

BLUE RIDGE UNIFIED SCHOOL DISTRICT
DISTRICT NUTRITION AND LOCAL WELLNESS PLAN
MISSION - GOAL – GUIDELINES – ASSESSMENT TOOL

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 diseases 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 P.L. 108-205). This act required all schools participating in the National School Lunch Program and other child nutrition programs to 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.

Mission, Purpose and Goal

The **mission** of the Blue Ridge Unified School District (BRUSD) is to lead and inspire innovative thinkers and expert communicators through a focus on the relationship between educator and student. Students with good emotional, social, and physical health in a safe environment have the opportunity to maximize their learning potential.

The **purpose** of this initiative is to provide school health and physical activity guidelines that support the development of a healthy and safe school environment, conducive to a positive learning experience.

The **goal** of the educational program is to help all students develop to their fullest potential academically, socially, emotionally, and physically.

Wellness Goal

Blue Ridge Unified School District's primary **wellness** goal is to provide a positive, safe, and healthy environment that encourages a physically active and healthy lifestyle for students, staff members, parents, and community members. Students will acquire the critical skills needed to adopt, practice, and maintain a healthy lifestyle with the continued reinforcement of health and nutrition education, physical activity, and wellness.

Guideline Goals

The guidelines in this policy will serve as the foundation for each school in the Blue Ridge Unified School District to develop, implement, and evaluate health and physical activity policies and practices. Each of the guidelines is accompanied by standard common practice(s). The goal is to confirm each school administrator or appointed designee(s) monitors and assesses each school appropriate guideline to ensure compliance on an annual basis. If non-compliant, each school administrator or appointed designee(s) will submit an improvement plan report to a designated District wellness committee member.

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The District Wellness Committee or designee will use Assessment Tool to assess the implementation of policy and the documentation of efforts to review and update the Local Wellness Policy.

I. WELLNESS GOALS

The LWP must include goals in the areas of Nutrition Promotion, Nutrition Education, Physical Activity, and Other Activities to Promote Student Wellness. For each section, choose the activities you'll implement and determine how many schools will work toward implementing the activities.

GOAL: NUTRITION PROMOTION

Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.

	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
<input checked="" type="checkbox"/> District encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).						
<input checked="" type="checkbox"/> School meal program menus are posted on the district website or individual school sites.						
<input checked="" type="checkbox"/> Menus include nutrient content and ingredients.						
<input checked="" type="checkbox"/> Participation in meal programs is promoted to families.						
<i>Farm to School Activities</i>						
<input checked="" type="checkbox"/> Local and/or regional products are incorporated into the school meal program.						
<input checked="" type="checkbox"/> Messages about agriculture and nutrition are reinforced throughout the learning environment.						
<input checked="" type="checkbox"/> School hosts a school garden. (grant has been submitted)						
<i>Smarter Lunchroom techniques are implemented in the cafeteria</i>						
• At Elementary, two fruits offered: Offering two fruits with every meal allows different choices with a better chance a child will select one option.						
• At Elementary, Hot and cold veggies offered: Offering this option allows different choices with a better chance a child will select one option.						
• At Junior High, Pre-packaged salads offered with every meal: Offering nice, pre-packaged grab and go salads provides convenience and encourages a healthy salad to students						
• At Junior High, Breakfast Cart at school entrance offered: Offering a variety of healthy choices including fresh fruit basket to make eating breakfast simple!						
• At High School, Focus on Fruit offered: Offering a variety of seasonal fruit as available including watermelon, cantaloupe, honeydew, pears, blueberries, strawberries and more!						
• At High School, Positive and welcoming atmosphere offered: Offering a positive and welcoming atmosphere to encourage students to say on campus and enjoy the healthy and nutritious meals served.						

