

## **STUDENT HEALTH & WELLNESS POLICY**

### **A.R.S. 15-242 Nutritional Standards**

The Mary C. O'Brien ASD recognizes the link between student health and academic achievement. Healthy, active, and well-nourished children and youths are more likely to attend school and are more prepared and motivated to learn. Moreover, the Governing Board believes that an integrated and coordinated school health program will result in school environments that promote and protect children's health, well-being, and ability to learn.

The Mary C. O'Brien Accommodation School District Wellness Policy is based on the eight-component model of coordinated school health as described in the *National Health Standards*.

These components are:

- Health Education/Dental Education
- Physical Education
- Nutrition Services
- Health Services
- A Safe and Healthy School Environment
- Parent and Community Involvement
- Health Promotion for Staff
- Psychological and Counseling Services

Representatives of the eight components of coordinated health have been involved in the development of the Wellness policy related to student wellness. These include parents/guardians, school superintendent, school principal, food service manager, counselor, school nurse, physical educator and other teachers and/or community members interested in school health issues.

Mary C. O'Brien ASD recognizes that health habits are often established in childhood and is committed to the promotion of healthy eating, increased physical activity, and positive lifestyle practices in schools. The Governing Board also recognizes that the Mary C. O'Brien ASD, and school districts throughout the country, are facing significant fiscal and scheduling constraints. Decisions regarding the allocation of resources to implement the Student Wellness Policy will be made in the context of all the district's goals and will be determined by available resources. Efforts will be made to engage the community in the successful implementation of the Wellness Policy and to seek out funds from additional sources, including grants and contributions from the private sector.

## **COMPONENT ONE: HEALTH EDUCATION**

The ultimate goal of health education is to foster and promote health literacy for students. The four unifying ideas of health literacy as described in the *National Health Standards*:

- Acceptance of personal responsibility
- Respect for and promotion of the health of others
- An understanding of the process of growth and development
- Informed use of health-related information, products, and services

### **Goals**

The district ensures that there is adequate and appropriate curriculum material for all grade levels.

Schools provide health education that:

- is offered at both MCOB and Villa Oasis as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health as described in the *National Health Standards*
- includes nutrition education
- is part of classroom instruction, when possible, in subjects such as math, science, language arts, social sciences, and elective subjects
- includes enjoyable, developmentally-appropriate, culturally-relevant, participating activities, such as: contests, taste testing, and school gardens

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- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- links with school meal programs, other school foods, and nutrition-related community services
- includes the importance of oral health
- includes content on teen pregnancy prevention and sexually transmitted diseases at Villa Oasis
- includes the influence of culture, media, technology, and other factors on decisions related to nutrition, physical activity, and lifestyle choices
- explores the various food, agriculture, and nutrition-related careers as vocational options at Villa Oasis
- includes training for teachers and staff when necessary
- Puberty training for MCOB 5<sup>th</sup> and 6<sup>th</sup> graders

## COMPONENT TWO: PHYSICAL EDUCATION

Mary C. O'Brien ASD will provide all students in kindergarten through grade 6th and 9<sup>th</sup> through twelve the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

### *Physical Education*

*Physical education* is a planned sequential program of curricula and instruction that helps students develop the skills, and confidence necessary for an active lifestyle.

- All K-12 students (including students with disabilities and/or special health-care needs and those in alternative educational settings) will receive physical education instruction as designated.
- Grades 1-6  
A minimum of 180 minutes for every 10 school days
- K: 270 minutes

Physical Education	Monday Minutes	Tuesday Minutes	Wednesday Minutes	Thursday Minutes	Friday Minutes	Weekly Total
Kindergarten	45	45	45	0	0	135
1 <sup>st</sup> Grade	45	0	45	0	0	90
2 <sup>nd</sup> Grade	0	45	0	45	0	90
3 <sup>rd</sup> Grade	45	0	45	0	0	90
4 <sup>th</sup> Grade	45	0	0	45	0	90
5 <sup>th</sup> Grade	0	45	0	0	45	90
6 <sup>th</sup> Grade	0	45	0	45	0	90

### Grades 9-12

- As an elective at Villa Oasis, approximately 1/3 of students participate.

