

Blackwater Community School Local Wellness Policy

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Board Approval on September 12, 2024

The Local Wellness Policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infant, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA's jurisdiction can be addressed.

I. Wellness Policy Goals

Goals for Nutrition Promotion:

- a) *School will encourage participation in school meal programs.*
- b) *School meals program menus will be posted on the district website.*
- c) *Participation in meal programs will be promoted to families.*

Goals for Nutrition Education:

- a) *Cooking demonstrations.*
- b) *Taste testing.*
- c) *Farm tours.*
- d) *School gardens.*

Goals for Physical Activity:

- a) *All students in each grade will receive physical education for at least 60 to 89 minutes per week.*
- b) *The school will implement a Comprehensive School Physical Activity Program (CSPAP).*
- c) *All physical education classes in the school are taught by licensed teachers who are certified or endorsed to teach physical education.*
- d) *Recess will be offered outdoors when weather is feasible.*
- e) *The school will offer at least 20 minutes of recess on all days during the school year.*

Goals for Other School-Based Activities that Promote Student Wellness:

- a) *All school-sponsored events will adhere to the wellness policy guidelines.*
- b) *All school-sponsored wellness events will include physical activity and healthy eating opportunities.*
- c) *The school will promote to parents/caregivers, families, and the general community the benefits of and approaches to healthy eating and physical activity throughout the school year.*

Date

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.

- a. *The School will participate in the National School Lunch Program.*
- b. *All meals will, at a minimum, meet the New Meal Pattern requirements.*
- c. *Free, potable water will be available to all students during meal periods.*
- d. *Additional standards include:*
 - I. *Meals will be accessible to all students.*
 - II. *The school will participate in the Afterschool Care Snack Program.*
 - III. *The school will provide students with a salad bar.*

Competitive Foods and Beverages

- a. 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:*
 - a. *Blackwater Community School*
- b. *List any additional criteria the school has established for competitive foods here:*

The school will enforce USDA's guidelines on any food or beverage offered to students during their school day.

Celebrations and Rewards

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.

- a. *Describe your standards for all foods and beverages provided, but not sold, to students during the school day:*

Foods served to all students during the school day meet the USDA's Smart Snacks in Schools guidelines.
- b. *These guidelines apply to (check all that apply):*
 - School-sponsored events
 - Celebrations and parties
 - Classroom snacks provided by parents
 - Classroom rewards and Incentives

Fundraising

- a. *Describe your policy on food and beverage related fundraisers sold to students on school campus during the school day, including the frequency and duration of exempt fundraisers as appropriate: The school will not allow exempt fundraisers. All foods and beverages sold as fundraisers will meet USDA's Smart Snacks in Schools Standards.*

Food and Beverage Marketing in Schools

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines.

- a. *Describe your policies for food and beverage marketing: Any food or beverage advertised on school campus during the school day will meet the USDA's Smart Snack in School nutrition guidelines.*
- b. *Describe any additional policies for foods and beverages marketed to students: The school will provide a list of foods and beverages that meet the Smart snacks nutrition standards to staff members, parents and guardians.*

III. School Wellness Committee

Committee Role and Membership

The School will convene a representative district wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

- a. *Describe frequency of meetings: Once a year.*
- b. *Description of who the LEA permits to participate in the wellness policy process. (e.g. parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators):
School board member, school administrators, parents, physical education teachers, school health professionals and food service manager.*
- c. *Description of how the public is notified that their participation is permitted: School website.*

Leadership

The School has designated one or more 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 at each school is: Principal*
- b. *The designated official for convening the wellness committee is: School Food Authority*
- c. *The person designated for informing the public about the wellness policy is: School Principal*

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

Implementation of the Wellness Policy

- a. Describe the School's plan for implementation to manage and coordinate the execution of this wellness policy.
The Principal is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address, all foods and beverages sold and/or served to students at school (i.e., competitive foods, snacks and beverages sold from school stores, after school program and funding-raising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation.

Triennial Progress Assessments

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

- a. The School will assess compliance and progress of their local wellness policy at least once every 3 years.
 - i. Provide a description of how the School will assess the progress made in attaining the goals of the School's wellness policy:
The school will use the Local Wellness Policy Activity and Assessment Tool.
The person responsible for this assessment is: The LWP committee.
 - ii. Provide a description of how the School will assess each school's compliance with sections I-IV of this wellness policy.
Single school.
- b. The School will assess how their wellness policy compares to model wellness policies.
 - i. Provide a description of how the School will compare their policy with the model policies.
The school will use the Local Wellness Policy Activity and Assessment Tool.

Revisions and Updating the Policy

The School will update or modify the wellness policy as appropriate.

- a. Describe how often the LEA will update or modify the wellness policy: The school will update or modify the LWP based on the results of the annual school health index and triennial assessments.

Notification of Wellness Policy, Policy Updates and Triennial Assessment

The School will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

- a. Describe how the LEA will make the district wellness policy available to the public:
School website.
- b. The annual progress reports and updates can be found at:
School website
- c. The school will make the Triennial Assessment available at:
School website.

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