

SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY SCHOOLS

WELLNESS POLICY

(Revised 12/8/05)

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## SRPMIC Schools Wellness Plan

### SRPMIC SCHOOLS WELLNESS POLICY

#### I. PURPOSE:

- A. Tribal and Education Department goals identify the importance of having healthy, successful Community members. These goals meet the requirements of Section 204 of Public Law 108-265–Child Nutrition and WIC Reauthorization Act dated June 30, 2004. The Salt River Pima-Maricopa Indian Community (“SRPMIC” or “Community”) Schools have established the following wellness policy to ensure that all students have access to a healthy nutrition environment during the school day as well as the ability to participate in healthy physical activity during and beyond the school day.
- B. The SRPMIC Schools Wellness Policy is intended to address issues regarding school meals, school environment, and nutrition and health education that will impact the current and future health of our students and their families. Academic achievement is dependent on the overall health and nutrition status of the individual student. The emphasis of our wellness policy is on providing healthy food choices and encouraging physical activity as a means of promoting overall well-being throughout life. As a side effect of these healthy activities, we would expect to see a decrease in rates of overweight/obesity, diabetes, and other related health problems in future years.

#### II. DEFINITIONS:

Non-Pricing Program—Students are provided meals free of charge.

Offer vs. Serve—A school lunch policy that allows students to reject some components of a meal while allowing the food service to receive full reimbursement value of the meal.

Reimbursement---USDA provides monetary assistance for providing meals to students. Amount of reimbursement per individual student meal is dependent on family income. This is the free-, reduced-, or paid status referenced by grants.

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III.

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### POLICY:

A. Nutrition Guidelines for School Meals—School meals are subject to the rules established by USDA and SRHS is subject to the Arizona Department of Education rules which are followed for all Community schools. The procedures adopted by the SRPMIC schools may be more restrictive (that is, healthful) in some respects than required by the authorities noted above.

1. **Food Service Department**---The Department will be led by a qualified nutrition professional.
2. **Food Service Staff**---All staff receive specialized training in providing healthy school meals.
3. **Access to School Meals**—SRPMIC Schools Meal Programs are non-pricing. All enrolled students may have one breakfast and one lunch without charge. The Community provides funding for expenses related to student meals for children who are ineligible for full or partial USDA reimbursement.
4. **Summer Feeding**---SRPMIC Schools will provide summer meals at various sites. Community-based youth programs are encouraged to use the schools as their meal provider during the summer school recess.
5. **Nutritional Quality of School Meals**---SRPMIC Schools will adhere to nutrition standards of the School Breakfast Program, National School Lunch Program, and Afterschool Snack Programs. These standards include portion sizes for various age/grade levels as well as nutrient criteria including, but not limited to protein, vitamins A and C, iron, fat content (total, saturated, and cholesterol), calcium, fiber, and sodium.
6. **Sack Lunches for Field Trips**---Sack lunches will adhere to the school lunch meal pattern. Bottled water and additional snacks may be provided depending on the destination and duration of the field trip.
7. **Food Preparation**---Foods will be prepared according to the needs of the age groups being served.
8. **Salad Bars**---A salad bar will be provided several days per week for SRHS students. A salad bar may be used at other sites if sanitation and other concerns can be effectively addressed.
9. **Native Foods**---Native foods will be offered on menus periodically

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either as individual items or as a special occasion meal.