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GOAL: NUTRITION EDUCATION <i>Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to safeguard their health and make positive choices regarding food and nutrition, or nutrition education can be offered as sequential individual lessons throughout the school year.</i>	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
<input checked="" type="checkbox"/> Nutrition education is taught in the following grades:						
<input checked="" type="checkbox"/> K <input checked="" type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input checked="" type="checkbox"/> 5 <input checked="" type="checkbox"/> 6						
<input checked="" type="checkbox"/> 7 <input checked="" type="checkbox"/> 8						
<input checked="" type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12						
Nutrition education will be provided by food service staff and the following topics are covered:						
<input checked="" type="checkbox"/> Relationship between healthy eating and personal health and disease prevention <input checked="" type="checkbox"/> Food guidance from My Plate <input checked="" type="checkbox"/> Eating a variety of foods every day <input checked="" type="checkbox"/> Balancing food intake and physical activity <input checked="" type="checkbox"/> Eating more fruits and vegetables and whole grain products <input checked="" type="checkbox"/> Preparing healthy meals and snacks <input checked="" type="checkbox"/> Accepting body size difference	<input checked="" type="checkbox"/> Food safety <input checked="" type="checkbox"/> Importance of water consumption <input checked="" type="checkbox"/> Making healthy choices when eating at restaurants <input checked="" type="checkbox"/> Social influences on healthy eating, including media, family, press and peers <input checked="" type="checkbox"/> Resisting peer pressure related to unhealthy dietary behavior <input checked="" type="checkbox"/> Introduction of new foods					
<i>Nutrition education includes experiential, hands on learning experiences:</i>						
<input checked="" type="checkbox"/> Taste testing						
<input checked="" type="checkbox"/> Promotion of new school menu items						
<input checked="" type="checkbox"/> School gardens						

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GOAL: PHYSICAL ACTIVITY <i>Physical activity is defined by the Centers for Disease Control and Prevention (CDC) as any bodily movement produced by skeletal muscles that result in energy expenditure. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.</i>	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
Physical Activity						
<input checked="" type="checkbox"/> ELEM: Physical activity is available for at least 20 minutes per day for all students.						
<input checked="" type="checkbox"/> JH: Physical activity is available for at least 70 minutes per day for all students.						
<input checked="" type="checkbox"/> To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active.						
<input checked="" type="checkbox"/> Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces are open to students, their families, and the community outside of school hours. (Youth Soccer and Youth Basketball)						
Before and After School Activities						
<input checked="" type="checkbox"/> JH/HS: Students have opportunities to participate in physical activity before school.						
<input type="checkbox"/> JH/HS: Students have opportunities to participate in physical activity after school.						
Physical Education						
<i>In Arizona, LEAs are recommended to review the Arizona PE Standards. Arizona does not have PE requirement, but the national recommendation for PE minutes is 150 per week at the elementary level and 225 minutes per week at the secondary level (middle school and high school level).</i>						
<input checked="" type="checkbox"/> ELEM: Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.						
<input checked="" type="checkbox"/> JH/HS Option to take a semester or year long as an elective						
<input checked="" type="checkbox"/> ELEM/JH: Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.						
<input checked="" type="checkbox"/> JH: Physical education teachers participate in professional development at least once per year.						
<input checked="" type="checkbox"/> ELEM/JH: Physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.						

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<i>Recess</i>						
<input checked="" type="checkbox"/> Elementary schools provide at least 20 minutes of recess on all days during the school year.						
<input checked="" type="checkbox"/> ELEM/JH: Recess is offered outdoors when weather is feasible.						
<input checked="" type="checkbox"/> ELEM/JH: Recess is a compliment to not a substitute for physical education class.						
<input checked="" type="checkbox"/> JH: Recess monitors serve as role models by being physically active along with students.						
<i>Classroom Physical Activity Breaks and Active Academics</i>						
<input checked="" type="checkbox"/> ELEM: Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day on all or most days during a typical school week.						
<input checked="" type="checkbox"/> ELEM: Teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week.						
<input checked="" type="checkbox"/> JH: Teachers provide short (3-5 minute) physical activity breaks to students between classroom time at least 3 days per week during the passing periods.						
<input checked="" type="checkbox"/> ELEM: Teachers incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible to reduce sedentary behavior during the day.						
<input checked="" type="checkbox"/> JH: Some, not all, teachers incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible to reduce sedentary behavior during the day.						

