

 Tucson, Arizona POLICY REGULATION	REGULATION TITLE: District Wellness Program
	CODE: IHAM - R

Schools shall implement a comprehensive, integrated program for these two components of a coordinated school health program: nutrition and physical activity. The district department assigned the responsibility for comprehensive health education will maintain current resources and references to assist schools in this process. The district department(s) assigned the responsibility for professional development will provide support to assist schools and departments in meeting these requirements.

Progress towards attainment of this will occur within timelines directed by the Superintendent or designee.

Communication with Parents and Guardians:

- Nutrition education and physical activity information will be provided by district/school to parents and guardians beginning at the elementary level. The goal will be to continue to educate parents and guardians throughout middle and high school levels.
- The district/school will provide nutrition education and physical activity information in the form of handouts, postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents and guardians.
- The district/school will encourage parents and guardians to pack healthy lunches and snacks if not using the district meals programs and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages.
- Meals and beverages from home should be for individual use and not group consumption.
- The district/school will provide parents and guardians a list of foods that will meet district and state snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities.
- The district/school will encourage parents and guardians to participate in physical activities with their children.

Employee Nutrition & Physical Activity Education:

Schools and district departments will value the health and well-being of every employee and will plan and implement activities and procedures that support personal efforts to maintain a healthy lifestyle within allowable practices for risk management with the purposes of:

- Encouraging all school and department employees to sustain or improve their own personal health and wellness which is supported by the TUSD Employee Wellness Committee;
- Improving morale;
- Creating positive role modeling;
- Building the commitment of employees to promote the healthy lifestyle choices of students;
- Building the commitment of employees to help improve the school nutrition and physical activity environment.

TUSD and the Employee Wellness Committee will provide nutrition and physical activity education opportunities for employees. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

NUTRITION

Student Nutrition Education:

The Tucson Unified School District has a comprehensive curriculum approach to nutrition in Kindergarten through 12th grade by utilizing the Arizona State Standards for Comprehensive Health. All K-12 instructional staff will integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

- Knowledge of USDA Revised Food Guidance System
- Healthy Heart Choices
- Sources & variety of foods
- Dietary Guidelines for Americans
- Diet and disease
- Understanding calories and activity
- Healthy snacks
- Healthy breakfast
- Healthy diet
- Food labels

- Major nutrients
- Multicultural influences
- Serving sizes
- Proper Food Safety/Sanitation
- Identify and limit foods of low nutrient density
- Media literacy related to nutrition

The District Wellness Policy and District Nutrition Standards reinforce nutrition education to help students practice these themes in a supportive school environment.

The School Breakfast & Lunch Programs:

- The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meals Programs and Arizona state statutes regarding foods and beverages in the school environment.
- The district's School Food Service Program will follow the District Nutrition Standards and applicable federal and state statutes when determining the items sold separately and/or meals not sold as part of the Federal School Meals Programs.
 - À la carte and competitive foods items that do not meet the District Nutrition Standards may be acceptable when offered on a very infrequent, intermittent basis and must be recorded in the Annual Report but cannot be offered if prohibited by federal or state law.
- The Food Services Director serves as Co-Chair of the District Wellness Committee and works closely with the committee regarding the district's school meals programs.

Cafeteria Environment:

- Through planning and coordination of available resources, students will have a cafeteria environment that provides:
 - Adequate space to eat in a relaxed, enjoyable climate;
 - Clean and pleasant surroundings;
 - Meal periods of sufficient time and number to be served and to eat in a timely manner;
 - Convenient access to hand washing or hand sanitizing facilities before meals.

Fundraising:

- All fund-raising projects follow district policy and regulations for fund raising and are encouraged to follow the District Nutrition Standards (IHAM-E).
- All fund-raising projects for sale and consumption of food and beverages during the normal school day will follow the District Nutrition Standards except for public events.

- The normal school day includes before, during and after school, but does not include special events, such as athletic contests or performances held outside the normal school day.

Food Use in the Classroom:

- The use of food items as part of a student incentive program is strongly discouraged. Should teachers feel compelled to utilize food items as an incentive or a break, they are required to adhere to the District Nutrition Standards and Arizona Nutrition Standards. A list of healthy snack foods provided by teachers or school staff will be available from the district food service program director.
- Schools are encouraged to have celebrations without involving food. However, when celebrations involve food during the normal school day they are required to adhere to the District Nutrition Standards and Arizona Nutrition Standards.

Corporate Food and Beverage Marketing in Schools:

Corporate school-based marketing (i.e. marquees, signs) will be consistent with nutrition education, national health initiatives, health promotion, and federal, state or local regulations.

