

AFJUSD WELLNESS POLICY

Policy Statement:

The Ash Fork Joint Unified School District is committed to developing students' skills and behaviors that promote lifelong wellness. This includes the importance of good nutrition, exercise, and healthy food choices. The School Board recognizes that a student's readiness to learn is related to his/her physical and psychological well-being. The District is committed to creating healthy school environments that allow students to take full advantage of the educational programs offered in the Ash Fork Joint Unified School District.

Nutrition Standards:

The District will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal and State regulations. All packaged foods shall meet the Healthier US Schools Challenge criteria for Competitive Foods at the Bronze - Gold Award Level. Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with the Board's policy EFE, Competitive Food Sales/Sales in Competition with the School Food Services Program. The use of food or beverages as rewards or incentives for students' behavior or performance shall be discouraged. The use of non-food items or healthy snacks at classroom parties and school celebrations is encouraged. Soda is not to be sold or provided in schools.

To the extent possible, school meals shall include adequate time for eating, be scheduled at appropriate times, and include access to free drinking water, and students will have access to hand washing and/or sanitizing prior to meals.

Assurance

This policy serves as assurance¹ that school unit guidelines for reimbursable meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the National School Lunch Act and the Child Nutrition Act.

Nutrition Education

Nutrition education will be integrated into the instructional program through the health education program and/or the curriculum as aligned with the content standards of Maine's system of Learning Results. Nutrition education should focus on skills students need to adopt and maintain healthy eating behaviors. Students should receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications.

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Physical Education and Physical Activity Opportunities

All students, K - 12 shall receive physical education that is aligned with applicable state and federal standards and as outlined in the District's Curriculum.

All students, PreK-12, shall have the opportunity to participate regularly in either organized or unstructured physical activity. Strategies that incorporate physical movement in the classroom and into routine daily activities are encouraged.

All students, PreK – 6, shall have the opportunity for a minimum of 30 minutes of daily physical activity, which may include recess, classroom activities, and/or physical education. Whenever possible, the daily recess period shall be scheduled before lunch. Schools shall have proper equipment and a safe area designated for supervised recess. Students shall not be denied physical activity periods, including recess and physical education, for remediation and/or enrichment in other content areas.

Schools are encouraged to use physical activity as rewards or incentives for students' behavior or performance and as alternatives to food celebrations. Physical activity shall not be used or withheld as punishment or discipline.

Other School-Based Activities Designed to Promote Wellness

The Ash Fork Joint Unified School District highly values the health and wellbeing of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Schools are encouraged to implement wellness related programs and activities that are consistent with the Local Wellness Policy, conducive to students' development of healthy eating and physical activity habits, and promote students' readiness and ability to be successful learners. School Wellness Teams, consisting of school staff, students, families, and community members are the recommended model in which to develop and implement wellness related programming.

Implementation and Monitoring of Local Wellness Policy:

The Superintendent/designee shall be responsible for the implementation of the wellness policy, for monitoring efforts to meet the intent of this policy, and for reporting to the Board on an annual basis.

Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators.

Reports may include, but are not limited to:

- A. The status of the school environment in regard to student wellness issues
- B. Evaluation of the school food services program and compliance with nutrition guidelines
- C. Summary of wellness programs and activities in the schools

- D. Feedback from students, parents, staff, school administrators and the wellness committee
- E. Recommendations for policy, program or curriculum revisions

Appointment and Role of the Wellness Committee

The Board shall appoint a district-wide Wellness Committee comprised of at least one of each of the following:

- A. Board member;
- B. School administrator;
- C. Food Services Director/designee;
- D. Student representative;
- E. School Nurse;
- F. Parent and/or Community representative.

The Wellness Committee may also include teachers, counselors, and other persons as designated by the Board

The Wellness Committee shall serve as an advisory committee in regard to student wellness issues and will be responsible for making recommendations related to the wellness policy, wellness goals, administrative or school regulations and practices, or raising awareness of student health issues.

With the prior approval of the Superintendent/designee, the Wellness Committee may survey parents, students and the community and/or conduct focus groups or community forums.

The Wellness Committee shall provide periodic reports to the Superintendent/designee and, as requested, to the Board.

Wellness Goals are imbedded in this document.

Cross Reference: JL-R1 – Regulations for Student Wellness
EFE – Competitive Food Sales/Sales in Competition with the
School Food Services Program
JJE – Student Fund-Raising Activities
KF-R1 – Regulations for Use of School Facilities

Legal reference: 42 U.S.C. § 1751
7 C.F.R. § 210 Title 7 – U.S. Department of Agriculture,
Chapter II, Food and Nutrition Service, Part 210 – National School
Lunch Program

Adopted: October 16, 2006
Revised: October 20, 2014