

# Osborn School District

## Wellness Guidelines

### **I. District Wellness Committee**

#### **a. District Wellness Committee**

- i. The committee coordinator shall be responsible for appointing a team to implement, monitor, review, and revise school nutrition and physical activity policies.
- ii. The District will convene a representative district wellness committee that meets 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.
- iii. Frequency of meetings: Twice per school year
- iv. Osborn School District permits all community and school representatives to participate in the wellness policy process. The recommended members will include the following: School EMT(s), physical education teacher(s), student(s), parent(s), principal(s), administrative representative(s), and the Child Nutrition Director and Coordinators.
- v. The invitation to participate in our wellness committee is on the district webpage.

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

#### **a. Program Requirements**

- i. All schools in the Osborn 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 Child Nutrition Department.
- ii. The Child Nutrition Department will provide snacks that meet federal nutrition guidelines to after-school education or enrichment programs as appropriate.
- iii. Qualified nutrition professionals will operate Osborn School District School Food Service Program and will provide professional development and trainings for all managers and office staff.

### **III. Nutrition Guidelines**

#### **a. School Meals**

- i. All schools in the Osborn School District will provide breakfast and lunch through participation in the National School Lunch and School Breakfast Programs. All reimbursable meals served will comply with federal and state regulations.

#### **b. Competitive Food and Beverages**

- i. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools Guidelines.

#### **c. Celebrations and Rewards**

- i. Food and beverages provided for parties, celebrations, and meetings must comply with the local food safety and sanitations guidelines per Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools Guidelines. Parents, teachers, and community members will be directed to contact the Child Nutrition Department for guidance.

#### **d. Fundraising**

- i. All food items served/offered to students during the school day (from midnight before, to 30 minutes after the end of the official school day) will meet federal, state and local standards.

**e. Food and Beverage Marketing**

- i. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines.

**f. Allergies**

- i. The Special Services Department will review and update the Protocol and Guidelines for Supporting Children with Life-Threatening Food Allergies as needed.

**g. Parent Partnership**

- i. Osborn 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.

**h. Menus**

- i. The Child Nutrition Department will ensure district menus are available through the district website and school office.

**IV. Health and Nutrition Education**

**a. Physical Education**

- i. All physical education shall promote overall wellness and encourage an active lifestyle.

**b. Nutrition Education**

- i. All nutrition education shall continue to reinforce health and provide the basic foundation for students to acquire the critical skills needed to adopt, practice, and maintain a healthy lifestyle.
- ii. Nutrition education will be provided through many outlets, including but not limited to: School Lunch Menus and the district webpage under the Child Nutrition Department.

**V. Activities to Promote Student Wellness**

**a. Eating Environment**

- i. The eating environment at the individual sites of Osborn 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. Menu Planning/Development**

- i. To improve the quality and identify new and appealing food choices, the Child Nutrition Department will conduct focus groups. Conduct menu tastings, listen to complaints and suggestions from parents/students/staff, and monitor entrée trends.

**VI. Physical Activity**

**a. Recess**

- i. Daily recess provides an outlet to promote continued physical activity. Osborn School District will support movement-centered activities.

**b. Special Programs and Afterschool Activities**

- i. Additional physical activity program are available at all the schools in the Osborn School District. All schools will offer a variety of activities that will satisfy the needs, interest, and talents of all students, including boys, girls, and students will disabilities, and students will special health-care needs.
- ii. Osborn 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**

- i. 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**

- i. Osborn School District will provide the following School Health Services: Certified District Health Nurse/SpEd Services/Counseling/Visions and Hearing/ Child Find/Homeless Liaison.

**VIII. School Employee Wellness**

**a. Staff Wellness**

- i. Osborn 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. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

**a. Triennial Progress Assessments**

- i. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
- ii. The District will assess the progress made in attaining the goals of the District's wellness policy and assess each school's compliance with sections I-IV by using the Local Wellness Policy Activity and Assessment Tool.
- iii. The District will assess how the wellness policy compares to model wellness policies by using AD's Local Wellness Policy Assessment Comparison with a Model Policy.

**b. Implementation**

- i. The district wellness committee coordinator of Osborn School District shall appoint a district wellness team committee to assess, plan, implement, and improve the nutrition and physical activity environment.

**c. Monitoring**

- i. Wellness Committee shall be responsible for the implementation and monitoring of the Osborn School District Wellness Guidelines.

**d. Evaluation**

- i. Wellness Committee shall evaluate policy implementation; identify areas for improvement; revise relevant sections of the initial district level Wellness Guidelines and submit results/findings to Child Nutrition Department.
- ii. The district will update or modify the wellness policy and guidelines as appropriate.
- iii. Osborn School District Child Nutrition Department will review annual reports; provide annual reports to the superintendent on the progress and status of **compliance of each school; store annual reports on-site.**

**e. Assessments**

- i. Assessment will be repeated annually to assess program progress and determine areas in need of improvement using ADE's Local Wellness Policy Activity and Assessment Tool.
- ii. The district will inform families and the public each year of any updates to the wellness policy and every three years the compliance with the written wellness.
  - 1. The district's Local Wellness Policy, annual progress reports and updates, and the triennial assessment is available on the district webpage under Child Nutrition.