## STUDENT WELLNESS

- Instruction in physical education will be based on the physical education content standards and will include the following:
  1. Full inclusion of all participating students
  2. At least 75 percent of instructional time spent in moderate-to-vigorous physical activity
  3. Maximum participation and ample practice opportunities for class activities
  4. Well-designed lessons that facilitate student learning
  5. Appropriate discipline and class management
  6. Instruction in a variety of motor skills designed to enhance the physical, mental, and social/emotional development of every child
  7. Fitness education and assessment to help students understand, improve, and/or maintain their physical well-being
  8. Development of cognitive concepts about motor skill and fitness
- High school physical education course content will include each of the following areas:
  1. Effects of physical activity on dynamic health

2. Mechanics of body movement
  3. Aquatics
  4. Individual and dual sports
  5. Team sports
- Physical education curriculum will include nutrition education as outlined in the physical education content standards
  - Class size is consistent with the requirements of good instruction and safety
  - Skill test are given per grade at MCOB
  - Assessments are given as at Villa Oasis every nine weeks
  - Students will receive their individual fitness test results upon completing the test. The test results may be provided orally as the pupil completes the testing
  - In addition to the required physical fitness test, assessment of student learning and accurate reporting of progress will be an ongoing process in physical education

## **STUDENT WELLNESS**

### **Goals**

The National Health Standards: *Kindergarten through Grade Twelve* outlines the essential skills and knowledge that all students need for maintaining a physically active lifestyle.

The five overarching standards (K-6) state that students will:

1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performing physical activities.
3. Assess and maintain a level of physical fitness to improve health and performance.
4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performing physical activities.

### **Grades 9-12 Students will:**

1. Demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.
2. Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
3. Demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.

### **Policy**

- A certified teacher will deliver physical education instruction.
- Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement.
- Teachers and other school and community personnel will not use physical education as punishment and will work together to establish appropriate guidelines. MCOB walk laps rather than socialize with friends.

## Goals

- Teachers assigned to deliver physical education instruction will receive on an annual basis, on-going professional development such as curriculum, instruction, and/or assessment.
- The District will provide sufficient on-site storage to house physical education equipment and materials.

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The District will establish a Health and Wellness Committee that will consist of at least one district administrator, elementary/high school physical education teachers. This committee shall work with the District to:

1. identify basic equipment and instructional needs to effectively deliver the physical education curriculum
2. research sources of funding and grants to support the physical education curriculum needs
3. promote respect for physical education as a subject matter critical to a student's educational experience
4. schedule physical education classes so that class size is kept to a manageable level and is consistent with the requirements of good instruction and safety

*Physical activity* refers to participation in physical activity. Physical activity programs may provide participants with structured activity (games, sports, etc.), unstructured activity (walking programs, dance, etc.), or opportunities to participate in physical activity in the daily routine.

### *Daily Recess*

- All elementary school students have daily supervised recess, preferably outdoors, during which schools will encourage moderate-to-vigorous physical activity, including the provision of space and equipment.

Recess	Monday Minutes	Tuesday Minutes	Wednesday Minutes	Thursday Minutes	Friday Minutes	Weekly Total
Kindergarten	60	60	60	60	30	270
1 <sup>st</sup> Grade	45	45	45	45	45	225
2 <sup>nd</sup> Grade	45	45	45	45	45	225
3 <sup>rd</sup> Grade	45	45	45	45	45	225
4 <sup>th</sup> Grade	45	45	45	45	45	225
5 <sup>th</sup> Grade	30	30	30	30	30	150
6 <sup>th</sup> Grade	30	30	30	30	30	150

### ***Integrating Physical Activity into the Classroom***

- Schools will discourage extended periods (i.e., periods of two or more hours) of inactivity. For example, when activities such as mandatory school wide testing necessitate that students remain indoors for long periods of time, schools will give student periodic breaks during which they are encouraged to stand and be moderately active, follow testing requirements.