Schools will:

- Limit food and beverage marketing to the promotion of foods and beverages that meet the federal, state, and district nutrition standards for meals or for foods and beverages sold individually;
- Prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;
- Promote healthy foods consistent with the MyPyramid food guidance system; and
- Market activities that promote healthful behaviors (and are therefore allowable) including vending machine covers promoting water and pricing structures that promote healthy options in a la carte lines or vending machines.

PHYSICAL ACTIVITY

Physical Activity:

Tucson Unified School District recognizes that physical activity is essential for students to maximize their full academic capabilities and reach their physical and mental potentials. Schools shall provide, through physical education and physical activity, skills and knowledge to prepare students to live a physically active lifestyle and to be prepared as a community of learners for lifelong health and well-being.

Tucson Unified School District shall utilize the following Implementation Strategies:

- It is recommended that physical education classes be provided at a minimum of two times per week for grades K-8 and meet the district requirement for grades 9-12.
- Instruction in physical education should be provided by highly qualified teachers at the secondary level. At the elementary level, instruction should be delivered and/or supervised by certified teachers.
- Opportunities for physical activity shall be offered daily before school, during school (recess or integrated in classroom) and/or after school and available for all students.
- All students will be provided with activity choices for lifelong enjoyment of fitness.
- Assist students to interpret their personal levels of health related fitness and compare them to the national physical activity recommendations.
- Schools are required to follow Arizona State Standards for Comprehensive Health and Physical Activity. These standards are supported by the following recommendations of the National Association for Sport and Physical Education (NASPE):
 - Physical Education
 - Engage students in a minimum of 60 minutes per week for elementary and a minimum of four semesters of physical education for secondary.
 - Guide students through a process that will enable them to achieve and maintain a high level of personal fitness.
 - Expose students to a wide variety of physical activities.
 - Teach physical skills to help maintain a lifetime of health and fitness.
 - Encourage self-monitoring so students can see how active they are and set their own goals.
 - Individualize intensity of activities.
 - Focus feedback on process of doing your best rather than on product.
 - Be active role models.
 - Physical Activity
 - Elementary students should accumulate a *minimum* of 120 minutes of age appropriate physical activity over the course of each full week. Secondary schools should promote physical activities, both formal and informal, on a daily basis.
 - Students should participate in several bouts of physical activity lasting 15 minutes or more each day.
 - Students should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
 - Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during the daytime hours.
- Physical education content shall be sequential, building from year to year and content will include movement, personal fitness, and personal and social responsibility. Schools will ensure that students are moderately to vigorously physically active (MVPA) at least fifty percent (50%) of the time while participating

in physical education classes. Students should be able to demonstrate competency through application of knowledge, skill and practice.

- Introduce health-related fitness assessment and activity logging.
 - For example, introduce the Fitnessgram and Activitygram in the primary grades.
 - Beginning in the intermediate levels and continuing through middle school and high school, administer a health-related fitness assessment with students. Students shall receive results and use this as a baseline in understanding their own level of fitness, creating fitness goals and plans, and logging activities identified to achieve the goals.
- Schools are encouraged to offer after-school intramural programs and/or physical activity clubs and open gyms that meet the needs and interests of all students, parents and the community, including those who are not involved in athletics or those with special health care needs.
- Grades pre-kindergarten through five will have recess a minimum of once a day beyond lunch recess and may be conducted either inside or outside the classroom. Such recess will involve structured moderate to vigorous physical activity at a minimum of three times a week for a period of no less than twenty minutes per day. Physical education classes satisfy the daily recess requirement. Half day programs are responsible for half of this requirement. The District will not tolerate the use of physical activity as punishment, the withholding of participation in physical activity/education as punishment, or the use of physical education class time to complete assignments from other classes. Furthermore, restorative practices in the form of affective statements and questions and short impromptu conferences shall be used during physical activity to enhance student problem-solving, address bullying or inappropriate play, and promote peer to peer socialization.

Reviewed: June 30, 2006 [Friday Report]
Revision: August 4, 2006 [Friday Report]
Revision: September 22, 2006 [Friday Report]
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Legal Ref: A.R.S. 15-242 Nutritional Standards
15-341 General Powers and Duties
15-720 Noncurriculum related clubs for grades seven and eight;
definitions

R7-2-301 Minimum Course of Study and Competency Goals for Students in
the Common Schools

R7-2-302 Minimum Course of Study and Competency Requirements for
Graduation from High School

R7-2-302.04 Minimum Course of Study and Competency Requirements for Graduation from
High School