

# BLUE RIDGE UNIFIED SCHOOL DISTRICT NUTRITION GUIDELINES and LOCAL WELLNESS POLICY

## Nutrition Guidelines

The sale or service of food or beverages to students at school during the school day will comply with the following guidelines:

- Food and beverages sold or served to elementary students at school during the school day will comply with the Nutrition Standards, unless exempt from the Nutrition Standards by an exemption filed and approved with Arizona Department of Education, Health and Nutrition Services Department, PRIOR to sale.  
<https://www.surveymonkey.com/s/FundraiserExemption>
- Food and beverages sold to junior high school and high school students at school during the school day will comply with the Nutrition Standards, unless exempt from the Nutrition Standards by an exemption filed and approved with Arizona Department of Education, Health and Nutrition Services Department, PRIOR to sale.  
<https://www.surveymonkey.com/s/FundraiserExemption>
- Vending machines for students on elementary campuses may dispense only water to comply with the Nutrition Standards.
- Vending machines for students on junior high and high school campuses may dispense only food and beverages that comply with the Nutrition Standards.
- Food and beverages sold to students from a student store during the school day must meet the Nutrition Standards.
- Students, employees, and school visitors may not privately sell food or beverages to students on school grounds unless
  - (i) the food or beverages comply with the nutrition guidelines and
  - (ii) prior approval of the sale has been obtained from the school principal and an exemption has been filed and approved with Arizona Department of Education PRIOR to sale.  
<https://www.surveymonkey.com/s/FundraiserExemption>

## Exempt Food and Beverages

Sale or service of the following food or beverages are exempt from the nutritional guidelines:

- Food and beverages sold or served to students after the school day or on days school is not in session.
- Food or beverages brought to school by a student for consumption by the student only.
- Food and beverages served at classroom parties or activities.
- Food and beverages sold as an exempt fundraiser that has received approval from the Arizona Department of Education PRIOR to sale.
- Food or beverages sold, served, or dispensed from vending machines restricted to school staff.

**Exempt fundraisers must be infrequent and must be a single event of duration not exceeding one week. Exempt fundraiser foods or beverages may not be sold in competition with school meals in the food service area during the meal service.**

Submitted for Administrative Approval: July 9, 2018

Submitted For Governing Board Review and Approval:

## **Nutrition Education**

Schools will support nutrition education by sharing of information with families and the community in menus, newsletters, the Food and Nutrition Department website, parent meetings, and other school-based wellness activities. Messages that encourage healthy eating and physical activity may be linked to the school meal program and school community.

## **Physical Activity**

The District will promote and encourage student participation in physical activity and recognizes that all physical activity contributes to a healthy lifestyle.

Schools will provide students with a variety of options for participation in developmentally appropriate physical activity:

- Grades K-6 will receive no less than two 30-minute physical education lessons to equal 60 minutes of developmentally appropriate physical education instruction per week.
- Grades 7-8 will receive no less than one semester of physical education lessons to equal one class period of developmentally appropriate physical education instruction four/five times per week.
- Grades 9-12 will receive two semesters over the four years of physical education lessons to equal one class period of developmentally appropriate physical education instruction four/five times per week. Activities will include physical education classes, elective physical education courses, and the integration of developmentally appropriate physical activity into the academic curriculum.

The District discourages student exemptions from physical education classes. Physical education programs will provide adequate space and equipment to meet applicable safety standards. Physical education instruction and curriculum are aligned with national and state standards. The District will provide professional development to physical education teachers annually.

Teachers and other staff members will not deny a student the opportunity to participate in recess or other physical activity unless:

- The student has engaged in unsafe or inappropriate behavior.
- Time is needed to provide the student with an academic intervention.

## **Nutrition Promotion and Marketing**

- Participation in School Meal Programs
  - School meals will be made attractive to students to the extent possible.
  - School and transportation schedules shall be designed to encourage participation in school meal programs.
- Advertising and Marketing
  - The District will promote healthy choices by prominently displaying healthy foods in the cafeteria, using posters or bulletin boards, and offering food tastings.
  - Foods and beverages that do not comply with the Nutrition Standards, with the exception of food or beverages sold as an exempt fundraiser, will not be marketed and advertised on school grounds.
  - Menus and nutritional information will be made available on the district website for public access.

Submitted for Administrative Approval: July 9, 2018

Submitted For Governing Board Review and Approval:

## **Food Allergies and Special Dietary Needs**

The District will comply with special dietary needs for students as required by the Arizona Department of Education Special Dietary Needs Manual.

- Students who have food allergies that may require substitutions will need to provide a Doctor note to include type of allergy AND the item(s) the District may substitute.

## **Activities to Promote Student Wellness**

### **Role Models**

- Parents, teachers, administrators, food service personnel, and community members are important role models and will be encouraged to practice healthy eating behaviors and be physically active.
- Employees will have access to resources through the Employee Benefits Department that will help to support a healthy lifestyle.

## **Local Wellness Committee**

- All schools within the district will be represented by an advisory committee (LWC) that meets at least three times a year with the goal of improving the school health environment.
- Committee will be comprised of: Parent/Caregiver/Community Member, Student, Representative from the School Nutrition Program, Administrator, Teacher, Food Services Liaison, Finance Specialist, Food Service Manager
- LWC will review the practice of providing snacks and using food as a reward for academic performance, good behavior, or celebrations. When incentives are used, items other than food are encouraged. Food and beverages provided at school-sponsored events and celebrations will support the goals of a healthy school.

## **Program Implementation and Evaluation**

- The Governing Board will establish a plan for measuring implementation of the policy.
- The Superintendent, through the Food Services Liaison and the District Local Wellness Committee, will oversee the implementation and evaluation of the wellness policy.
- School principals, with assistance from school staff and parents, are responsible for implementation of the District's wellness policy at their schools.
- The Superintendent, through the Food Services Liaison and the Local Wellness Committee will develop a list of specific quality indicators that will be used to measure the implementation of the policy District-wide and at each school.
- The Superintendent will report to the Governing Board at least each year on the implementation of this policy and any other Board policies related to nutrition and physical activity.

## **Posting Requirements**

Local Wellness Guidance and/or Policy communications will be posted on the Blue Ridge Unified School District website and made available to the public at each school.

Submitted for Administrative Approval: July 9, 2018

Submitted For Governing Board Review and Approval:

**Exhibit 1**  
**Specially Exempted Fundraisers in Arizona Schools**  
**Exemption Form**



Arizona Department of Education  
Online Exemption Form

\* 1. School District Name

2. School District CTDS, if known (Ex: 12-12-12)

\* 3. School Name

4. School CTDS, if known (Ex: 12-12-12-123)

\* 5. Name of fundraiser (Ex: Bake Sale)

\*6. School organization, group, club, or class benefiting from the fundraiser  
(Ex. Band)

\* 7. Start date of fundraiser

\* 8. End date of fundraiser

\* 9. Name of requestor

\* 10. Title/position of requestor

Powered by **Survey Monkey**

## Definitions

For the purpose of this guidance

- “Food and nutrition facilities” means all District facilities used for the preparation, handling, and storage of food that is prepared or dispensed by the Food and Nutrition Department, including school kitchens and cafeterias.
- “Exempt fundraiser” means food and beverages sold as a fundraiser in support of the school or a school-related activity that are restricted to items intended to be consumed outside of the school day or that has received a waiver from the Arizona Department of Education as requested by a school principal or designated representative of the school.
- “Nutrition Standards” means the current nutrition standards adopted by the Arizona Department of Education pursuant to A.R.S. §15-242 and the U.S. Department of Agriculture pursuant to the Healthy, Hunger-Free Kids Act of 2010.
- “School food sales” means food sold to students from the school cafeteria, snack bar, vending machines, and student store.
- “School campus” means all facilities and grounds under the control of the school that are accessible by students during the school day.
- “School day” means the period from the midnight before to 30 minutes after the end of the official school day.
- “School-sponsored event” means an event that occurs outside of the enrolled single classroom and involves several members of the student body under the supervision of one or more teachers or other staff members. Examples of school-sponsored events include field days, spirit days, pep rallies, socials, or other school celebrations.
- “Classroom party” means a celebration supervised by a teacher that occurs within a given classroom (or respective instructional area) and is limited to only those students enrolled in that one classroom. Examples of classroom parties are holiday parties and birthday parties that occur in the classroom limited to only those enrolled students.