Physical Activity Topics in Health Education

<input type="checkbox"/> Health education is required in all elementary grades.						
<input type="checkbox"/> Middle and high school students are required to take and pass at least one health education course.						
<input checked="" type="checkbox"/> The following essential topics on physical activity are in the health education curriculum: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> The physical, physiological, or social benefits of physical activity <input checked="" type="checkbox"/> How physical activity can contribute to a healthy weight <input checked="" type="checkbox"/> How physical activity can contribute to the academic learning process <input checked="" type="checkbox"/> How an inactive lifestyle contributes to chronic disease <input checked="" type="checkbox"/> Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition <input checked="" type="checkbox"/> Differences between physical activity, exercise and fitness <input checked="" type="checkbox"/> Phases of an exercise session including warm up, workout, and cool down <input checked="" type="checkbox"/> Decreasing sedentary activities such as TV watching <input checked="" type="checkbox"/> How to influence, support, or advocate for others to engage in physical activity 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Preventing injury during physical activity <input checked="" type="checkbox"/> Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active <input checked="" type="checkbox"/> How much physical activity is enough, including determining frequency, intensity, time and type of physical activity <input checked="" type="checkbox"/> Dangers of using performance-enhancing drugs such as steroids <input checked="" type="checkbox"/> Social influences on physical activity including media, family, peers, and culture <input checked="" type="checkbox"/> Overcoming barriers to physical activity <input checked="" type="checkbox"/> How to resist peer pressure that discourages physical activity <input checked="" type="checkbox"/> Opportunities for physical activity in the community 					

Active Transport

<input checked="" type="checkbox"/> ELEM: Safe or preferred routes to school are designated.						
<input checked="" type="checkbox"/> JH: Crosswalks on streets leading to school are used.						
<input checked="" type="checkbox"/> JH: Secure storage facilities for bicycles and helmet are present on school grounds.						
<input checked="" type="checkbox"/> ELEM: Crossing guards are used.						

II. DISTRICT POLICIES

When you monitor implementation, you will report on how many schools comply with the district policies, or if the district as a whole is in compliance with the policy.

DISTRICT POLICY: SCHOOL MEALS STANDARDS <i>At a minimum, the school meal standards should meet the New Meal Pattern requirements. LEAs can establish additional standards important to the district. This section should also include standards for the meal service area, menu composition (use of local produce) and guidelines for water availability during meals.</i>	Year 1	Year 2	Year 3
	% of schools in compliance	% of schools in compliance	% of schools in compliance
<i>National School Lunch Program</i>			
☒ All schools in the district participate in the National School Lunch Program.			
☒ Lunch meals served meet the new meal pattern requirements including minimum requirements for fruits, vegetables (and subgroups), whole-grain rich foods, meat/meat alternates and 2 varieties of milk.			
☒ 100 % percent of lunch items will be prepared on site.			
☒ Students are served lunch at a reasonable and appropriate time of the day.			
<i>School Breakfast Program</i>			
☒ All schools in the district participate in the School Breakfast Program.			
☒ Breakfast meals served meet the new meal pattern requirements including minimum requirements for fruits/vegetables, whole-grain rich foods, and 2 varieties of milk.			
<i>School Meal Standards meet the following additional guidelines established by the district:</i>			
☒ Meals are appealing and attractive to students and served in clean, pleasant settings			
☒ Local and/or regional products are incorporated into the school meal programs.			
☒ Fresh fruits and vegetables are served <u>5</u> times per week.			
<i>Water</i>			
☒ Free, potable water is available to all students during the meal period.			
☒ Water sources and containers are maintained on a regular basis to ensure good hygiene and health safety standards.			

