

J.O. Combs Unified School District #44

Local Wellness Guidelines

Background

The Center for Disease Control reports student academic achievement is associated with good health and regular physical activity. Schools play a significant role in providing a positive environment to support lifelong physical activity and healthy dietary behaviors. Congress recognized that the creation of a healthy school environment can provide support in the prevention of childhood obesity and reduce the likelihood of developing disease and/or improper growth and development associated with improper nutrition.

In 2004, Congress passed the Child Nutrition and Women Infants and Children (WIC) Reauthorization Act (Sec. 204 of O.L. 108-205). This act required schools participating in The National School Lunch Program or other child nutrition programs craft a local wellness policy to address school performance promotion, implementation, and measurement of student wellness in the areas of nutrition education, nutrition guidelines, physical activity, and other school-based activities.

The Healthy, Hunger-Free Kids Act (Sec. 204 of P. L. 111-296) of 2010 provides additional provisions for local wellness policies related to implementation, evaluation, and publicly reporting on progress of local wellness policies.

Purpose

The mission of the J.O. Combs Unified School District's Food Service Department is to provide a school environment that promotes and protects children's health, well-being, and the ability to learn by supporting healthy eating and physical activity. Therefore, it is the practice of J.O. Combs Unified School District to engage students, parents, teachers, food service professionals, health professionals, PTSO's and other interested community members in participating in implementing these policies set forth.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, all school staff is encouraged to model healthy eating behavior as a valuable part of daily life. School leaders shall prepare, adopt and implement a comprehensive plan to encourage healthy eating.

Goals:

- I. Food Service Operation
 - A. Program Requirements

It is acknowledged that the feeding of children is primarily a family responsibility. To supplement their efforts, every school shall operate a food service program to ensure that all students have affordable access to the varied and nutritious food they need to stay healthy and learn well.

During each school day the food service program shall offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Programs.

School meals served through the National School Lunch and Breakfast Program will:

Be appealing and attractive to children

Be served in a clean and pleasant environment

Meet, at a minimum, nutrition requirements established by the state and federal regulations

Offer a variety of foods which are healthy and include whole grain rich products and serve only low fat or fat free milk

Food Service shall provide snacks that meet federal nutrition guidelines to after-school education or enrichment programs as appropriate.

B. Menu Requirements

The Food Service department will monitor the nutrient breakdown of their menus

C. Staffing

Food Service Supervisor and staff will follow all regulations of the Arizona State Nutrition Standards.

Food Service shall provide professional development and training for all managers and office staff.

D. Food Safety

Food Service shall adhere to all federal, state, and local policies in relation to Hazard Analysis Critical Control Points (HACCP) and food safety and sanitation required by the USDA, Arizona Department of Education, and county guidelines.

E. Dietary Modification

Food Service shall comply with USDA's dietary modification requirements for accommodating students with disabilities with proper documentation.

II. Nutrition Guidelines for all Foods on School Campus

A. School Meals

- a. All schools in the J.O. Combs Unified School District will provide breakfast and lunch through participation in the National School Lunch and School Breakfast programs. All reimbursable school meals served will comply with federal and state regulations.

B. Free and Reduced-priced Meals

- a. J.O. Combs Unified School District will ensure meals are served free to children from families who qualify according to the income guidelines set forth by the USDA. No child eligible for free or reduced meals shall be discriminated against because of race, color, or national origin.
- b. J.O. Combs Unified School District shall not segregate physically, nor impart any other discrimination against any child because of the inability to pay the full price of a meal. The names of children eligible to receive free or reduced meals shall not be published, posted, or announced in any manner. Further assurance is given that children eligible for free or reduced meals shall not be required to:
 - i. Use a separate lunchroom, enter the lunchroom through a separate entrance, or go through a separate serving line
 - ii. Eat meals at a different time or eat a meal different from the one sold to a child paying full price
- c. To prevent overt identification and ensure students eligible for free and reduced meals have the opportunity to participate, J.O. Combs Unified School District will:
 - i. Utilize an electronic payment system
 - ii. Create individual student school meal accounts with corresponding student ID number
 - iii. Promote the availability of school meals to children, regardless of income

C. Celebrations

- a. To safeguard the health and well-being of students at J. O. Combs Unified School District, parents, community members, school staff and students providing foods and beverages for parties/celebrations/meetings shall be encouraged to offer healthy options
- b. All foods offered:
 - i. Must comply with local food safety and sanitation guidelines
 - ii. Must come from a commercial source with an approved Maricopa or Pinal county Health permit
 - iii. Is consumed within the celebration area and within a reasonable amount of time
 - iv. Must be served with a serving utensil or a non-latex gloved hand if unwrapped: No contact is to be made by a non-gloved hand with any food item that is not pre-wrapped

D. Fundraising/Vending Machines/Student Store/Food and Beverages Sold Individually

- a. J.O. Combs Unified School District will acknowledge the intention of all food items sold outside of menu items served in the National School Lunch and School Breakfast Programs during the normal school day will supplement reimbursable meals. This will include food items sold or offered through:
 - i. School-sponsored fundraising activities
 - ii. School stores
 - iii. School food service a la carte items

- iv. Vending machines
 - b. All food items served/offered to students during the school day(midnight the night before to 30 minutes after the last bell) must:
 - i. Meet federal, state, and local standards unless a waiver has been submitted to ADE on behalf of sponsored fundraising activity by the Food Service Department
 - ii. All fundraiser guidelines must be followed per USDA and district policies and adhere to appropriate time frames
- III. Nutrition Education
 - A. Food Allergies
 - a. J.O. Combs Unified School District will review and update the protocol and guidelines for supporting children with life-threatening food allergies as needed.
 - b. The Food Service Department will review and update school food allergen information posted on the J.O. Combs Unified School District website.
 - B. Parent Partnership
 - a. J.O. Combs Unified School District will provide parents the opportunity to access valuable information pertaining to healthy lifestyle strategies in the form of:
 - i. School/district newsletters, postings or handouts, social media
 - ii. School menu information will be posted to the district website.
Nutrient analysis and allergy information can be obtained by contacting each school kitchen site.
 - C. Menu
 - a. The Food Service Department will ensure that school menus are available via the web and school office
- IV. Activities to promote student wellness
 - A. J.O. Combs Unified School District will adhere to state and federal physical education mandates
 - B. Daily Physical Activity/Recess
 - a. Daily recess provides an outlet to promote continued physical activity. Our district will support movement-centered activities.
 - C. Special Programs
 - b. Additional physical activity programs are available at schools within the district. Schools will offer a variety of activities that will satisfy the needs, interests, and talents of all students.
- V. School Environment
 - A. Safe environment
 - a. J.O. Combs Unified School District is dedicated to providing each student a safe and healthy school environment.

b. A crisis/emergency plan provides guidance in a crisis situation. The administrator assigned to monitor emergency preparedness will ensure plans are updated at the school and district level.

B. School Health Services

a. The purpose of school health services is to provide students with extended support in the areas of mental, social, health, and community resources.

b. The district will provide the following School Health Services:

- School Nurse or Health Assistant
- Social Worker or Counselor
- Psychologist
- Homeless Liaison

V. Monitoring and Policy Review

- A. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.
- B. Food Service staff, at the school and district level, will ensure compliance with nutrition policies within school food services and will report on this matter to the superintendent or designee.
- C. The superintendent or designee will ensure compliance will develop a summary report each year on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools in the J.O. Combs Unified School District. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health service personnel in the district.
- D. Review of this policy will be repeated once a year to identify and prioritize needs.

Collaboration:

Food Service Staff

Principals

Health Office

District Personnel