

Competitive Foods and Beverages

Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. These guidelines apply to all foods sold in the following locations during the hours of 7:30 a.m. to 4:00 p.m.

- a. Concession stands in gym.
- b. Food sold during fund raisers (7:30 a.m. to 4:00 p.m.).

Celebrations and Rewards

All Food and beverages served to students in grades K-6 must meet the USDA's Smart Snacks in Schools guidelines.

- I. FMES will follow the USDA Smart Snacks in Schools guidelines.
 - a. School staff will encourage healthy food choices in the school environment during activities such as:
 - Fundraisers
 - School sponsored events
 - Concession Stands
 - School Parties*
 - Student rewards
 - Celebrations
 - Dances
 - Athletic Events
 - Field Days
- II. Healthy food choices will be considered that include items such as;
 - Fresh Fruits
 - Fresh Vegetables
 - Low fat pretzels
 - 100% Juice
 - Bottle water
 - Fruit smoothies
 - Air-popped popcorn
 - Low fat cereal bars
 - Milk
 - Low fat or fat free yogurt
 - Animal crackers
 - Vanilla wafers
 - Trail mix/raisins
- III. Discourage Foods and Beverages will include:
 - All candy
 - Any foods where sugar is the primary ingredient
 - All deep fried feeds (French fries, chips)
 - All caffeine and energy drinks (coffee, soda)
 - All carbonated beverages (carbonated waters)
 - Slush drinks

*Class parties will be allowed to incorporate one (1) sweet item such as a cake to celebrate birthdays for the month; teacher will develop a system for determining who will provide the sweet item for the class.

Fundraising

Whenever possible, fundraising activities are encouraged to promote healthy choices to improving personal wellness. Selling nutritious foods reinforces nutrition messages taught in classrooms and lunchrooms. School staff and school related groups such as Parent in Education (PIE) committee, clubs, and student organizations are encouraged to adhere to school guidelines.

Food and Beverage Marketing in Schools

Outside food vendors are not permitted on campus between the hours of 7:30 a.m. - 4:00 p.m. Teachers/Sponsors and community members are encouraged to utilize carnivals, bingos, after school or weekend events for fund raising activities.

III. School Wellness Committee

Committee Role and Membership

FMES will convene a Wellness Committee that meets to establish goals for and oversee health and safety policies and programs, including development, implementation and periodic review and update of the Wellness Policy.

- a. FMES will hold three (3) meetings per school year
- b. The Wellness Committee will consist of;
 - Chief School Administrator
 - Physical Education Technician/Health Educator
 - Food Service Manager
 - School Nurse
 - Certified Teacher
 - Student Council Representative(s)
 - Parent Representative(s)
 - School Board Member(s)
- c. FMES will notify public through school website, weekly reminders and/or monthly calendar.

Leadership

FMES has designated one or more Lead Authority LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

- a. The designated official for oversight of implementation of FMES is: Chief School Administrator.
- b. The designated official for convening the wellness committee is: Physical Education Technician.
- c. The person designated for informing public about the wellness policy is: LEA

IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of Wellness Policy

FMES will create, strengthen, or work within existing school health program to develop, implement, monitor and review and as necessary, revise school nutrition and physical activity policies.

Triennial Progress Assessments

At least once every three (3) years, the LEA must conduct assessments of their Wellness Policy. To accomplish this, FMES will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the FMES Wellness Policy. Additionally, USDA requires that FMES will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

- a. FMES will assess compliance and progress of their local wellness policy at least once every three (3) years by:
 - Meeting annually to evaluate and make adjustments if necessary.

- Implementing or adjusting possible corrections or modifications to the policy.
- b. FMES will assess how their wellness policy compares to model wellness policies by:
 - Reviewing changes to model wellness policy annually and adjusting possible correction/modifications to the FMES Wellness Policy.
- c. FMES Wellness Committee is responsible for managing triennial assessment by record keeping and collaborating with local elementary schools.
- d. FMES will actively notify families/households of the availability of triennial assessment once completed.

Revisions an Updating Policy

FMES will update or modify the wellness policy based on the triennial assessment or if FMES' priorities change, community needs change, wellness goals are met and/or new federal or state guidelines are issued.

The Wellness Policy will be updated and assessed as indicated every three (3) years following the triennial assessment.

FMES will inform families and the public each year of any updates to the wellness policy and every three (3) years of their compliance with the written wellness policy through:

- Presenting at monthly PIE meetings.
- The annual progress reports and updates can be found on FMES website or with the Physical Education Technician.
- FMES will make the Triennial Assessments available through committee meetings and school web site.

V. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of student's physical activity can be provided through a comprehensive school physical activity program (CSPAP).