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DISTRICT POLICY: COMPETITIVE FOOD AND BEVERAGES (FOOD SOLD TO STUDENTS) <i>Competitive foods and beverages are those foods that are sold outside of and in competition with the federally reimbursable meal programs. At a minimum, LEAs must ensure all foods and beverages sold on campus, during the school day defined as midnight to thirty minutes after the end of the school, will meet the USDA Smart Snack guidelines for grades K-12. LEAs can establish additional standards.</i>	Year 1	Year 2	Year 3
	% of schools in compliance	% of schools in compliance	% of schools in compliance
<input checked="" type="checkbox"/> Foods and beverages sold outside the school meal programs will meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day (midnight to thirty minutes after the end of the school day). This applies to foods sold:			
<input checked="" type="checkbox"/> A la Carte			
<input checked="" type="checkbox"/> In student stores			
<input checked="" type="checkbox"/> In vending machines			
<input checked="" type="checkbox"/> Other: Fundraising unless proper exemption has been filed and approved by ADE			
DISTRICT POLICY: CELEBRATIONS AND REWARDS (FOOD SERVED TO STUDENTS) <i>Arizona Law (ARS 15-242) referred to as Arizona Nutrition Standards states that all food and beverages supplied at school sponsored events to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines. The USDA's Smart Snacks in Schools and Arizona Nutrition Standards guidelines do not apply to foods brought to school in bagged lunches or for activities such as birthday parties, holidays, or other celebrations.</i>	Year 1	Year 2	Year 3
	% of schools in compliance	% of schools in compliance	% of schools in compliance
School Sponsored Events			
<input checked="" type="checkbox"/> Foods served to students in grades K-8 meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242) .			
<input checked="" type="checkbox"/> Foods served to students in grades 9-12 meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242) .			
Classroom Celebrations/Rewards			
<input checked="" type="checkbox"/> Foods served to students during classroom celebrations and parties (holidays and birthdays) meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).			
<input checked="" type="checkbox"/> Parents and teachers receive a list of healthy party ideas, including non-food celebration ideas.			
<input checked="" type="checkbox"/> Food and beverage is not used as a reward.			
<input checked="" type="checkbox"/> Teachers and other school staff receive a list of alternative ways to reward students.			

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DISTRICT POLICY: FUNDRAISING	Year 1	Year 2	Year 3
<p><i>In Arizona, all fundraisers are exempted from the Smart Snacks guidelines when an exemption request form is submitted to Arizona Dept of Education for approval prior to fundraising activities, per HNS 04-2015. However, regulations state that no exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. Additionally, LEAs have the authority to implement more restrictive fundraising food standards.</i></p>	% of schools in compliance	% of schools in compliance	% of schools in compliance
<p>The district has adopted the following fundraising policy:</p>			
<p><input checked="" type="checkbox"/> The district allows infrequent, exempt fundraisers, where food sold on campus during the school day does not meet Smart Snacks guidelines and complies with the following:</p>			
<p><input checked="" type="checkbox"/> The campus prepares for team level submittal of the exemption request form to ADE for all food-related fundraisers, intended for consumption on school campus during the school day, that do not meet the Smart Snacks guidelines.</p>			
<p><input checked="" type="checkbox"/> The district defines what it considers to be ‘infrequent’ and “ short duration” as it relates to exempt fundraisers as: As per Arizona Department of Education HNS#4-2015 Guidance Fundraisers should be single events of duration not exceeding one week.</p>			
<p>Notifying Public of Fundraising Policy</p>			
<p><input checked="" type="checkbox"/> The district fundraising policy is distributed to all schools.</p>			
DISTRICT POLICY: FOOD AND BEVERAGE MARKETING	Year 1	Year 2	Year 3
<p><i>LEAs that allow marketing of food and beverages to students must include plans and policies that allow the marketing of only those foods and beverages that may be sold on the school campus during the school day (i.e. that meet the USDA’s Smart Snacks in Schools) LEAs have the discretion to enact broader policies that address marketing that occurs at events outside of school hours.</i></p>	% of schools in compliance	% of schools in compliance	% of schools in compliance
<p><input checked="" type="checkbox"/> All foods and beverages advertised on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition guidelines. These guidelines apply to (Check all that apply)</p>			
<p><input checked="" type="checkbox"/> School equipment such as marquees, message boards, scoreboards, busses etc.</p>			
<p><i>The district has established additional guidelines for all foods and beverages marketed to students:</i></p>			
<p><input checked="" type="checkbox"/> As the district, school nutrition services, athletic director, PTO/PTA reviews existing contracts and considers new contracts, equipment and purchasing, decisions reflect applicable marketing guidelines established by the LWP.</p>			

