal is to create a total school environment that is conducive to healthy eating and physical activity.
- **Evaluation:** A primary goal will be to regularly evaluate the effectiveness of this policy in promoting healthy eating and physical activity and changing the policy to increase its effectiveness.
- **Parent, Community and Staff Involvement:** A primary goal will be to engage parents, students, school administration, school food authorities, governing board members, school staff, physical education teachers and school health professionals in the development and regular review of this policy. Parents will be provided the opportunity to give feedback on our district's wellness policy through our website.

The district will adhere to the following Nutrition Guidelines for all foods available on campus during the school day:

- **There will be no sale of foods and or beverages on campuses other than water and those offered by Food Services during the time frame of 12:00 a.m. to thirty (30) minutes after the final bell rings for the school day.**

- Child Nutrition Programs will comply with and will not be less restrictive than federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- **All food and beverages made available on campus by the school (including vending, concessions, a la carte, student stores, parties and fundraising) during the school day are consistent with the standards described by the National School Lunch Program.**
- All food and beverages on campus adhere to food safety and nutrition guidelines.

Local Wellness Policy Guidelines

NUTRITIONAL GUIDELINES FOR ALL FOODS ON CAMPUS

- All schools in the Coolidge Unified School District will participate in the National School Lunch and School Breakfast Programs. All foods made available on campus during the day will comply with the appropriate nutritional standards for each age group. The Food Service Department will provide snacks that meet federal nutrition guidelines to after school programs as appropriate.
- Foods sold and served during the school day must comply with the Arizona Nutrition Standards established by the Arizona Department of Education.
- Food providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines.
- In our district food service program, all grains served will be whole grain rich.
- Our district will prohibit the sale of soda to students.
- Classroom parties must be approved by the school Principal and will be limited to three (3) parties per school year. Student food allergies will be considered when planning classroom parties. Food and beverages served during classroom parties must be store bought and packaged from the store; serving homemade food and beverages to students is prohibited. The promotion of healthy foods and beverages is encouraged during classroom parties.
- Fundraising activities will support healthy eating and wellness. Foods and beverages sold at fundraisers will include healthy choices and meet federal and state nutrition guidelines. Our district encourages non-food fundraising.
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition standards.

EATING ENVIRONMENT

- Students will be given adequate time to eat breakfast and lunch.
- Cafeteria procedures are designed so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.
- Students and staff will have access to free, safe and fresh drinking water throughout the day. Drinking water is available for students at meals.

CHILD NUTRITION OPERATIONS

- The food services department will aim to be financially self-supporting. However, the department is essential to educational support. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students.
- All revenue from the sale of foods purchased using funds from the non-profit school food service account must accrue only to the school food service account.
- The food services program will ensure that all students have affordable access to the nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast and summer feeding programs)
- Coordinate with other agencies and community groups to operate, or assist with operating a summer food service program for children and adolescents who are eligible for federal program support.

FOOD SAFETY/FOOD SECURITY

- All foods made available on campus comply with the state and local food safety and sanitation regulations.
- For the safety and security of the food and facility, access to the food service operations are limited to Food Services staff and authorized personnel.

PHYSICAL ACTIVITY

- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Athletics, recess and/or other classes may not take the place of physical education.
- Physical activity will be integrated throughout the school day. Movement can be made a part of any class.
- All students in grades K-6 shall receive daily supervised recess.

- Time allotted for physical activity will be consistent with state or national standards. Students should have several opportunities for physical activity of 15 minutes or more.
- A daily recess period for students is not used inappropriately as punishment or a reward. Staff members shall not use physical activity as a punishment, or deny participation in recess or other physical activity opportunities as a form of discipline.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activity.
- Adequate space and equipment is available for all students to participate in physical education.
- Physical activity facilities on school grounds will be safe.
- Physical Education classes will have the same student/teacher ratio used in other classes.
- Schools encourage families and community members to institute programs that support physical activity.

OTHER SCHOOL-BASED ACTIVITIES

- After school programs will encourage physical activity and healthy habit formation.
- Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances and assemblies).

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COMPETITIVE FOOD SALES/VENDING MACHINES

VENDING MACHINES

Vending machines may be located on school campuses. Vending machines will only dispense water.

COMPETITIVE FOOD SALES

- Competitive food sales and marketing will be consistent with nutrition education and health promotion. Schools will limit food and beverage marketing to the promotion of foods and beverages that meet nutrition standards for meals or for foods and beverages sold individually. School based marketing Foods of Minimal Nutritional Value (FMNV) is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.
- Allowable marketing activities that promote healthful behaviors include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines.

EFDA COLLECTION OF MONEY / FOOD TICKETS

Meal Charges

To ensure students receive the nutrition they need to stay focused during the school day the District shall maintain a meal charge program that minimizes identification of children with insufficient funds to pay for school meals and maintain the financial integrity of the district food service fund account. Further, the District shall abide by program regulation 7 CFR 245.5 by providing parents and guardians of all children who attend the school in the District information regarding the availability of reimbursable school meals and must be provided, in writing, information about applying for free or reduced price meals. The District will promote activities to involve students and parents or guardians in the school meal programs and inform families about the availability of all District meal programs. The District shall include students, families, and the school community in establishing and developing a communication plan for the District's meal charge policy that complements the public announcement of meal eligibility requirements in 7 CFR 245.5 and is consistent with the involvement required in 7 CFR 210.12.

The District provides the following regarding meal charges:

As of July 1, 2017, no meal charges are allowed District wide. Students who do not have adequate funding in their student account and/or who do not have an approved free and reduced application on file will still receive a meal for both breakfast and lunch. The students will be offered an alternate meal (alternate to the paid meal offered that day) at no cost. The typical lunch meal offered includes a choice of a turkey or peanut butter and jelly sandwich. These alternate meals meet nutritional guidelines and are consistent with the aspects of the Healthy Hunger-Free Kids Act of 2010.

At least one (1) advance written communication shall be given to the student and parent/guardian prior to providing additional meals beyond the conditions established by the District. The written communication shall explain the procedure should the student not have sufficient funds to pay for a meal.

The District shall make a reasonable effort to collect unpaid meal charges classified as delinquent debt. The District shall ensure that efforts to collect delinquent debt do not have a negative impact on the student involved. Such efforts shall focus primarily on the parents or guardians responsible for providing for the student's funds for meals. When the District determines that collection efforts for delinquent debt are useless or too costly, the debt must be reclassified as "bad debt" as defined in 2 CFR 200. 426. Bad debt must be written off as operating loss. However, "bad debt" must be restored using non-federal funds. Delinquent meal charges that are converted to "bad debt" must be recorded and maintained in accordance with record retention requirements in 7 CFR 210.9(b)(17) and 7 CFR 210.15(b).

Adopted: July 12, 2017

LEGAL REF.:

The Child Nutrition Act (42 U.S.C. 1771 *et seq.*)

CROSS REF.:

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The Superintendent is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students on school campuses between the time frame of 12:00 a.m. to thirty (30) minutes after the final bell rings for the school day (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, fundraising activities and refreshments that are made available at school parties, celebrations and meetings) including provisions for staff development, family and community involvement and program evaluation. Regulations and exhibits created for the purpose of implementing this policy shall be considered, in effect to be an extension of this policy.

References:

Section 204 of Public Law 108-265, the Child Nutrition Act of 2004

A.R.S. 15-242

7 CFR 210

7 CFR 220