**Duncan Unified School District Local Wellness Policy**

The Duncan Unified School District strives to make a significant contribution to the general well-being, mental, and physical capacity, and learning ability of each student while affording them the opportunity to fully participate in the educational process.

The Duncan Unified School District is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.

To ensure the health and well-being of all students, the DUSD shall promote and monitor student wellness in a manner that the DUSD determines is appropriate in the following areas:

**Section 1: Nutrition Education**

* Grades K-5 receive education in nutrition through the AZ Health Zone educator. The evidenced-based curricula is age-appropriate. Grades 3-5 have a garden curriculum taught in conjunction with their school garden.
* Each month when the new school menu comes out, there is a “Nutrition Nugget” sheet attached that contains new recipes and nutrition activities for families to do together.
* There are nutrition posters up in the Cafeteria with themes such as MyPlate, Vegetables, Fruits, etc.

**Section 2: Standards for USDA Child Nutrition Programs and School Meals**

* Duncan Unified Schools participates in National Breakfast and Lunch Program, DoD Fresh Fruit and Vegetable program, and also the MyFoods Distribution Program.
* The School District began the Breakfast in the Classroom program in January 2015. It helps get students ready to learn because they have the nutrition needed for a good start to the day. This results in the students being more attentive in their studies.
* Both the Breakfast and Lunch programs use the “Offer vs. Serve” form of serving. This is a waste-control program, where the students are offered four meal components at breakfast and 5 meal components at lunch. The student is required to take 3 of those components at breakfast and 4 meal components at lunch. The only requirement for each program is that at least one fruit or vegetable be on their plate at each meal served.
* A Free and Reduced Lunch application is sent to each family in the school district 30 days prior to the start of school. If any change in the family’s income occurs, they are required to file another application. These applications are available at any of the District’s offices: District, High School, Elementary, or Primary.
* The standard amount of time provided for eating school meals is 15 minutes after being seated.
* If any parent or student would like access to meal nutrition information, they can contact the Food Service Manager.
* Food Service Staff are required to receive professional standard training throughout the school year. The amount of hours received is based on their job description: Manager, Full-time, Part-time, or Substitute.
* Free drinking water is available to students in the cafeteria during their lunch hour.
* DUSD prohibits the use of foods for reward or punishment. Examples of these would include teachers not taking students’ lunch/recess time away and teachers not handing out candy, chips, etc., for reward of student accomplishments.
* Other policy guidance and information about the National School Breakfast and Lunch Programs can be located at: [www.azed.gov/health-nutrition/nslp](http://www.azed.gov/health-nutrition/nslp).

**Section 3: Nutrition Standards for Competitive and Other Foods and Beverages**

* We promote the concept that healthy snacks be brought to classroom celebrations. There is a list of healthy snacks available that can be sent home to help parents and community meet the Healthy Snack Standards.
* Further information on resource materials and guidelines for Smart Snacks can be found at: [www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks](http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks).

**Section 4: Physical Education and Physical Activity**

* Physical education at High School must, at the least, satisfy the District physical education credit requirement for graduation.
* Ensure that students are moderately to vigorously active at least fifty percent (50%) of the time while participating in physical education.
* Promotes after school sports programs and other physical activities (P.A.L.).
* Promotes recess for physical activity:

1. Grades will have at least thirty (30) minutes of recess consisting of structured physical activity daily.
2. The structured physical activity may take place outside or inside the classroom.
3. Physical Education Classes may satisfy the recess requirement.
4. Unstructured recess time occurring immediately after lunch periods does not satisfy the recess requirements.

* Prohibit the restriction or use of physical activity or P.E. as a punishment. (push-ups, sitting on the side lines, etc.)
* Fresh, free water is offered to all students and staff throughout the day, by water fountain or igloos with cups.

GOALS:

* To develop more after school activities/clubs (walking a path, bike rides, etc.)
* Promote the required amount of physical education required times, though P.E. not just recess, K thru 5 should meet 150 minutes weekly, 6 thru 12 should meet 225 minutes weekly.
* Encourage community involvement through access to the use of District physical activity facilities outside the normal school day.

**Section 5: Wellness Promotion and Marketing**

GOAL: To create a school environment that is conducive to healthy eating and being physically active. The environment should provide students, staff, and community with consistent reliable health messages and opportunities to practice wise choices of healthy eating and activities.

**SECTION 6: Implementation, Evaluation, and Communication**

* The District has established a School Health Advisory Council--SHAC.
* A SHAC Committee has been formed by teachers, principal, food service, parents, school nurse, school board members, medical personnel in the community, and anyone else who wants to help.
* Food Service Director will ensure that the Local Wellness Policy (LWP) is implemented, updated and assessed for implementation by the SHAC every two years.
* Updates and assessments of the LWP implementation will be reported by Food Service Director to the Superintendent, School board and SHAC with suggestions and recommendations for improvement.
* SHAC meetings will be posted with dates and times on the District website and newspaper. All meetings are open to the public.
* District encourages parents and public involvement in LWP activities through newsletter, newspaper, and flyers.
* SHAC holds a community wide activity in the Fall and in the Spring to promote family wellness.
* The LWP will be posted to the school website once it is completely revised.
* SHAC will present report on all activities to school board once a year.