

# STDNT5 - Student Welfare: Wellness and Health Services

---

## S - Student

---

### FFA

#### STUDENT WELLNESS

##### LOCAL

The School District strives to significantly contribute to each student's general well-being, mental and physical capacity, and learning ability while affording them the opportunity to participate fully in the educational process.

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:

1. *Nutrition Guidelines:* All foods available in each school during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.
2. *Nutrition Education:* The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for their ages, reflects their cultures, is integrated into health education or core curricula, and provides opportunities for students to practice skills and have fun.
3. *Physical Activity/Recess:* The goals for physical activity are to provide opportunities for every student 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.
4. "Recess," as defined in the statute, means a period of time during the regular school day, including time during a scheduled lunch period, during which a pupil is able to engage in physical activity or social interaction with other pupils.
  - a. The District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through three (3). From and after August 1, 2019, the District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through five (5).
  - b. A school that offers a half-day kindergarten program is required to provide at least one (1) recess period during the school day for pupils in that kindergarten program.
  - c. The school District may count a pupil's participation in a physical education course during a school day as one (1) of that day's recess periods.
  - d. The District is not required to extend the school day to meet this recess requirement.
  - e. This recess requirement does not apply to middle schools, junior high schools, high schools, Arizona online instruction, or schools in which the lowest grade of instruction offered is grade five (5).
5. *Parent, Community, and Staff Involvement:* A primary goal will be to engage family members, students, representatives of the school food authority, the Governing Board, school administrators, and the public in developing and regularly reviewing this school policy.

##### NUTRITION

In accordance with the National School Lunch Act (42 U. S. C. 1751 *et seq.*) and the Child Nutrition Act (42 U.S.C. 1771 *et seq.*), as amended, an assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually. The Superintendent shall receive assurances from all appropriate administrators and supervisors prior to making the annual Board report.

All foods and beverages made available on a school campus serving any configuration of prekindergarten (PK) through eighth (8th) grade during the normal school day are to be consistent with the Arizona Nutrition Standards. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The District will create procedures that address all foods (including Foods of Minimal Nutritional Value and Competitive Food Sales) available to students throughout the school day.

In keeping with the District's nutrition program goals, only food prepared or obtained by the District's food services program should be served. This includes classroom reward or incentive programs involving food items as well as foods and beverages offered or sold at school-sponsored events during the regular school

day. Approval is required to ensure that the foods served meet the requirements of the District's nutrition policy and regulation (i.e., all foods served fit into a healthy diet and contribute to the development of lifelong healthy eating habits for the District's students).

## **LEGAL**

A.R.S.

[15-118](#)

[15-158](#)

[15-242](#)

[36-136](#)

42 U. S. C. 1751 *et seq.*

42 U. S. C. 1771 *et seq.*