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III. DISTRICT WELLNESS COMMITTEE

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

COMMITTEE ROLE AND MEMBERSHIP <i>The district must notify the public of their ability to participate in the LWP process. LEAs should establish details of how the LWP will be convened and how it will operate.</i>	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
<input checked="" type="checkbox"/> District convenes a representative local wellness committee (LWC).						
<input checked="" type="checkbox"/> District Local Wellness Committee meets 3 times per year.						
<input checked="" type="checkbox"/> The public is notified of their ability to participate in the district wellness committee.						
The public is notified of their ability to participate in the district wellness committee using the following methods:						
<input checked="" type="checkbox"/> Notices on district website						
<input checked="" type="checkbox"/> LWC will be <i>actively</i> represented by:						
<input checked="" type="checkbox"/> (1) Parent/Caregiver/Community Member						
<input checked="" type="checkbox"/> (1) Student						
<input checked="" type="checkbox"/> (1) Representative from the School Nutrition Program						
<input checked="" type="checkbox"/> (1) Administrator						
<input checked="" type="checkbox"/> (1) Teacher						
<input checked="" type="checkbox"/> Food Service Liaison						
<input checked="" type="checkbox"/> Finance Specialist						
<input checked="" type="checkbox"/> Food Service Manager						
LEADERSHIP <i>The district must designate 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. This may or may not be the same person responsible for bringing the wellness committee together and planning the meetings.</i>	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
<input checked="" type="checkbox"/> There is a person designated to convene the LWC and facilitate development of and updates to the wellness policy. <input checked="" type="checkbox"/> Designee is Food Services Liaison						
<input checked="" type="checkbox"/> There is a district-level official designated to <i>ensure all schools' compliance</i> with the policy. <input checked="" type="checkbox"/> Designee is Chief Financial Officer						
<input checked="" type="checkbox"/> Each school has designated a wellness policy coordinator who will ensure compliance with the policy at school level. <input checked="" type="checkbox"/> Position/Title of the designees is Campus Administrator/Principal						

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IV. IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND NOTIFICATION

Convening a district wellness committee and writing the policy is the first step in the LWP process. However, districts are also responsible for implementing, monitoring, and notifying the public about the LWP. Annual reviews and updates to the policy are recommended, while a thorough assessment of compliance is required every three years.

