

Ash Creek Elementary School District #53 Wellness Policy

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Preamble

Ash Creek Elementary is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

The District believes that a healthy school environment in which students, staff, and community can thrive is one of the most significant ways a school can invest in each child's future and provide students with the high quality education that they deserve. Ash Creek Elementary is committed to providing those environments that promote active, healthy lifestyles.

Therefore, it is the policy of the Ash Creek Elementary School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Staff will model and practice the promotion of health, physical activities and good nutrition.
- Foods and beverages served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, the school will participate in available federal school meal programs (including the School Breakfast Program, and National School Lunch Program.)
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity
- Ash creek Elementary School will establish linkages between health education and school meal programs, and with related community services.

School Environment

Ash Creek Elementary School ensures that:

- It will take part in the National School Breakfast and Lunch Programs (NSLP), commodity resources and community food program per the NSLP guidelines.
- It will make foods available to the students that have a primary goal to promote student health and reduce childhood obesity to the students.
- Menus and food options are developed with the input from students, and staff.
- Modified meals for students with allergies will be prepared per doctor’s request.
- Food service faculty will meet applicable local and state standards concerning health, safety, sanitation, food preparation, food storage, and drinking water.
- An overall healthy environment is maintained and encouraged.

School Wellness Committee:

The District will convene a representative district wellness committee that meets at least four 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 wellness policy and reporting can be found at:

<https://ashcreekschool.wordpress.com/>

The wellness committee membership will represent the entire district and will include but not be limited to: representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], school administrators (ex., superintendent, principal, vice principal), school board members; and the general public.

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To ensure the health and well-being of all students, the Board shall promote and monitor student wellness in a manner that the Board determines is appropriate in the following areas:

Nutrition Education

Ash Creek Elementary School ensures that we will:

- Influence students’ eating behaviors by providing nutrition education that is age appropriate.

- Integrate nutrition education into health education and core subjects that provide opportunities for students to practice skills and have fun.
- Collaborate with outside agencies to provide nutrition education to students and staff. (UANN Partner).

Nutrition Guidelines

Ash Creek Elementary School District participates in the USDA child nutrition program where all grades; pre-kindergarten through 8th grade; will receive free meals during the school day in an effort to educate and promote student health and the reduction of childhood obesity. The food provided at the district follows the USDA Nutrition Standards for School Meals as listed in: <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals> and complies to promote the MyPlate method of food consumption (<http://www.choosemyplate.gov/>) . Access to meal nutrition information is available through the food services director upon request. The district ensures that all meals meet the following standards:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- Ensure that half of the served grains are whole grain.

Breakfast at the Ash Creek Elementary School District also meets the following criteria:

- All children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn
- Ash Creek Elementary will operate the School Breakfast Program.
- Ash Creek will arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Ash Creek Elementary School will notify parents and students of the availability of the School Breakfast Program.

Free meals to students are made possible through the National School Lunch and National School Breakfast programs called the Community Eligibility Provision (CEP).

To promote hydration, free, safe, unflavored drinking water is available to all students throughout the school day in the form of water bottles and water fountain.

Ash Creek Elementary will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. Ash Creek Elementary will schedule meal periods at appropriate times, lunch should be scheduled between 11 a.m. and 1 p.m. Beginning 2016/2017 school year, Ash Creek Elementary will implement recess before lunch.

Ash Creek Elementary will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

At this time there are no commercial foods sold on the school campus and no before or after school programs where additional snacks would be provided. Additional references and guidance will be reviewed through the USDA smart snacking guide at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks> or through the Healthier Generation tools at: https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/. Additional snacks that are provided during the school day or enrichment programs meet the following district criteria:

- Will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
- Will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, staff and parents.

Qualifications of School Food Service Staff

Ash Creek Elementary School ensures that qualified food service staff will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for the staff.

Rewards

Ash Creek Elementary School ensures that:

- It will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages as rewards for academic performance or good behavior
- It will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

Ash Creek Elementary School ensures that:

- It will limit celebrations that involve food during the school day to no more than one party per class per month.
- Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages.
- The district will distribute a list of healthy party ideas to parents and teachers.

School-sponsored Events

Ash Creek Elementary School ensures that foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals.

Nutrition Education and Promotion

Ash Creek Elementary School ensures that we provide nutrition education and engage in nutrition promotion that:

- Encourage, and support healthy eating by students.
- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of, not only health education classes, but also classroom instruction in subjects such as math, science, language arts, and social studies.
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Nutrition Education is promoted and supplemented through the Arizona Nutrition Network. Topics of education include but not limited to food guidance from MyPlate, reading USDA food labels, eating a variety of foods daily, balancing food intake with daily activity, eating more fruits, vegetables, and whole grains, and choosing foods that are low in fat, saturated fat, cholesterol, and do not contain trans fat, and choosing foods and beverages with little added sugars.
- Food service staff members also adhere to attending annual Arizona Department of Education training.

Physical Activity Opportunities and Physical Education

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, and out-of-school time activities and the district is committed to providing these opportunities.

The goal for physical activity are to provide opportunities for every student to develop knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of physically active and healthful lifestyle.

The current state physical education standard states:

1. Demonstrate proficiency and achievement of high-order cognitive skills necessary to enhance motor skills.
2. Basic physical activity principles and concepts—make decision, solve problems, and become self-directed lifelong learners and informed physical activity consumers.
3. Exhibit physical activity lifestyle
4. Achieve and maintain health-enhancing level of physical fitness
5. Develop self-initiated behaviors that promote effective personal and social interactions in physical activity setting
6. Understand and respect for differences among people in physically active setting
7. Develop self-management skills essential for maintaining physically active.

Ash Creek Elementary School ensures that:

- All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle school students) for the entire school year.
- The student to teacher ratio does not exceed 1 to 30.
- Physical education staff is encouraged to have education background emphasis and attend pertinent training on physical activity annually.
- The Arizona Nutrition Network staff provides additional “healthy play” activities and education on a regular basis.

There are no before or after school programs available on this campus, and active transport is not conducive to the terrain and location of the Ash Creek School District. Being in rural area with spread housing, most if not all transport is done through bus and private vehicles.

Ash Creek School District strives to promote healthy active breaks in the classroom setting. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television. Opportunities for physical activity will be incorporated into other subject lessons. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which the school should encourage moderate to vigorous physical activity.

In addition to physical activity during the school day, Ash Creek School District hosts an annual track meet that encourages all residents of Cochise County to participate.

Physical Activity and Punishment

Ash Creek Elementary School ensures that teachers and other school and community personnel will not use physical activity (running laps, pushups) or withhold opportunities for physical activity (recess, physical education) as punishment.

Other School-Bases Activities

Ash Creek Elementary School ensures that:

- We will create a total school environment that is conducive to healthy eating and physical activities
- School fundraising activities should use foods that meet the current Dietary Guidelines for Americans.

Wellness Promotion and Marketing

Ash Creek School District already strives to incorporate wellness topics and activities throughout the day in various venues and activities. As previously mentioned throughout this policy, health education is incorporated in the classroom setting and during play time.

Due to the rural nature of the school, the district is unable to incorporate family wellness activities at this time.

Staff is encouraged to eat meals with their students daily to model positive nutrition behavior. Vending machines are not available on the school campus or within a 20 mile radius of the campus. All previous snack vending options have been removed from the campus.

The district will continue to engage family members, students, staff, and Board members to be involved in the school health process. The drafting of this wellness policy was completed by a diverse and inclusive group of stakeholders to include Arizona Nutrition Network and Cochise Health and Social Services.

Evaluation

Ash Creek Elementary School ensures that it will create a School Wellness Committee to develop, implement, monitor, review and revise the school nutrition and physical activity policy. The Wellness Committee will provide a resource list of activities, fundraising, healthy snack items and non food incentives or reward ideas.

A primary goal will be to regularly (at least annually) evaluate the effectiveness of this policy in promoting healthy eating and changing the program as appropriate to increase its effectiveness. Such evaluation will be measurable. The results of each evaluation, including the extent to which schools are in compliance with District policy, the extent to which the District policy complies with federal regulations, and a description/summary of the progress made in attaining the goals of the District, shall be made available to the public. Physical education teachers and school health professionals shall have an opportunity to participate in the evaluation and implementation of this policy.

An active School Health Advisory Committee (SHAC) has been formed to meet at least 4 times per year to assess and implement existing policy.

Sue Shepard has been designated to be the district and school-level official responsible for ensuring compliance at the school level that would enhance the district policy.

Updates and information regarding the current school health policy and actions can be found on: <https://schools.healthiergeneration.org/dashboard/>



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School District # 53**

**Wellness Policy
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