10. **Holidays and Special Meals**---Special menus may be planned for holidays and special events. If desserts are offered, food service staff will make “reduced -calorie” items whenever possible.
11. **Food as Reward or Punishment** ---Food should not be used as either a punishment or reward. Classroom activities should focus on other means of reinforcing behaviors.
12. **Outside Food in Lunchrooms**---Children may bring meals from home; however, foods that are not allowed to be served (according to National Student Lunch Program (“NSLP”) competitive food lists) will be confiscated. Parents are encouraged to speak with food service staff if they have concerns about meals served to students. (Exception: Parents of infants and toddlers may bring in foods appropriate for developmental needs of their children.)
13. **Adults as Role Models**---Adults may purchase meals at any school kitchen. Adults are strongly encouraged to follow the same rules as the children—if outside foods are brought in, they should not conflict with the NSLP guidelines mentioned above. Whenever possible, travel mugs or plain foam cups should be used for beverages so advertising is not apparent.
14. **Offer vs. Serve**--- Students at ECEC and SRES are served all components of a meal. The junior and senior high school meal program follows Offer vs. Serve. Students at SRHS may choose to not take all components of a meal. The elementary school program requires all students to take all meal components for food service to receive full reimbursement value of the meal. Only meals that contain three or more of the required components are counted for reimbursement purposes.
15. **Food Allergies, Medical Concerns**---Menu substitutions will be made for all students with medical documentation noting substitutions to be made.
16. **Milk Choices**---Skim, 1% fat milk, and lactose-free milk will be available for all students. A parent’s request, rather than medical documentation, is sufficient for students with lactose intolerance.
17. **Sweetener Availability**---Sugar and sugar substitutes will not be offered to students. Some menu items may be sweetened by the food

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service staff during cooking.

18. **Salt Availability**---Salt will not be offered to students. Use of high-salt foods and condiments will be minimized on menus. Salt-free seasonings—pepper, pepper sauces, spice blends—may be offered to students.
19. **Second Servings**---Students requesting seconds will be offered fruits, vegetables, and/or milk rather than entrees.

### B. Measurement and Evaluation of the Nutrition Guidelines for School Meals

1. Responsible party: Food Service Program manager and/or Designees (kitchen supervisors, PTO officers, school administrators, for example)
2. Evaluation of the nutrition guidelines for school meals will be accomplished in various ways as appropriate to the standard. Items to be reviewed may include any or all of the following:
  - a. Annual review of food service management and staff credentials and training.
  - b. Annual review of any advertising and/or promotion done by the Food Service Program for summer feeding, meal applications, program rules, etc.
  - c. Periodic (quarterly or semi-annual) review of production records, menus, meal counts, student handbooks, nursing records (for allergies and/or meal-related issues), and other records.
  - d. Review of School Meals Initiative (nutrition analysis) and Comprehensive Review Effort (school meal review) done by Arizona Department of Education staff and any improvement plan(s) that may be necessary for compliance. (Reviews are done every 5 years unless critical problems are noted.)
  - e. Review of student and adult survey comments regarding meal service and environment ( annually or semi-annually).
  - f. Direct observation of meals served at each site.

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- C. School Meal Environment---It is intended that meals be a pleasant activity for children and adults alike. The physical surroundings of classrooms used for family-style meals and cafeteria set ups are to be age-appropriate, friendly and inviting.
1. **Multi-use Facilities**---Cafeterias may be designated as a multi-purpose facility to encourage physical activity, tutoring, etc. before or after the regular meal hours or during bad weather.
  2. **Cafeteria Repair**---Kitchen supervisors will ensure that needed repairs are made as necessary by working with the site maintenance and custodial staff. Immediate attention will be paid to any safety/sanitation issues that may arise.
  3. **Cafeteria Decoration**---Kitchen supervisors will plan and prepare bulletin boards with nutrition/health topics of interest to the students served on a regular basis. School staff and students are encouraged to be part of this process.
  4. **Scheduled Meal Times**---Children will be provided adequate time to eat meals—at least 10 minutes for breakfasts and 20 minutes for lunch. Staggering meal times for different age groups to minimize congestion, wait times, etc. is worked out with the principals or other administrators as necessary.
  5. **School Menus**---Menus will be posted in the cafeterias and on Community intranet sites as possible. Menus are made available to students, staff, and other interested parties at the beginning of each month. Nutrition analysis information may be posted when available.
  6. **Meal Presentation**---Meals will be planned with a variety of colors, flavors and shapes. Plastic dishes will be used for children at ECEC and SRES. Disposables may be used in emergency situations.
  7. **Drinking Water**---Water stations are available at all meals.
  8. **Nutrition Lab**---Cafeterias may be used as learning labs to introduce children to new foods, to allow children to learn about nutrition and food production, etc.
  9. **Parental Involvement**---Parents have an open invitation to observe school meals and/or join their children for a meal for a nominal fee. Phone numbers for kitchen supervisors are included on menus. Food service staff may attend parent or PTO meetings to share information,

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answer questions, etc.