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### **Goal**

- There is adequate physical activity equipment for students to use during recess (e.g. jump ropes, hula hoops, balls, etc.)
- Elementary and high schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs, and special events that focus on physical activity.
- Student Safety during Physical Activity
- The school/district has established rules and procedures concerning safety for students and staff and assign responsibility for these rules and procedures appropriately.
- The school/district has ensured that students and staff have access to appropriate hydration (e.g., water or other fluids).
- The school/district, in conjunction with our registered school nurse, will develop an emergency response system to expedite aid to students and/or staff who are injured or become ill at school. The emergency response system will be communicated to the school staff, and the necessary training and practice will take place on a regular basis.
- Facilities and equipment used for physical activity will be properly monitored and maintained to ensure participants' safety.
- School staff will receive notification and be trained, as allowed by law, in the use of any necessary medications that students are authorized to carry and/or use.

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- The school/district, in conjunction with a credentialed school nurse, will develop individual student plans that outline guidelines for student participation in physical activity at school when they have a medical condition. These policies will be communicated to all members of the school community and be designed to protect students' well being and provide for maximum participation of students in physical activity, at an appropriate level.
- The school/district, working in collaboration with community health officials, will establish local standards for weather and air quality regarding students' participation in outdoor physical activity and create protocol to address these issues.
- All school staff members, including yard duty, have received training in first aid and cardiopulmonary resuscitation (CPR).

## **COMPONENT THREE: NUTRITION SERVICES**

### ***Reimbursable Meal Programs***

Hunger interferes with learning and may lead to obesity due to physiological, sociological, and psychological factors. Participation in the school breakfast, lunch, and/or summer meal programs can break this connection between hunger and obesity, and help children be ready for the academic day. Mary C. O'Brien ASD is committed to providing access to all school meals at both school sites.

Qualified nutrition professionals will administer the school meal programs. The Food Service Department will have sole authority to provide food and beverages from the beginning of the school day until after the lunch period to ensure food safety and to maximize the schools' ability to serve healthy and appealing meals. In addition, the Food Service Department will have sole authority for the nutritious snack required in state and federally funded before and after school programs.

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Meet the nutrition recommendations of the current United States Dietary Guidelines for Americans
- Offer a variety of fruits and vegetables
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- Ensure that 100% of the served grains are whole grain

## **STUDENT WELLNESS**

### **Student Safety during Meal Time**

#### **Breakfast**

To ensure that all children have breakfast, in order to meet their nutritional needs and enhance their ability to learn:

- MCOB will operate the School Breakfast Program and encourage participation.
- Parents will be notified of the availability of the School Breakfast Program.
- Schools will encourage parents by informing them through newsletter articles, take-home materials, or other means.

### ***Special Provision 3***

Mary C. O'Brien ASD Schools have made every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Mary C. O'Brien ASD utilizes electronic identification systems and provides school meals to all students.

### ***Summer Child Nutrition Department Program***

Mary C. O'Brien ASD has more than 50% of students that are eligible for free or reduced-price school meals and will sponsor the Summer Child Nutrition Department Program running concurrently with summer school.

## Meal Times and Scheduling

### Schools:

- Will provide students with at least 10 minutes to eat for breakfast and 20 minutes for lunch
- Will schedule meal periods at appropriate times, e.g. lunch will be scheduled between 11 am and 1 pm
- Will serve lunch at appropriate intervals from other meals, in accordance with USDA guidelines
- Will discourage students from sharing their foods or beverages with one another during meal, given concerns about allergies, other restrictions on some children's diets, and the transmission of germs and viruses
- Do provide students access to hand washing or hand sanitizing before they eat meals
- Certified staff at each school site will have current CPR certificates

## STUDENT WELLNESS

### *Foods and Beverage Sold Individually Policy*

Foods and beverages sold individually are those sold outside of reimbursable school meals, such as through vending machines, fundraisers. The term "sold" refers to any food or beverages provided to students on school grounds in exchange for money. The term does not refer to food brought from home for individual consumption.

