

# Pomerene School District Wellness Policy

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# Pomerene School District Wellness Policy

## Preamble

Pomerene School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District has access to healthy foods at lunchtime – through reimbursable school meals in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff in the District.

## **School Wellness Committee**

The District will convene a representative District Wellness Committee (hereinafter referred to as DWC) will meet at least two times per year 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.

The DWC membership will represent all school levels (elementary and secondary school) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the DWC will include representatives from both the elementary and secondary school and reflect the diversity of the community.

The designated official for oversight is Candice Nuernberger – Food Service Director, [cnuernberger@pomereneschool.org](mailto:cnuernberger@pomereneschool.org), 520-586-2407, ext. 302. This wellness policy can be found at [www.pomereneschool.org](http://www.pomereneschool.org).

<b>Name</b>	<b>Title</b>	<b>Email address</b>
Mike Sherman	Superintendent	<a href="mailto:msherman@pomereneschool.org">msherman@pomereneschool.org</a>
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Samantha Compton	PTO President	<a href="mailto:pomerenepo@outlook.com">pomerenepo@outlook.com</a>

## **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to the school; and includes information about who will be responsible for making changes, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and Education, physical activity, physical Education and other school-based activities that promote student wellness. This wellness policy and the progress reports can be found at [www.pomereneschool.org/](http://www.pomereneschool.org/).

### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy at the District's Administrative Offices and/or on District's central computer network. Documentation maintained in this location will include but will not be limited to

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### ***Annual Notification of Policy***

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### ***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The person responsible for managing the triennial assessment and contact information is: Mike Sherman – Superintendent @ 520-586-2407 ext. 301.

The DWC will monitor the schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and

new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

### ***Community Involvement, Outreach and Communications***

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and the update of the wellness policy through a variety of means appropriate for the district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure those communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### **Nutrition Guidelines:**

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. 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.

Pomerene School District participates in USDA child nutrition programs, including the National School Lunch Program (NSLP). The District is committed to offering school meals through the NSLP program, and other applicable Federal child nutrition programs, that

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Participates in "Offer vs. Serve." Allowing the students to choose their vegetable and fruits.
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
  - At least two kinds of fruit are offered.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.

- At least two kinds of vegetables are offered.
  - Daily vegetable options are displayed in a location in the line of sight and reach of students.
  - When cut, raw vegetables are offered, they are paired with a low-fat ranch dip.
  - Milk cases/coolers are kept full throughout the meal service.
  - White milk is offered in all beverage coolers.
  - White milk is placed in front of other beverages in all coolers.
  - Cafeteria Staff politely prompt students who do not have a full reimbursable meal to select a fruit or vegetable.
  - Cafeteria staff smile and greet students upon entering the service line and throughout the meal service.
  - Attractive, healthful food posters are displayed in dining and service areas.
  - All lights in the dining and meal service areas work and are turned on.
  - A menu board with tomorrow's featured meal is readable from 5 feet away in the dining area.
  - A monthly menu is posted in the main office.
  - A monthly menu is provided to students, families, teachers, and administrators.
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Information about the benefits of school meals is provided to teachers and administration at least annually.
- Menus will be posted on the District website.
  - Students will be allowed at least 15 minutes to eat breakfast and 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).
  - Students are served lunch at a reasonable and appropriate time of day.
  - The recess period will follow lunch to better support learning and healthy eating.
  - Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school-day on the school campus. Drinking water is available during lunch time.

- All water sources will be maintained on a regular basis to ensure good hygiene and health safety standards.
- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### **Celebrations and Rewards**

All foods offered on the school campus will meet or exceed the NutriKids in School nutrition standards [or, if the state policy is stronger, "will meet or exceed state nutrition standards"], including through

1. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents will be monitored.
3. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

## ***Fundraising***

Foods and beverages that meet or exceed the National School Lunch Program (NSLP). Schools nutrition standards may be sold through fundraisers on the school campus\* during the school-day\*. The District will make available to parents and teachers a list of healthy fundraising ideas [examples from the Alliance for a Healthier Generation and the USDA].

We use only non-food fundraisers, and encourage those promoting physical activity (such as Walk-a-Thons, Jump Rope for Heart, fun runs, family dance, etc.)

## ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive nutrition messages throughout the school year.

The District does not offer food or beverages other than at breakfast/lunchtime.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the NutriKids in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.
- Nutrition topics shall be integrated with health and/ or other curriculum (such as math, science, and language arts etc.) and will be taught at every grade as appropriate.
- School will host a school garden.
- School will host field trips to local farms.
- Staff will be encouraged to model healthy eating and physical activity through participation in our Wellness Wednesday's and the Spring and Fall wellness challenges.
- We look to increase the staff participation in these challenges from 75% to 90%.
- We will increase the number of participants in the Wellness Committee from 2 to at least 6.

## ***Nutrition Education***

The District will teach, model, encourage and support healthy eating by all students and will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Provide sports nutrition information to athletes
- Nutrition education is taught as part of health education to provide students will skills necessary to promote and protect their health (including but not limited to topics on sun

safety, eating disorders, accepting body size differences, importance of water consumption and health problems that affect nutrition).

- Nutrition education shall be offered at all grade levels appropriate for the age.
- A nutrition ambassador shall be selected to represent every grade and read a nutrition fact on Wellness Wednesday's at announcement time. The nutrition fact will accompany an activity that is age/ grade appropriate.
- At least 80% of all meals will be homemade.
- Students will be allowed to bring and carry a water bottle during the day.
- Includes nutrition education training for teachers and staff.

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs. As part of staff professional development, the staff will have the opportunity to participate in "Wellness Wednesday's" where they will receive fitness and nutrition information, staff will have opportunities for blood pressure, and weight checks. They will also have an opportunity for their bio metrics, and blood sugar levels checked. As the District staff's personal fitness and wellness knowledge increases, they will pass the knowledge along to the students.

### **Physical Activity**

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. This does not include participation on sports teams that have specific academic requirements.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs. The District will participate in "Walk-a-Thons". For example, the entire Pomerene student body will collectively walk the distance of Arizona in a school year.

### ***Physical Education***

The District will provide students with physical Education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes (That will include instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity including those who are not athletically gifted.) The



District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. The District will participate in "Rent Equipment Days" where each grade level will have the opportunity to rent special equipment for the day such as but not limited to, croquet, backgammon, Frisbee golf, and games like chess, sequence and scavenger hunts for mental fitness. We believe mental fitness is a strong part of physical education.

All District elementary and secondary students in each grade will receive physical education for at least 150 minutes per week throughout the school year (meets Healthy Schools Gold-level criteria).

### ***Recess (Elementary)***

Our elementary school will offer at least 20 minutes of recess every school day during the school year. *This policy may be waived on early dismissal or late arrival days.* The District will have hand-sanitizing mechanisms located just inside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.

Outdoors recess will be offered when weather is feasible for outdoor play

In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical Education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

### ***Classroom Physical Activity Breaks (Elementary and Secondary)***

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least five days per week. These physical activity breaks will compliment, not substitute, for physical education class, recess, and class transition periods. The District will also implement kinesthetic learning approaches as part of core instruction to help reduce sedentary behavior during the day.

### **Other Activities that Promote Student Wellness**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicating, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate. The District will construct and implement strategies to promote mental wellness for students and staff. Some strategies (are by not limited to) 8 hours Sleep-a-Thon, meditation techniques, journaling, and self-coping techniques for stress.

### ***Community Partnerships***

The District will continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorship will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### ***Community Health Promotion and Family Engagement***

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

The District will use electronic mechanisms, (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### ***Staff Wellness and Health Promotion***

The Pomerene School District has a Staff Wellness Coordinator who focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The coordinator's name is Paul Fenn.

The District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

\*Last updated 12-18-2020

# **Pomerene Elementary School Wellness Goals for School years 20-21, 21-22 and 22-23**

- School will host a school garden.
- Staff will be encouraged to model healthy eating and physical activity through participation in our Wellness Wednesday's and the Spring and Fall wellness challenges.
- Provide sports nutrition information to athletes
- Nutrition education is taught as part of health education to provide students will skills necessary to promote and protect their health (including but not limited to topics on sun safety, eating disorders, accepting body size differences, importance of water consumption and health problems that affect nutrition).
- The District will participate in "Walk-a-Thons". For example, the entire Pomerene student body will collectively walk the distance of Arizona in a school year.
- The District will participate in "Rent Equipment Days" where each grade level will have the opportunity to rent special equipment for the day such as but not limited to, croquet, backgammon, Frisbee golf, and games like chess, sequence and scavenger hunts for mental fitness. We believe mental fitness is a strong part of physical education.
- The District will construct and implement strategies to promote mental wellness for students and staff. Some strategies (are by not limited to) 8 hours Sleep-a-Thon, meditation techniques, journaling, and self-coping techniques for stress.
- A nutrition ambassador shall be selected to represent every grade and read a nutrition fact on Wellness Wednesday's at announcement time. The nutrition fact will accompany an activity that is age/ grade appropriate.