

# Paradise Valley Unified School District Local Wellness Guidelines



## **Background**

The Center for Disease Control reports student academic achievement is associated with good health and regular physical activity. Schools play a significant role in providing a positive environment to support lifelong physical activity and healthy dietary behaviors. Congress recognized that the creation of a healthy school environment can provide support in the prevention of childhood obesity and reduce the likelihood of developing diseases and/or improper growth and development associated with improper nutrition.

In 2004, Congress passed the Child Nutrition and Women Infants and Children (WIC) Reauthorization Act (Sec. 204 of P.L. 108-205). This act required schools participating in the National School Lunch Program or other child nutrition programs craft a local wellness policy to address school performance promotion, implementation, and measurement of student wellness in the areas of nutrition education, nutrition guidelines, physical activity, and other school-based activities.

The Healthy, Hunger-Free Kids Act (Sec. 204 of P.L. 111-296) of 2010 provides additional provisions for local wellness policies related to implementation, evaluation, and publicly reporting on progress of local wellness policies.

## **Purpose**

The mission of the Paradise Valley Unified School District is to cultivate, lead, and inspire world-class, innovative thinkers and expert communicators through a focus on the relationship between educator and student built around challenging, meaningful, and engaging curriculum. The goal of the educational program is to help all students develop to their fullest potential academically, socially, emotionally, and physically.

Paradise Valley Unified School District recognizes students with good emotional, social, and physical health in a safe environment have the opportunity to maximize their learning potential. The purpose of this guideline is to provide school health and physical activity guidelines. These guidelines will support the development of a healthy and safe school environment, conducive to a positive learning experience.

## **Wellness Goals**

Continued reinforcement of health and nutrition education, physical activity, and wellness will provide the basic foundation for students to acquire the critical skills needed to adopt, practice, and maintain a healthy lifestyle. The primary goal is to provide a positive, safe, and healthy environment that encourages a physically active and healthy lifestyle for students, staff members, parents, and communities associated with Paradise Valley Unified School District.

## **Guideline Goals**

The guidelines in this policy will serve as the foundation for each school in the Paradise Unified School District to develop, implement, and evaluate health and physical activity policies and practices. Each of the eleven guidelines is accompanied by standard common practice(s). The goal is to confirm each school administrator or appointed designee(s) monitors and assesses each school appropriate guideline to ensure compliance on an annual basis. If non-compliant, each school administrator or appointed designee(s) will submit an improvement plan report to a designated district wellness committee member.

The eleven guidelines include:

- School Health Council
- Nutrition and Wellness Department
- Nutrition Guidelines for all Foods on School Campus
- Health and Nutrition Education
- Activities to Promote Student Wellness
- Physical Activity
- School Environment
- School Employee Wellness
- Professional Development and Training
- Implementation and Monitoring
- Evaluation and Assessments

## **Accountability**

The superintendent or designee of Paradise Valley Unified School District shall appoint a district wellness team council/committee to assess, plan, implement, and improve the nutrition and physical activity environment. Each member of Paradise Unified School District Wellness Committee will read, review, and revise relevant sections of the initial district level Wellness Policy and Guidelines.

The School Health Index (SHI) will serve as guidance by providing a self assessment evaluation of the Local Wellness Policy Draft. Paradise Unified School District Wellness Committee Members shall review recommendations and submit the revised Local Wellness Policy and Guidelines to the Governing Board for approval.

The superintendent shall execute a communications plan to ensure comprehension, implementation, and compliance with Paradise Valley Unified School District-Wide Wellness Policy and Guidelines. Each school administrator shall be responsible for implementation of the Paradise Valley Unified School District Wellness Policy and Guidelines.

# **Wellness Guidelines Implementation**

## **I. School Health Councils**

### **A. School Health Councils**

1. Each school administrator shall be responsible for appointing a team to implement, monitor, review, and revise school nutrition and physical activity policies.

## **II. Nutrition and Wellness Department**

### **A. Program Requirement**

1. All schools in the Paradise Valley Unified School District will participate in the National School Lunch and School Breakfast Programs. Food served in school cafeterias will meet all Nutrient Standards established by the USDA and will be monitored by the Nutrition and Wellness Department.
2. The Nutrition and Wellness Department will comply with USDA's dietary modification requirements for accommodating students with disabilities.
3. The Nutrition and Wellness Department will provide snacks that meet federal nutrition guidelines to after-school education or enrichment programs as appropriate.
4. Qualified nutrition professionals will operate Paradise Valley Unified School District School Food Service Program and will provide professional development and trainings for all managers and office staff.
5. The Nutrition and Wellness Department shall adhere to all federal, state, and local policies in relation to food safety and sanitation.

## **III. Nutrition Guidelines for all Foods on School Campus**

### **A. School Meals**

1. All schools in the Paradise Valley Unified School District will provide breakfast and lunch through participation in the National School Lunch and School Breakfast Programs. All reimbursable school meals served will comply with federal and state regulations.
2. Free and reduced price meals will be served to children of families who qualify according to the income guidelines set forth by the United States Department of Agriculture. No child, including students eligible for free or reduced meals, shall be discriminated against because of race, color, or national origin. Paradise Valley Unified School District shall not segregate physically, nor impart any other discrimination against any child because of the inability to pay the full price of a meal.
3. The names of children eligible for free or reduced meals shall not be published, posted, or announced in any manner. To prevent overt identification, Paradise Valley Unified School District will utilize an electronic payment system, and electronic point of service (POS) system, an electronic meal application system, and promote the availability of school meals to all children, regardless of income.

## **B. Celebrations**

1. Foods and beverages provided for parties, celebrations, and meetings must comply with local food safety and sanitation guidelines. Parents, teachers, and community members will be directed to contact the Nutrition and Wellness Department for guidance.
2. All foods offered must come from a commercial source with an approved Maricopa County Health permit; will be consumed within the celebration area and within a reasonable amount of time; will be served with a serving utensil or a non-latex gloved hand.

## **C. Fundraising/School Stores/Vending Machines/Food and Beverages Sold Individually (Competitive Foods)**

1. Food and beverage items sold outside of menu items served in the National School Lunch and Breakfast Program during the normal school day will supplement reimbursable meals. All food items served/offered to students during the school day (from the midnight before, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards.

## **IV. Health and Nutrition Education**

### **A. Food Allergies**

1. The Health Services Department will review and update the Protocol and Guidelines for Supporting Children with Life-Threatening Food Allergies as needed.
2. The Nutrition and Wellness Department will review and update menu items of school food allergen information posted on Paradise Unified School District website.

### **B. Parent Partnership**

1. Paradise Valley Unified School District will provide parents the opportunity to access valuable information pertaining to healthy lifestyle strategies in the form of school/district newsletters, handouts, presentations, and/or postings.

### **C. Menus**

1. The Nutrition and Wellness Department will ensure district menus are available through the district website and school office.

### **D. Paradise Valley Unified School District**

1. Paradise Valley Unified School District will adhere to the local and state requirements for health and nutrition education.

## **V. Activities to Promote Student Wellness**

### **A. Eating Environment**

1. The eating environment at the individual sites of Paradise Unified School District shall provide a clean cafeteria environment with adequate dining space and accessible drinking fountains on the school premise, in or near the cafeteria.

### **B. Web Based Menu Planner**

1. Paradise Valley Unified School District will offer Web Based Menu Planner to provide nutrient value of menu based items.

### **C. Breakfast in the Classroom (BIC)**

1. Breakfast consumption is vital to the wellness and development of all students, especially children from low-income households. Paradise Valley Unified School District will adhere to all federal and state regulations.

### **D. Menu Planning and Development**

1. To improve quality and identify new and appealing food choices, the Nutrition and Wellness Department will conduct focus groups, conduct menu tasting, listen to complaints and suggestions from parents/students/staff, and monitor entrée trends.

## **VI. Physical Activity**

### **A. Paradise Valley Unified School District**

1. Paradise Valley Unified School District will adhere to state and federal physical education mandates.

### **B. Daily Recess**

1. Daily recess provides an outlet to promote continued physical activity. Paradise Valley Unified School District will support movement-centered activities.

### **C. Special Programs**

1. Additional physical activity programs are available at all schools in the Paradise Valley Unified School District. All schools will offer a variety of activities that will satisfy the needs, interests, and talents of all students, including boys, girls, students with disabilities, and students with special health-care needs.

### **D. Use of School Facilities Outside of School Hours**

1. Paradise Valley Unified School District shall encourage the use of property as civic, recreational, and education centers, provided that permitted use does not interfere with school activities.

## **VII. School Environment**

### **A. Safe Environment**

1. A crisis/emergency plan provides guidance in a crisis situation. The administrator assigned to monitor emergency preparedness will ensure plans are updated at the school and district level.

### **B. School Health Services**

1. Paradise Valley Unified School District will provide the following School Health Services: Certified School Health Nurse/Family Services Coordinator/Psychologist/Social Worker/Homeless Liaison

## **VIII. School Employee Wellness**

### **A. Staff Wellness**

1. Paradise Valley Unified School District values the health and well-being of all staff: Activities and programs shall be offered to staff that support efforts to maintain a positive/healthy lifestyle.

## **IX. Professional Development and Training**

### **A. Professional Development and Training**

1. Paradise Valley Unified School District shall require all employees to complete mandatory district policy training annually, related to Health and Wellness.
2. Required certifications and training shall be maintained at the district Human Resource Office. Additional trainings shall be maintained by each department administrator or appointed designee.

## **X. Implementation and Monitoring**

### **A. Implementation**

1. The superintendent or designee of Paradise Valley Unified School District shall appoint a district wellness team council/committee to assess, plan, implement, and improve the nutrition and physical activity environment.
2. Paradise Valley Unified School District Wellness Committee Members will include community and school representatives. The recommended members will include, at a minimum, the following: School nurse(s), physical education teacher(s), student(s), parent(s), principal(s), administrative representative(s), and the Nutrition and Wellness Director.
3. Paradise Valley Unified School District Wellness Committee will read, review, and revise relevant sections of the initial district level Wellness Guidelines; submit Wellness Guidelines to the School Health Index (SHI); submit the revised district level Wellness Guidelines to the Governing Board for approval.
4. Once approved, the superintendent or designee of Paradise Valley Unified School District shall provide training to ensure understanding of the Wellness Guidelines and ensure implementation of and compliance with Paradise Valley Unified School District-Wide Wellness Guidelines.

### **B. Monitoring**

1. Each school administrator shall be responsible for the implementation and monitoring of the Paradise Valley Unified School District Wellness Guidelines.

## **XI. Evaluation and Assessments**

### **A. Evaluation**

1. Each site administrator shall appoint an evaluation team to develop and implement an annual evaluation plan; evaluate policy implementation; identify areas for improvement; submit an annual report to the district wellness designee.
2. Paradise Valley Unified School District Wellness Designee will review annual reports and determine if members need to reconvene for policy revisions; provide annual reports to the superintendent on the progress and status of compliance of each school; store annual reports on-site.

### **B. Assessments**

1. Assessment will be repeated every three years to assess program progress and determine areas in need of improvement.