**Elementary Schools.** The Food Service Department will approve all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools will be sold as balanced meals. If available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

**High Schools.** all foods and beverages sold individually outside the reimbursable school meal programs will meet the following nutrition and portion size standards:

#### **Beverages**

- Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA)

#### **Foods**

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

A food item sold individually:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, and other nut butters) and 10% of its calories from saturated and trans fat combined
- Will have no more than 35% of its weight from added sugars



- Will not contain more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes

**Portion Sizes**

- Foods and beverages sold individually are limited in portion size to those listed below:
- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- One ounce for cookies
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream
- Eight ounces for non-frozen yogurt
- Twelve fluid ounces for beverages, excluding water
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetable are exempt from portion-size limits.

**Nutrition Promotion Activities**

Efforts to promote proper nutrition during meal times will be undertaken. These will include, but not be limited to, labeling, posters, and special promotions. Efforts will be made to incorporate nutrition education, healthy snacks, and/or physical activity into after-school programs.

**STUDENT WELLNESS**

**Fundraising Activities**

Effective May 2014, all fundraisers will conform to the District’s Wellness Policy.

**Snacks/Rewards**

Schools are encouraged to use non-food items and activities as rewards. However if food is served during the school day, including class parties and celebrations, it must conform to District’s Wellness Policy.

**School Sponsored Events**

School sponsored events include, but are not limited to, athletic events, dances, or performances. The District strongly encourages providing choices which make a positive contribution to children’s diet and health.

**Marketing and Advertising**

School-based marketing of foods and beverages and activities, such as coupon or incentive programs, will be limited to nutritious and healthy foods. This includes advertisements in curriculum materials, school publications, school buildings, and/or other areas accessible to students.

**COMPONENT FOUR: HEALTH SERVICES**

All students will have daily access to a credentialed school nurse or a designated staff member who has current certification in CPR and first aid and is supervised by, and has physical or electronic access to, the school nurse or another duly qualified supervisor of health. All students will receive health screening as mandated by Arizona Education Code.

- District staff will be fully informed about the district's health policies, emergency medical policies, and community resources in the health field available to students and staff.
- All children with medical conditions that could require emergency care will have a written emergency care plan created by the school nurse and parent.
- The emergency care plan will be kept in the nurse's office. A copy of these care plans can be given to the PE department in the elementary school and high school if they can be kept in a confidential location. Other teachers are notified of the care plans and are asked to come to the nurse's office to read them.
- All children with asthma (as indicated by the parent or school registration form) are sent an asthma information form that requests details regarding the severity of the asthma, medications needed, and restrictions of activity at school. Returned forms are filed in the nurse's office.
- All school employees are not to provide foods with peanut products to any MCOB student. Schools that have children with food allergies will send a standard letter out to all parents requesting that they not send that food to school with their child; however, the school district cannot require it from a parent. Parents will be asked to check with the teacher before bringing food to be shared with the entire class.
- Oral Health

#### Goals

- Will take reasonable steps to accommodate the tooth-brushing, flossing regimens of students.

### **COMPONENT FIVE: A SAFE AND HEALTHY SCHOOL ENVIRONMENT**

The District will provide a safe indoor and outdoor physical plant and a healthy, supportive environment for learning. This includes schools free of alcohol and other drugs, tobacco, steroids, and weapons.

#### **A safe and healthy school environment include:**

- Classroom furniture is appropriate for the size and the number of students in each classroom
- A physical environment allows for sufficient space for all the students in the classroom
- