

Student Wellness

The District strives to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student while affording them the opportunity to fully participate in the education process.

The District is committed to providing school environments that promote and protect children's health, well being, and ability to learn by supporting healthy eating and physical activity.

To promote the health and well being of students, guidance will be provided in the following areas.

- **Nutrition Guidelines:** All foods available in each K-8 school during the normal school day will comply with the Arizona Nutrition Standards (ARS 15-242) and will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable schools meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.
- **Nutrition Education:** Students eating behaviors will be influenced by providing nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into health education or core curricula; and provides opportunities for students to practice skills and have fun.
- **Physical Activity:** Provide opportunities for students to develop the 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 a physically active and healthful lifestyle.
- **Other School –Based Activities:** To create a total school environment that is conducive to healthy eating and physical activity.

The Superintendent or designee will develop a summary report every three years on district-wide compliance, assess progress and determine areas in need of improvement with the wellness policy, based on input from schools within the district.

Adopted:

LEGAL REF.: A.S.R. 15-242
The National School Lunch Act (42 U.S.C.1751 *et. seq.*) and the Child Nutrition Act (42 U.S.C. 1711 *et. seq.*), as amended.

CROSS REF.: ABAA – Parental Involvement
ABA – Community Involvement in Education
BBA – Board Powers and Responsibilities
EF – Food Services
EFE – Vending Machines
IA – Instructional Goals and Objectives