

**Sonoran Schools  
School Wellness Policies  
on Physical Activity and Nutrition  
For**

**Paragon Science Academy  
Sonoran Science Academy-Broadway  
Sonoran Science Academy Davis-Monthan  
Sonoran Science Academy-Peoria  
Sonoran Science Academy-Phoenix  
Sonoran Science Academy-Tucson**

*This document was approved by the Governing Boards at their March, 2017, meetings and supersedes, in their entirety, any and all previous, similar policies.*

**Background**

As a school participating in programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966, Sonoran Schools has adopted this Local Wellness Policy (“Policy”) pursuant to Section 204 of Public Law 108-265 of the Child Nutrition and WIC Reauthorization Act of 2004 (the “Act”) for as long as the Act applies to Sonoran Schools.

# **Sonoran Schools Policies on Physical Activity and Nutrition**

## **Preamble**

Sonoran Schools (the “School”) 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. Therefore, it is the policy of the School:

- I. To adopt appropriate student-centered goals that promote student wellness in the areas of nutrition education, physical activity, and other school-based activities;
- II. To adopt nutrition guidelines for all foods available during the school day on each school campus that promote student health and reduce childhood obesity;
- III. That guidelines for any reimbursable school meal may not be less restrictive than the regulations issued by the Secretary of Agriculture as cited in Section 204 of Public Law 108-265;
- IV. To adopt a plan for monitoring the implementation of the Policy and to always have at least one (1) person responsible for ensuring the Policy is faithfully implemented on school campuses; and
- V. To engage parents, students, representatives from the school food authority, the School’s Board of Directors, School administrators, and the public (“Stakeholders”) in the development and implementation of the Policy.

## **TO ACHIEVE THESE POLICY GOALS:**

### **I. Student Centered Goals for Nutrition Education, Physical Activity, and other School-Based Activities.**

**Nutrition Education and Promotion:** Schools, to the extent possible, will provide nutrition education and engage in nutrition promotion that:

- is offered through the Health or Physical Education classes 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.
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities.
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products,
- emphasizes caloric balance between food intake and energy

expenditure (physical activity/exercise);

- provide information about physical education and other school-based physical activities; and support parents' efforts to provide their children with opportunities to be physically active outside of school.
- provide nutrient analyses of school menus that are available in the front office for review.
- provide information to encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet 'Smart Snack' guidelines.
- School food service staff, at the school or school level, will ensure compliance with nutrition policies within school food service areas and will report any findings to the school/district administration. If the school has not received an administrative review from the state agency within the past three years, the school will request from the state agency that an administrative review be scheduled as soon as possible.

**Physical Activity Opportunities Before and After School:** All elementary, middle, and high schools will offer extracurricular physical activity programs, as appropriate, such as physical activity clubs or intramural programs.

**Daily Recess:** It is encouraged that elementary school students should receive at least 30 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

**Extended Periods of Inactivity:** Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Education (P.E.) K-12:** Schools will provide Physical Education Classes to grades K-12 as required by federal, state and local statutes and regulations. The District shall implement a quality physical education program that addresses the following:

Curriculum

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the Arizona State Standards for Physical Education.
- Influences personal and social skills development.

Instruction and Assessment:

- Aligns curriculum, instruction and assessment.
- Builds students' confidence and competence in their physical abilities.

- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities
- Keeps all students involved in purposeful activity for a majority of the class period.

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and /or classrooms
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.
- Provides facilities to implement the curriculum for the number of students served.

## **II. Guidelines for the Nutritional Quality of Foods and Beverages Sold and Served on Campus**

**School Meals:** The School shall ensure any meal served under a program authorized by either Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966 meets, at a minimum, the School's Nutrition Standards, including:

- Offering fruits and vegetables at every lunch and requiring each student to take at least a one half-cup serving;
- Offering legumes, dark green and red or orange vegetables on a weekly basis;
- Offering a full cup of fruits or vegetables with breakfast, if applicable, and requiring each student to take at least a one half-cup serving;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non- dairy alternatives (to be defined by USDA);
- Ensure that all grains are whole grain-rich;
- Ensure the sodium and calorie limits established by The Healthy, Hunger-Free Kids Act are respected;
- Ensure no meal contains added trans-fats with no more than ten percent of total calories coming from saturated fat;
- Ensure that the main entree is a protein item;
- Serve meals in clean and safe settings; and
- Ensure free drinking water is available in every cafeteria during lunch and breakfast.

The School shall, whenever possible, engage students and parents to identify new healthy and appealing food choices to be sold through the school meal programs. In addition, the School shall make the nutritional information of meals available to parents and students.

**Free and Reduced-priced Meals:** The School shall endeavor to eliminate social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.<sup>3</sup>

**Summer Food Service Program:** Prior to the end of school, the School shall notify families of available summer food service programs.