IMPLEMENTATION PLAN	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
<i>Once the wellness policy is written, the district will need to communicate to the goals and policies to all schools. Schools will then implement the policies and begin working toward the goals as appropriate. The implementation of the policies should be consistent across all schools, but the actions that work toward meeting the goals may vary from school to school.</i>						
<input checked="" type="checkbox"/> The district has a plan for implementation to manage and coordinate the execution of this wellness policy at each school.						
<input checked="" type="checkbox"/> The plan includes roles, responsibilities, actions and timelines specific to each school and includes information about who will be responsible to make changes.						
TRIENNIAL PROGRESS ASSESSMENTS	Year 1		Year 2		Year 3	
<i>At least once every three years, the District must assess compliance with their wellness policy and assess progress toward meeting the goals of the wellness policy.</i>	YES	NO	YES	NO	YES	NO
<input checked="" type="checkbox"/> At least once every three years, the district evaluates compliance with the wellness policy.						
The evaluation includes:						
<input checked="" type="checkbox"/> The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy.						
<input checked="" type="checkbox"/> The extent to which the district's policy compares to the model policy						
<input checked="" type="checkbox"/> A description of the progress made in attaining the goals of the district's wellness policy.						
<input checked="" type="checkbox"/> The district designated a person responsible for managing the triennial assessment: This designee is: Superintendent						
REVISIONS AND UPDATING THE POLICY	Year 1		Year 2		Year 3	
<i>LEAs are required to update or modify the wellness policy as appropriate.</i>	YES	NO	YES	NO	YES	NO
<input checked="" type="checkbox"/> Policy is updated when appropriate, including when:						
<input checked="" type="checkbox"/> District priorities change						
<input checked="" type="checkbox"/> Wellness goals are met						
<input checked="" type="checkbox"/> New state or federal guidance/standards are issues						

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NOTIFICATION OF WELLNESS POLICY, POLICY UPDATES AND TRIENNIAL ASSESSMENT <i>LEAs must make available to the public (1) at all times the wellness policy (2) on an annual basis, at minimum, any updates to and about the wellness policy, and (3) the Triennial Assessment which includes progress toward meeting their wellness goals and compliance with the written policy over a three year period.</i>	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
Availability of the LWP						
<input checked="" type="checkbox"/> The wellness policy is posted online ensuring public access to the policy at all times. The URL is: brUSD.org						
Notification/Availability of Revisions and Updates to the LWP						
<input checked="" type="checkbox"/> District informs families and the public each year of basic information about the policy, including its content, updates, and implementation status by:						
<input checked="" type="checkbox"/> Notices on district website						
Availability of the Triennial Assessment						
<input checked="" type="checkbox"/> The triennial assessments are available to the public. The URL is: brUSD.org						
RECORDKEEPING <i>The district retains the following documents to demonstrate compliance with the wellness policy.</i>	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
<input checked="" type="checkbox"/> Written wellness policy						
<input checked="" type="checkbox"/> Documentation demonstrating it has been made available to the public						
<input checked="" type="checkbox"/> Documentation of efforts to review and update the policy, including indication of who is involved in the update and the methods the district uses to make stakeholders aware of their ability to participate						
<input checked="" type="checkbox"/> Documentation to demonstrate compliance with the annual public notification requirements						
<input checked="" type="checkbox"/> The most recent assessment on implementation of the school wellness policy						

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BLUE RIDGE UNIFIED SCHOOL DISTRICT 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 and junior 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>
- Food and beverages sold to 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 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 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.

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 at minimum two 30-minute physical education lessons to equal 60 minutes of developmentally appropriate physical education instruction per week.
- Grades 7-8 will receive one semester of physical education lessons to equal one class period of developmentally appropriate physical education instruction 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 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.

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: District Food Services Liaison, District School Finance Specialist, Food Services Manager, (1) Administrator, (1) Certified Staff Member, (1) Classified Staff Member, (1) Student, (1) PTSO Member, (1) Community Member.
- 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 District Food Services Liaison will oversee the implementation and evaluation of the wellness policy.
- The Superintendent, through the District 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.
- School principals, with assistance from school staff and parents, are responsible for implementation of the District's wellness policy at their schools.
- 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.

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 NUMBER, IF KNOWN EX: 12-12-12-123
*5. NAME OF FUNDRAISER (EX. BAKE SALE)
*6. SCHOOL ORGANIZATION, GROUP, CLUB BENEFITING FROM THE FUNDRAISER
*7. START DATE OF FUNDRAISER
*8. END DATE OF FUNDRAISER
*9. NAME OF REQUESTOR
*10. TITLE/POSITION OF REQUESTOR

DONE

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.

Adopted:

Revised: