

## HACKBERRY ELEMENTARY SCHOOL DISTRICT #3

### Local Wellness Policy

Date Created November, 2017

Updated: January 2024

**Summary:** The Hackberry Elementary School District #3 is committed to providing a school environment that enhances learning and development of lifelong wellness practices. This best practices document is to be used as a guide to help Cedar Hills School to know what its goals are for the Local Wellness Policy. This document is to be used as a guideline to help support school alignment with the required federal policy. As well as a starting point for conversations to encourage the improvement of health and wellness in our school.

#### I. Wellness Policy Goals

##### Goals for Nutrition Promotion:

- District will encourage participation in school meal programs.
- School meal program menus will be posted on the District website.
- Local and /or regional products are incorporated into the school meal program.
- Messages about agriculture and nutrition are reinforced throughout the learning environment.

##### Goals for Nutrition Education:

- Staff will teach, model, encourage, and support healthy eating by all students.
- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, social studies, and physical education in Grades K-8.
- Nutrition education is designed to provide students with knowledge and skills necessary to promote and protect their health and well-being.

##### Goals for Physical Activity:

- Physical Education is recommended for 45 minutes at a minimum of once a week in grades K-8.
- The District will ensure students will be moderately to vigorously active for at least fifty percent (50%) of the class time during most or all physical education classes.
- Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) should not be used or withheld as punishment for any reason.

- The District will provide students with formal, age-appropriate physical education, consistent with national and state standards for physical education.
- The physical education teacher in the District will be required to participate in at least once a year professional development in education.

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

- Create a school environment that is conducive to healthy eating and physical activity.
- Provide staff wellness material to promote modeling healthy eating and physical activity behaviors.

## II. Nutrition Standards

### **School Meals**

The school meal program aims 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.

- Our school in the district will participate in the National School Lunch Program.
- All meals will, at minimum, meet the New Meal Pattern requirements.
- Free, potable water will be available to all students during meal periods.
- Additional standards include:
  - Our school in the district will participate in the School Breakfast Program.
  - Students will be allowed at least ten (10) minutes to eat breakfast.
  - Students will be allowed at least twenty (20) minutes to eat lunch.
  - Meals will be accessible to all students.
  - Students will be allowed to bring and carry approved water bottles with only water in them throughout the day.

### **Competitive Foods and Beverages**

Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in School guidelines. These guidelines apply to all foods sold at Cedar Hills School.

- [USDA Smart Snacks Guidelines](#)

### **Celebration 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 School guidelines.

- Parents and teachers are encouraged to follow the Beverage and Nutrition Standards when planning classroom parties, classroom rewards and classroom incentives.
- The District will provide parents with a list of foods and beverages that meet the Smart Snacks nutrition standards.
- The classroom teacher is responsible for adhering to the above guidelines.

These guidelines apply to:

- School-sponsored events
- Classroom snacks provided by parents

### **Fundraising**

The District will allow exempt fund-raisers that sell food that does not meet the USDAs Smart Snacks in Schools standards on the school campuses outside of school hours.

### **Food and Beverage Marketing in School**

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 minimum, meet the Smart Snacks guidelines.

## **III. School Wellness Committee**

### **Committee Role and Membership**

The District 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.

- It is the goal of the Wellness Committee to meet the minimum of 4 times a year.
- Parents, students, and representatives of the school food service dept., teachers of physical education, school health professionals, the school board, and school administrators are permitted to participate in the wellness policy process.
- The District will notify the public that their participation is permitted via our Wellness page on our District’s website.

### **Leadership**

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure our school complies with the local wellness policy.

- The designated official for oversight of implementation at our school will be identified by the Site Administrator and/or District Administrator.
- Our School has designated a wellness policy coordinator who will ensure compliance with the policy.
- The person designated for informing the public about the wellness policy is: the food service specialist.

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

##### **Implementation of the Wellness Policy**

The District has a plan for implementation to manage and coordinate the execution of this wellness policy. The plan includes roles, responsibilities, actions, and timelines specific to our school and includes information about who will be responsible to make changes.