### **Meal Times and Scheduling:**

The School shall:

- ensure each student has at least twenty (20) minutes to eat;
- schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- provide students with hand sanitizers and access to hand washing before they eat meals or snacks; and

**Sharing of Foods and Beverages:** The school shall discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Snacks:** The School shall endeavor to ensure snacks served during the school day or in after-school care or enrichment programs positively contribute to student's diets and health. The School shall assess if and when to offer snacks based on timing of school meals, student's nutritional needs, student's ages, and other considerations. A list Smart Snack foods is available in the school administrative office for reference at any time.

**Foods and Beverages Sold Individually:** The School shall ensure all food sold outside of reimbursable school meals, such as through vending machines, fundraisers, athletic events, and the like promote student wellness and reduce childhood obesity.

- **For Grades K-8:** The School may not serve or sell food that does not meet the "Smart Snack Program" criteria from 12:01 a.m. through thirty (30) minutes after the regular school day has ended, Monday through Friday.
- **For Grades 9-12:** The School may not sell any food or beverage unless they are "Smart Snack" compliant. However, non-compliant food/beverages may be served not sold by the school (e.g. a class can win a pizza party).

A definition of what is a "Smart Snack" can be found here:

<http://www.azed.gov/health-nutrition/files/2011/06/snaaz-competitive-foods-march-2014-final-revised-for-use-by-sfas2.pdf>

A calculator to determine if a snack is a "Smart Snack" can be found here:

[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)

**Foods and Beverages Marketing in Schools:** There is no marketing for any food and beverage outside of school lunch meals. The only exception is advertising for fundraising food and/or beverage to be sold outside of school hours or to be sold off campus.

**Fundraising Activities:** To support children's health and school nutrition-education efforts the School may engage in fundraising activities. If the School elects to serve food during a fundraiser, the School may only use foods that meet the above nutrition and

portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity, whenever possible.

There are no restrictions on the number of fundraisers that include the sale of food items that DO meet the Smart Snacks standards as well as the sale of non-food items. In addition, Smart Snacks standards do not apply to foods sold outside of the school day (school day is defined for purposes of Smart Snacks as midnight before to 30 minutes after the end of the instructional day.) Additionally, Smart Snack standards do not apply to fundraisers in which the food sold is clearly not for consumption on the school campus during the school day.(such as Pizza dough and cookie dough sales)

**Rewards for Academic Performance or Good Behavior:** Reward programs will comply with the Smart Snack program requirements.

**Celebrations:** The following celebrations are exempt from “Smart Snack” compliance: birthdays, holidays, graduations

**School-sponsored Events:** During the school day (defined as 12:01 a.m. through 30 (thirty) minutes after the regular day ends, Monday through Friday), schools will comply with “Smart Snack” rules. At all other times, or off-campus events, “Smart Snack” rules do not apply.

### **III. Reimbursable School Meal Guidelines**

In no event may the School adopt guidelines for reimbursable school meals that are less restrictive than the regulations and guidance cited to in Section 204 of Public Law 108-265, for so long as it applies to the School. At the time of the adoption of the Policy, such regulations and guidance include those issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(F)(1), 1766(a)(0), as those regulations and guidance apply to schools.

### **IV. Policy Review**

The School shall appoint at least one (1) person to be responsible for the School wide implementation of the Policy (“Coordinator”). Pursuant to the process outlined below, the Coordinator shall evaluate the implementation of the Policy on a campus by campus basis and shall draft a summary report analyzing the School’s compliance. The Coordinator shall use this report as well as Stakeholder input to draft suggested revisions to the Policy. The Coordinator shall submit this report, along with suggested revisions, to the School’s Board of Directors for approval. The Policy, as revised by the Board of Directors, shall then be distributed to all Stakeholders.

#### **Measurement, Evaluation, Reporting, and Compliance**

The Coordinator shall lead a review of the Policy every three (3) years to assess progress, policy compliance, and determine areas in need of improvement. As part of that review, the Coordinator shall review

- a. nutrition and physical activity policies;
- b. how well the School environment supports healthy eating and physical activity; and

- c. the effectiveness of the School's nutrition and physical education policies and programs.

The School shall, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

The School shall, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. The School's superintendent, or his or her designee, shall ensure the appointment of at least one (1) Coordinator who is responsible for the School's compliance with the Policy. For each campus, the principal shall cooperate with the Coordinator in his or her efforts to evaluate the campus' compliance with the Policy.

## **V. Involvement of Stakeholders**

The School shall engage Stakeholders, including parents, students, representatives from the school food authority, the School's Board of Directors, School administrators, and the public at all relevant stages during the development and implementation of the Policy.