### D. Measurement and Evaluation of the School Meal Environment

1. Responsible party: Kitchen supervisors or Designees (cafeteria duty aides, parents or PTO officers, or school administrators)
2. Evaluation of the school meal environment at each site will be accomplished in various ways including, but not limited to the following:
  - a. Direct observation of meal service and repair of the cafeterias.
  - b. Review of maintenance records, repair orders, custodial performance and related records.
  - c. Review records of parent calls (from front office and food service department) and/or PTO concerns regarding meal service. Monitor resolution of problems identified.
  - d. Review Food Service Department records of partnerships with classroom staff and/or activities provided in the cafeteria for students.

### E. Nutrition Guidelines throughout the School Day---

There are many opportunities to share food throughout the day. We have addressed food availability at school including any school-sponsored afterschool snack programs. We have not addressed other after-school activities with this Wellness Policy.

1. **Classroom Snacks and Parties---**Large numbers of classroom snacks and parties can negatively impact the intent of the Wellness Policy. Emphasis is placed on parties and/or special events that use items other than foods as rewards—stickers, balloons, pencils, school supplies, etc.

However, if classroom snacks and/or party foods are an essential part of a particular classroom activity, they must be approved by the

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appropriate staff at each site (Administrator or designee).

2. **A la Carte Foods/Vending**---The Food Service Department does not currently sell a la carte items to students. Vending machines which are accessible to students must follow the USDA/ADE guidelines for Competitive Foods. Foods of Minimal Nutritional Value may not be sold during meal times and machines containing these foods should be turned off or locked out during meal service times.
3. **Arizona Nutrition Standards** are being developed that address foods that may be sold as a la carte items based on nutritional value. The Food Service Department will adopt these standards if we begin sales of a la carte items to students.
4. **Afterschool Snacks**---Snacks may be offered to programs at each site. Reimbursable snacks will meet the time requirements and nutritional guidelines of the Afterschool Snack Program. Snacks for outside programs are invoiced as a catered expense, but will follow the same nutritional requirements as noted above.

### F. Measurement and Evaluation of Nutrition Guidelines during the School Day

1. Responsible party: Administrator or Designee at each site.
2. Food Service Department can provide guidelines on foods allowed or not allowed during meal service times and entire school day. Evaluation of the nutrition guidelines throughout the school day will be accomplished in various ways including, but not limited to the following:
  - a. Review requests for classroom parties as to purpose, activities, use of rewards/snacks.
  - b. Review “Reward Committee” guidelines and practices.
  - c. Review student, staff, and parent handbooks for inclusion of wellness policies.
  - d. Direct observation of times that vending machines are operational

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and variety of snacks and beverages available. Determine if items meet the Arizona Nutrition Standards (if or when adopted).

- e. Review snack records at each site and determine if items offered meet the Arizona Nutrition Standards (if or when adopted).

G. Nutrition Education Goals---Nutrition education lessons must be consistent with current knowledge and practices. The Nutrition Education curriculum will address making healthy food choices, avoidance of food/diet fads, needs of the body, and creating a balance between calorie intake and physical activity. Promotion of healthy eating practices will be strongly encouraged.

1. **Nutrition Education Activities**---Menus will be planned in advance and monthly menus will include some type of nutrition/health topic. Menus will be made available to students and family by various means.
2. **Community-based Education Programs**---Various youth-oriented programs offer health, physical activity, and nutrition information both in and out of the classroom. (Examples: SMART Moves, Diabetes Prevention Program, Tobacco Prevention Program, FitRez Kids ). Programs are subject to change and are updated periodically. A dedicated health classroom at the elementary school would be ideal for these activities.
3. **Nutrition Education Curriculum**---Nutrition education—as part of Health Education--will be encouraged and supported across the curriculum at all grade levels. (See district curriculum.)

H. Measurement and Evaluation of Nutrition Education Goals

1. Responsible parties: Principal or Designee for Classroom/Curriculum for Students and Food Service Program Manager
2. Evaluation of nutrition education goals will be accomplished in various ways that may include:
  - a. Review of the monthly menus and any support for the nutrition information (classroom activities, interactive bulletin boards, afterschool program tie-ins, etc.)

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- b. Review the number and variety of Community health & nutrition education programs that are operating in the schools and in the Community at large.
- c. Annually, survey the teachers to determine the application of nutrition and health principles in classroom instruction.

I. Physical Activity Goals—Physical activity has been shown to be a key factor in preventing various diseases. Promoting an increase in daily physical activity for all Community members will result in improved quality of life for our population.

1. **Physical Education Classes**---Physical education classes are offered according to the State Physical Activity Standards for Grades K-12. Children are encouraged to be physically active for a minimum of one hour per day in a variety of ways as noted below.
2. **Recess**---Recess periods will not be used as either a punishment or a reward for students. Recess will be scheduled before lunch whenever possible.
3. **Physical Activity during the school day**---Structured movement will be encouraged through the school day.
4. **Inclement Weather**---Cafeterias, gyms, weight rooms, or multi-purpose rooms at each site are designated as areas where physical activity is possible in poor weather conditions.
5. **Energy Balance**---Students shall be taught that balancing energy intake (calories from food) with energy output (physical activity) results in a healthy weight. This concept will be reinforced in health, science, and other classes.
6. **Sports Participation**---Classes will provide instruction in a variety of competitive and non-competitive activities (team and individual) that can be engaged in throughout the life span. Physical education program will have adequate equipment available for all students to participate.
7. **Special Events**---Special events, such as fun runs and fairs will be encouraged and advertised to the Community to garner support for children's efforts to be physically fit. Rewards should not be in the form of food treats—t-shirts, ribbons, athletic equipment, etc. would be

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preferred.

8. **Afterschool Programs**---A variety of afterschool programs (both school- and Community-sponsored) will provide a variety of enrichment activities that will include physical activities of interest to the students enrolled.
9. **Afterhours Activities and Partnerships**---With the approval and support of the Education Board, schools may open athletic facilities for the public or other Community Programs when it is safe and practical to do so. (Examples, weight rooms, track for walking, basketball courts) Fees may be charged to programs to cover expenses of opening facilities. Programs may be required to provide additional staff for safety and security of the public and the school property.
10. **Fitness Centers**---Children between the ages of 13 and 17 may use the Fitness Centers at Salt River and Lehi if accompanied by an adult. Children age 16 and up may use the Fitness Center without an accompanying adult if they are behaving in a responsible manner. The Fitness Center staff will determine responsible behavior. Monthly calendars detailing the Fitness/Nutrition programs available will be posted in cafeterias as they are available.

### J. Measurement and evaluation of the Physical activity goals

1. Responsible party: Administrator or Designated Staff
2. Evaluation of physical activity goals will be accomplished in various ways that may include:
  - a. Review of site, parent, and staff handbooks addressing use of facilities, recess policies, afterschool program components, and special events.
  - b. Survey of teachers regarding physical activity in classrooms and throughout the school day.
  - c. Determine usage of Community fitness facilities and programs for comparisons with future usage.
  - d. Determine Body Mass Index (“BMIs”) for selected groups of

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children for baseline data in future years.

- e. Review nurses' records for baseline data relating to meal consumption and office visits near breakfast time.

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### APPENDIX

#### COMMUNITY RESOURCES SUPPORTING THE WELLNESS PLAN

The following departments/positions have been identified as resources available for assistance in developing, monitoring, and reviewing/updating our plan.

A. SRPMIC Education Department

1. Education Administration
2. ECEC Administration and Staff
3. SRES Administration and Staff
4. SRHS Administration and Staff
5. School Nurses (3)
6. School Food Service Department

B. SRPMIC Health and Human Services

1. After School Program - Youth Services
2. Boys and Girls Club of Scottsdale—Red Mountain Branch
3. Child Enrichment Program
4. Diabetes Prevention Program/Fitness Center
5. Food Program
6. Health Education
7. VA II Clubhouse/Multi-Purpose Center
8. Women, Infants & Children (WIC)

C. Recreation Department

1. ECEC Exercise Program
2. Friendship Youth Sports League
3. Lehi After School Program
4. Short Stop After School Program
5. Summer Day Camps for Youth

D. Additional programs may be identified in the future or programs may be dropped if they are unable to help us with our processes.