

TUBA CITY BOARDING SCHOOL
SCHOOL WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

SUBJECT: Student and Staff Wellness, CDT: 0034002
POLICY CODE: PL 108-265 Section 204

EFFECTIVE DATE: SY 2017
DATE OF NEXT REVIEW: August 2021

DATED: March 2014

Mission statement: The Department of Education, School Nutrition Program's mission is to safeguard the health and well-being of our nation's children

The timing of this legislation and USDA's standards are critically needed to help combat the epidemic of childhood obesity as well as the urgent problem of childhood hunger. Nearly 1 in 3 children are at risk for preventable diseases like diabetes and heart disease due to overweight and obesity. If left unaddressed, health experts tell us that our current generation of children may well have a shorter lifespan than their parents.

On October 11, 1966, President Lyndon B. Johnson signed the Child Nutrition Act. In Section 2 of the Act, Declaration of Purpose, Congress stated:

"In recognition of the demonstrated relationship between food and good nutrition and the capacity of children to develop and learn, based on years of cumulative successful experience under the National School Lunch Program with its significant contribution in the field of applied research, it is hereby declared to be the policy of Congress that these efforts shall be extended, expanded and strengthened under the authority of the Secretary of Agriculture as a measure to safeguard the health and well-being of the nation's children and to encourage the domestic consumption of agricultural and other foods, by assisting states through grants-in-aid and other means to meet more effectively the nutritional needs of children." In addition, this Act provided the following: the start of the School

Nutrient Requirements

Schools must offer meals, that at a minimum, meet the following: • Weekly average of calorie within defined grade groups • Weekly average sodium ranges within defined grade groups • Less than 10% of total calories from saturated fat • Zero grams of trans fat per portion.

Nutrient Analysis

If the SFA chooses to conduct a nutrient analysis, the calculation must be weighted (i.e. food items offered more frequently are weighted more heavily than those not offered as frequently) over one week. Foods items are included based on the portion sizes and projected serving amounts.

PHILOSOPHY STATEMENT

The Federal Child Nutrition and WIC (Women, Infants and Children program) Reauthorization Act of 2004, Congress mandated that all school districts participating in federal school meal programs create and implement school wellness policies by July 2006. These policies must address nutrition education, nutrition standards for foods sold, and physical activity, and must include measures for evaluating the policy's effectiveness. The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in the school. Therefore, the Tuba City Boarding School, adopts the following policy.

POLICY STATEMENT

The following guidelines are required to promote Tuba City Boarding School's Wellness Policy on Physical Activity and Nutrition Education. The school will determine the appropriate implementation for our comprehensive wellness policy. This will ensure that our children and staff learn to lead and practice healthy life styles. This will promote students and staff to make good choices regarding the importance of life-long health and wellness.

AMPLIFYING INSTRUCTIONS AND GUIDELINES (As adapted for Tuba City Boarding School)

As described by Action for Healthy Kids' *Wellness Policy Fundamentals*, at a minimum, a LWP must

- Include goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness
- Include nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district
- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public to participate in the development, implementation, review and update of the LWP
- Inform and update the public (including parents, students and others in the community) about the content and implementation of LWP
- Be measured periodically on the extent to which schools are in compliance with the LWP, the extent to which the LEA's LWP compares to model policies, and the progress made in attaining the goals of the LWP, and make this assessment available to the public.

ADDITIONAL COMPONENTS

A comprehensive policy on wellness should also include:

1. Goals and strategies for increasing student participation in the school breakfast and lunch programs;
2. Nutritional standards for the school breakfast and lunch programs that meet or exceed state and federal standards;
3. The amount of time allowed for students to eat and the adequacy of lunchroom facilities;
4. Guidelines and standards for foods and beverages sold outside of the school's meal programs, such as school-sponsored events, school fund-raisers and other venues on

campus, as well as food and beverages offered as rewards for academic performance or good behavior;

5. Guidance on foods and beverages donated for class parties or other school events;
6. Age-appropriate, skill-building nutrition education at each grade that is focused on behavior change;
7. Opportunities for all students to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and additional opportunities such as recess and before- and after-school programs;
8. Outreach strategies to encourage families to reinforce and support healthy eating and physical activity;
9. Priorities for implementing the recommended strategies in the wellness policy;
10. Processes for evaluation the Board's wellness policy, including evaluation methods, indicators that will be used to measure success, and frequency of reports.

TO ACCOMPLISH THESE GOALS

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness goals.
- All food and beverages made available on campus (including vending, concessions, parties, and fundraising) during school activities are consistent with the current Dietary Guidelines for Americans.
- The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals.
- All food made available on campus adhere to food safety and security guidelines.

QUALIFICATIONS OF SCHOOL FOOD SERVICE STAFF

Qualified nutrition professionals will administer the school meal programs. As part of TCBS responsibility we will operate a food service program, we will also provide continuing professional development for all nutrition professionals. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

SHARING OF FOODS AND BEVERAGES

TCBS should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other diet restrictions for some children.

LUNCH HOUR; (as per Union request)

Bureau of Indian Education supports a duty-free lunch period for employees. Teachers, Education Assistants, and Counselors will normally not have assigned duties during their lunch period. In cases where duties must be assigned, employees will be compensated with compensatory time, overtime

or a shortened workday (straight eight hours). When an employee is required to work through lunch, supervising or instructing students, lunch will be provided at no charge.

SCHOOL MEALS AND CLIMATE

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in a clean and pleasant setting;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.
- Food service staff makes substitutions in the regular meal patterns for those children who are considered disabled under (7 CFR 15 b) and whose handicap restricts their diet in such a way that they cannot fully participate in the food service programs without some modification.
- Makes menu substitutions to meet the applicable menu structure and nutrient analysis requirements in order to qualify as a reimbursable meal.

TCBS will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods offered through the school meal programs in order to identify new, healthy, and appealing food choices. In addition, TCBS will share information about the nutritional content of meals with parents and students. Such information will be made available on menus, school website, on cafeteria menu boards, posters, or other point-of-purchase materials.

Breakfast; to ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- TCBS will serve breakfast to the students, and to the extent possible, operate the School Breakfast Program.
- TCBS will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfast that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning breaks or recess.
- TCBS will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, and other means.

MEAL TIMES AND SCHEDULING Tuba City Boarding School

- shall provide students at least ten, (10), minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- shall schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- shall not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- shall schedule lunch periods to follow recess periods;

- shall provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- shall take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS

All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans. This requirement shall apply to:

1. Vending machines
2. Beverages
3. Fund-raisers
4. Concession stands
5. School parties/celebrations
6. Food items purchased for trips off campus or athletics.
7. Staff will promote healthy meal choices when on lunch duty.

ADVANCED (More Healthful than BASIC)

- Students are allowed to have individual water bottles in the classroom.
- Foods and beverages for classroom rewards, parties and celebrations will:
 - meet the same guidelines as the advanced level for A la carte foods
 - not be provided until the last school bell rings
- Fundraising activities involving the sale of food and/or beverages will not take place until after the end of the last school bell rings.
- No school funds shall be used to purchase unhealthy snack items for any class or activity while on a sponsored field trip or athletic event. Milk, juice, or water is encouraged as the liquid refreshments.
- Refreshments provided for students' participation in school events adhere to the advanced guidelines for vended foods and beverages.
- Snack" means two or more items that are served as a unit.
- On at least three days of the week, snacks meet the following standards:
 - FAT – Except for nuts, seeds and nut butters, not more than 35% of total calories from fat (or less than 4 grams per 100 calories)
 - SUGAR – Except for fruit (without added sugar) and Milk, not more than 35% of weight from total sugar (or less than 9 grams per 100 calories)

NUTRITION

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- The district will take every measure to ensure that student access to foods and beverages meet federal, state, and local laws and guidelines. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible.

- Nutrition services shall support classroom activities for all elementary and middle school students that include hands-on applications of good nutrition practices to promote health and reduce obesity.
- Classroom snacks or in after-school care or enrichment programs shall feature healthy choices.
- Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
- Foods and beverages sold at fundraisers shall include healthy choices and provide age-appropriate selections for elementary and middle schools.
- Food safety will be a key part of the school food service.
- Rewards in addition to food items, shall be offered for positive student behavior and will not withhold food or beverages (including food served through school meals) as a punishment (unless the practice is allowed by a student's IEP).

NUTRITION EDUCATION

Healthy living skills shall be taught as a part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skill related to health promotion and disease prevention. Tuba City Boarding School aspires to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

1. is offered at each grade level 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;
2. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
3. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
4. Each department shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and our district's curriculum map.
5. Nutrition education will be integrated into other areas of the curriculum such as science, language arts, and social studies.
6. Students shall be taught communication, goal setting and decision making skills that enhances personal and family health.
7. School staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.
8. The school district will provide information to families that encourage them to teach their children about health and nutrition.

NUTRITION PROMOTION

Consider this goal as the promotion of proper nutrition practices on the school campus. This could include:

- menu items
- labeling of foods
- posters
- promotional incentives
- a general atmosphere of healthy eating

PHYSICAL ACTIVITY

The *National Association for Sport and Physical Education* (NASPE) recommends that per week, for the length of the school year, schools provide

- 150 minutes of instructional physical education for elementary school students
- 225 minutes for middle and high school students

Daily Physical Education (P.E.) K-12

All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All lower academic students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which TCBS should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. TCBS 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, TCBS should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

All lower academic and upper academic departments will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The Upper Academic Department as appropriate, will offer interscholastic sports programs. TCBS will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

HEALTH AND SAFE ENVIRONMENT

A healthy and safe environment for all, before during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

1. School buildings and grounds, structures and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
2. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
3. Each work site, school and classroom shall work to create an environment where students, parents/guardians, and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.
4. Each building shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages student, families, and staff to request assistance when needed and links them to school or community resources.
5. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
6. Pest management control program is designed to prevent pest infestations and minimize exposure to pesticides in all school buildings and school grounds.
7. Tuba City Boarding School shall assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.

Staff Wellness

Tuba City Boarding School highly values the health and well-being of every staff member. TCBS will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

COMMUNICATIONS WITH PARENTS

Tuba City Boarding School:

- shall support parents' efforts to provide a healthy diet and daily physical activity for their children
- shall offer healthy eating seminars for parents, disseminate home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus
- shall encourage parents to provide healthy snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.
- shall provide parents a list of foods that meet the TCBS's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, parents, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

MONITORING AND PLAN REVIEW

1. The district superintendent will ensure compliance with established district-wide nutrition and physical activity wellness plan.
2. The principal will ensure compliance with the plan in his/her school and will report on the school's compliance to the school district superintendent.
3. The school food service staff, at the district level, will ensure compliance with nutrition plan within the school food service areas and will report on this matter to the superintendent.
4. The superintendent will conduct or appoint a school-based evaluation team to develop and implement an annual evaluation plan. The evaluation team shall evaluate the plan implementation and identify areas for improvement.
5. The superintendent or evaluation team shall report to the school board annually on the progress of the wellness plan and recommend to the district any revisions to the plan it deems necessary.
6. To help with the initial development of TCBS's policies, the school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of the assessments will be compiled to identify and prioritize needs.
7. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement.
8. As part of that review, TCBS will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.
9. TCBS, will, as necessary, revise the wellness policies and develop plans to facilitate their implementation.

DELEGATION OF AUTHORITY:

- A. The school Food Service and Wellness Committee will assume responsibility for enforcing all provisions of this policy.

VI. REPORTS:

The governing Board requires an annual review of this policy at the April 2010 regular Board Meeting and desires a report involving procedures, improvements, education programs, and recommendations for necessary changes.

VII. FORMS

- A. Memo to parents and staff on health snacks for classroom parties and celebrations.

VIII. SIGNATURE BLOCK:

Submitted by: _____
Mr. Don Coffland, Principal

Date: _____

- 1st Reading:
- 2nd Reading:
- 3rd Reading:
- 4th

Reviewed and Update by: _____
Valencia McCabe, Food Service Manager

Date: _____

Established: _____
President, Tuba City Boarding School Board

Date: _____