##### **Triennial Progress Assessments**

At least once every three (3) years, the LEA must assess their wellness policy. To accomplish this, the district will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the District will compare their policy to the Alliance of a Healthier Generation’s model wellness policy.

- The District will assess compliance and progress of their local wellness policy at least once every 3 years.

##### **Revisions and Updating the Policy**

The District will update or modify the wellness policy annually.

- Modifications and updates will be posted on the school website.
- Policies will be updated when wellness goals are met, new state or federal guidance changes, or district priorities change.

##### **Notification of Wellness Policy, Policy Updates and Triennial Assessment**

The District 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. The LEA will be responsible for insuring that the public and all stakeholders will be notified appropriately.

- The wellness policy, annual progress reports and updates, along with the policy assessments will be found on the district website.
- The website is [www.hesd.net](http://www.hesd.net)



## WELLSAT 3.0 SCORECARD RECOMMENDATIONS Cedar Hills Elementary School District

Date | 9/15/2023



Denotes a federal Local Wellness Policy requirement.


Congratulations on completing the AZ Health Zone's WellsAT review of your district's wellness policy! *This review compared your policy against a model wellness policy and found it to be **developing**.* The recommendations below are organized by topic and suggest ways to make your policy align even more with federal requirements—and with practices known to improve student wellness. Because every district is unique, we hope that you can choose from these suggestions in a way that works for your community.

### Nutrition Education


Consider adding language to *specify which grade levels (K-6? K-8?) receive nutrition education, and to include any ways in which nutrition education is linked to other subjects (ex., science), the school food environment, and/or the larger food system (ex., gardens).*

### Standards for USDA Child Nutrition Programs & School Meals

Adding this web link for the [Nutrition Standards for the National School Lunch and School Breakfast Programs](#) can increase clarity and transparency.

If the district is community eligible, consider adding that language to the policy. If not, can you include *steps the District takes to protect the privacy of students who qualify for free or reduced priced lunch (FRPL)* , *how unpaid meal balances are handled without stigmatizing students, and/or how families are provided information about FRPL?*

Consider adding any of the following that apply to your school district:

- Annual training for food service staff that follows the USDA's professional standards.
- The amount of seat time provided to eat lunch (ex., 20 minutes after being seated).
- The availability of free drinking water during meals  and throughout the day.
- Any strategies used to increase school meal participation or promote healthy

### Nutrition Standards for Competitive and Other Foods & Beverages

*options.*

Adding this web link for the [USDA Smart Snack Guidelines](#) would increase clarity.

### Physical Education (PE) & Physical Activity


The District may also wish to *include Smart Snack Standards to food and drink served or sold before and after school, and/or during fundraisers.*

Can the District *include the time per week (or required semesters) of PE for each grade level (elementary and middle)?*

Where feasible, consider adding language to:

- Specify the use of a *written, standards-based PE curriculum.*
- Outline any *qualifications for PE teachers, and/or PE training for PE teachers.*
- *Minimize PE exemptions and substitutions.*
- Specify the *daily time provided for elementary student recess.*
- *Promote physical activity breaks ("brain breaks") during school.*
- *Promote family and community engagement in physical activity at school events.*




## Wellness Promotion & Marketing

 Federal law requires that policies specify that food and beverage marketing will *meet Smart Snacks guidelines. Marketing includes messaging on school property, educational materials, in school media, where food is purchased, and/or in fundraisers.*

Can the district add language to encourage teachers and staff to *model healthy eating and physical activity for students?*

## Implementation, Evaluation & Communication

For this section, federal law requires:

-  The triennial assessment of policy compliance, implementation, and *comparison against a model policy (this WellSAT meets that requirement!).*
  -  *Making the actual wellness policy available to the public (ex, providing the district website link for the policy).*
  -  *A plan for updating the policy based on the results of the triennial assessment.*
- The district may also wish to add language to establish an *active district wellness committee.*

# Your District's Scorecard

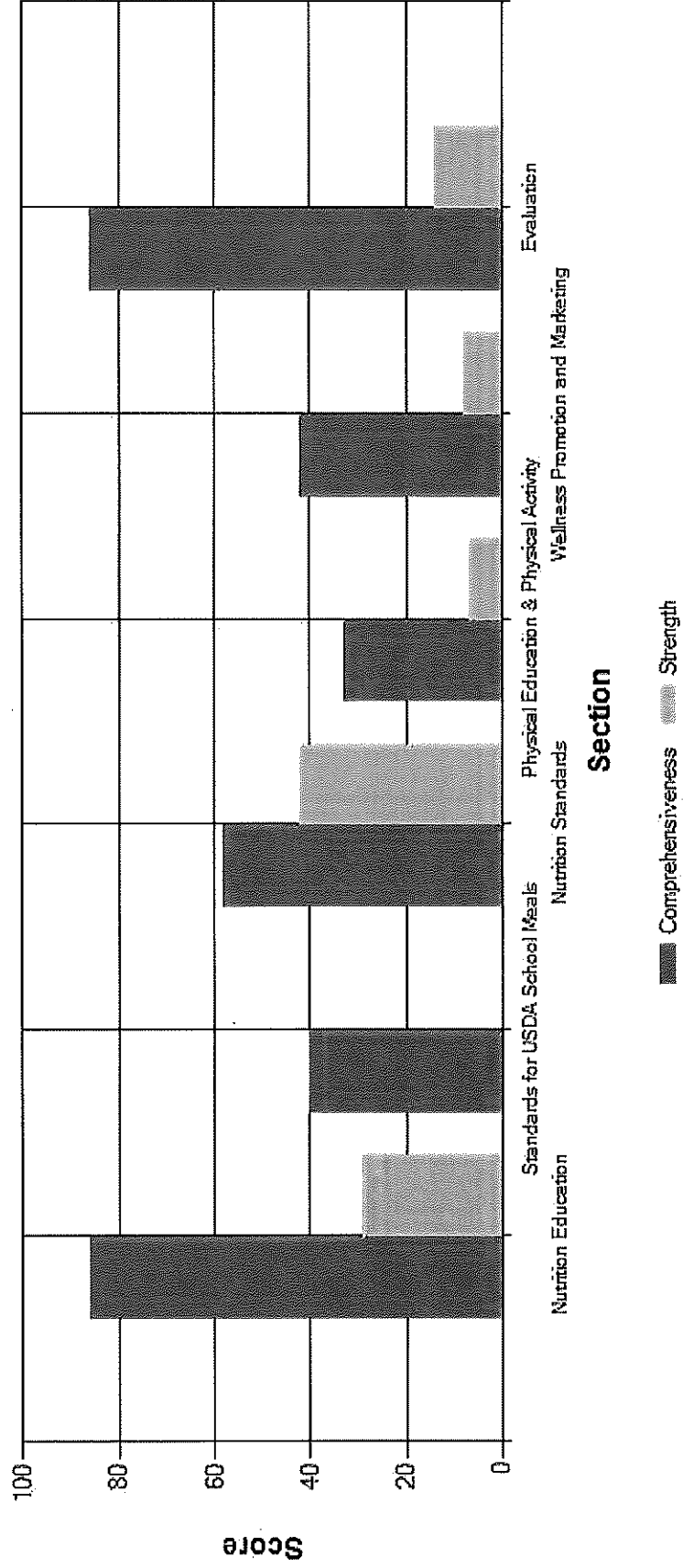
Close window

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.



**Version: 3.0**

**Policy Name: FY23 Cedar Hills ESD**



## Section 1. Nutrition Education

### Rating






NE1	 Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education.	1
NE4	All middle school students receive sequential and comprehensive nutrition education.	1
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	1
NE8	 Nutrition education addresses agriculture and the food system.	0
<b>Subtotal for Section 1</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>86</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 7 (the number of items in this section). Multiply by 100.	<b>29</b>

[Click here for Nutrition Education Resources](#)



## Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating







SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	1
SM2	Addresses access to the USDA School Breakfast Program.	1
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	0
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	1
SM6	Specifies strategies to increase participation in school meal programs.	1
SM7	Addresses the amount of "seat time" students have to eat school meals.	0
SM8	 Free drinking water is available during meals.	0
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	0
SM10	 Addresses purchasing local foods for the school meals program.	0
<b>Subtotal for Section 2</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>40</b>

	<p><b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.</p>	<b>0</b>
--	---	----------

[Click here for School Food Resources](#)

### Section 3. Nutrition Standards for Competitive and Other Foods and Beverages


**Rating**

Standard	Description	Rating
NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages <b>sold</b> to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	0
NS3	 Regulates food and beverages sold in a la carte.	2
NS4	 Regulates food and beverages sold in vending machines.	2
NS5	 Regulates food and beverages sold in school stores.	2
NS6	 Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	0
NS9	 Regulates food and beverages <b>served</b> at class parties and other school celebrations in elementary schools.	1
NS10	Addresses nutrition standards for all foods and beverages <b>served</b> to students <b>after</b> the school day, including, before/after care on school grounds, clubs, and after school programming.	1

<b>NS11</b>	Addresses nutrition standards for all foods and beverages <b>sold</b> to students <b>after</b> the school day, including before/after care on school grounds, clubs, and after school programming.	<b>0</b>
<b>NS12</b>	Addresses food not being used as a reward.	<b>0</b>
<b>NS13</b>	Addresses availability of free drinking water throughout the school day.	<b>0</b>
<b>Subtotal for Section 3</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."  <b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	<b>58</b>  <b>42</b>

[Click here for Nutrition Standards Resources](#)

### Section 4. Physical Education and Physical Activity



		<b>Rating</b>
<b>PEPA1</b>	 There is a written physical education curriculum for grades K-12.	<b>0</b>
<b>PEPA2</b>	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	<b>0</b>
<b>PEPA3</b>	Physical education promotes a physically active lifestyle.	<b>1</b>
<b>PEPA4</b>	Addresses time per week of physical education instruction for all elementary school students.	<b>0</b>

PEPA5	Addresses time per week of physical education instruction for all middle school students.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	☒ Addresses family and community engagement in physical activity opportunities at all schools.	0
PEPA12	☒ Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1
PEPA13	Addresses recess for all elementary school students.	1
PEPA14	☒ Addresses physical activity breaks during school.	0
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	1
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2
<b>Subtotal for Section 4</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 15 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>33</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 15 (the number of items in this section). Multiply by 100.	<b>7</b>

[Click here for Resources on Physical Activity in Schools](#)

## Section 5. Wellness Promotion and Marketing




**Rating**




					Rating
WPM1		Encourages staff to model healthy eating and physical activity behaviors.			0
WPM2		 Addresses strategies to support employee wellness.			1
WPM3		Addresses using physical activity as a reward.			0
WPM4		Addresses physical activity not being used as a punishment.			1
WPM5		Addresses physical activity not being withheld as a punishment.			1
WPM6		Specifies marketing to promote healthy food and beverage choices.			1
WPM7		 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.			2
WPM8		Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).			0
WPM9		Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).			0
WPM10		Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).			0

<b>WPM11</b>	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	<b>0</b>
<b>WPM12</b>	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	<b>0</b>
<b>Subtotal for Section 5</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>42</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	<b>8</b>

[Click here for Wellness Promotion and Marketing Resources](#)

## Section 6. Implementation, Evaluation & Communication

		<b>Rating</b>
<b>IEC1</b>	Addresses the establishment of an ongoing district wellness committee.	<b>0</b>
<b>IEC2</b>	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	<b>1</b>
<b>IEC3</b>	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	<b>2</b>
<b>IEC4</b>	 Addresses making the wellness policy available to the public.	<b>1</b>

IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	1
IEC6	 Triennial assessment results will be made available to the public and will include:	1
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	1
<b>Subtotal for Section 6</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	86
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 7 (the number of items in this section). Multiply by 100.	14

Click here for Resources for Wellness Policy Development, Implementation and Evaluation

## Overall District Policy Score

<b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	<b>District Score</b> 58
<b>Total Strength</b> Add the strength scores for each of the six sections above and divide this number by 6.	<b>District Score</b> 17



Federal Requirement



Farm to School



CSPAP