A CSPAP reflects strong coordination and synergy across all of the following components:

- a. Quality physical education as the foundation
- b. Physical activity before, during and after school
- c. Staff involvement
- d. Family and community engagement

FMES will ensure varied physical activity opportunities in addition to, not as a substitute, for physical education.

Physical activity during school hours (including but not limited to recess, classroom physical activity and breaks or PE) WILL NOT be withheld as punishment for any reason. This does not include participation in Hopi Elementary Athletic League (HEAL) athletic teams that have specific academic requirements.

FMES administration, Behavior Intervention Technician and other school staff will collaborate to define alternate ways of discipline for students.

To the extent practicable, FMES will ensure that its grounds and facilities are safe and that physical activity equipment is available to students. FMES will conduct necessary inspections and repairs.

Physical Education (PE)

FMES will provide students with physical education using an age-appropriate, sequential physical education curriculum with both national and state standards for physical education.

The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy eating habits, as well as incorporate essential health education concepts. FMES will also address the needs of social and emotional health of students and their families.

All students will be provided equal opportunity in physical education classes. FMES will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes' and equipment if necessary as such:

- a. Student will be moderately to vigorously active for at least 50% of class time during most of all physical education classes.

All physical education teachers of FMES will be required to participate in at least one (1) professional development in education activity for the school year.

Essential Physical Activity Topics in Health Education

Health education will be required for all grades. FMES will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity:

- The physical, psychological or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease and diabetes
- Height related fitness that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition.
- Difference between physical activity, exercise and fitness
- Phases of an exercise session that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather related safety (heat stroke, hypothermia, sunburn, etc.)
- How much physical activity is enough (frequency, intensity, time and type?)
- Developing an individualized physical activity fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using alcohol/drugs
- Danger of using performance enhancing drugs
- Social influences on physical activity (media, family peers and culture)
- How to find valid information or services related to physical activity and fitness
- How to influence, support or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity
- Food choices and portion sizes
- Benefits of physical activity (social, physical, and emotional)

Recess

FMES will offer at least 20 minutes of recess of all days during the school year with the EXCEPTION of early dismissal, late days and weather.

If recess is offered before lunch, FMES will have appropriate hand-washing facilities and/or hand sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating.

Hand washing time, as well as time to put away coats/hats/gloves, will be built into recess transition time frame before students enter the cafeteria.

Recess monitors and/or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks

FMES recognizes that students are more attentive and ready to learn if provided with periodic breaks. Students will be offered opportunities to be active or stretch throughout the day on all or most days during a typical school week.

FMES encourages teachers to provide short (3-5 minutes) physical activity breaks to students during and between classroom times at least three (3) times per week. (*Resources are available through USDA and the Alliance for a Healthier Generation*).

Before and After School Activities

FMES offers opportunities for students to participate in physical activity either before and/or after school through a variety of methods.

FMES will encourage students to be physically active before and after school by providing:

- Physical activity clubs
- Intramurals or interscholastic sports (HEAL)

Community Health Promotion and Family Engagement

FMES will promote to parents/caregivers, families and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Staff Wellness and Health Promotion

The FMES Wellness Committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resource staff.

The designated official for oversight of the subcommittee is: Physical Education Technician

FMES will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

Strategies FMES will use, as well as specific actions staff members can take include but are not limited to

- Fitness testing
- Developing a personal fitness plan

- **Strength training**
- **Managing stress**
- **Weight control**
- **Aerobics**

FMES promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and weight management that are accessible and free of low-cost.



“Committed to Educational Excellence”

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First Mesa Elementary School Local Wellness Policy

I. Wellness Policy Goals

FIRST MESA ELEMENTARY SCHOOL (FMES) recognizes that there is a link between nutrition education, the food served in schools physical activity and environmental education and that wellness is affected by all of these. FMES also recognizes the important connection between a healthy diet and a student’s ability to learn effectively and achieve high standards in school.

FMES further recognizes that the sharing and enjoyment of food, and participation in physical activities are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are a vital bridge for building friendships, forming inter-generational bonds and strengthening communities.

FMES students will participate in the Physical and Health Education programs, FMES believes these programs are not only beneficial to the physical health of a student, but also contribute to the mental and social development of the student. Nutrition education is a component in the programs.

FMES shall adopt these Wellness guidelines to enable the development of life long healthy habits.

II. Nutrition Standards

School Meals

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

1. FMES will percolate in the National School Lunch Program.
2. All meals will, at a minimum, meet the New Meal Pattern requirements
3. Free, potable water will be available to all students during meal periods.
4. Additional standards include:
 - a. Menus will be created and reviewed by a Registered Dietician.
 - b. Students will be allowed at least 15 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
 - c. Students served lunch at a reasonable time and appropriate time of day.
 - d. Menus will be posted on school website and on a monthly calendar.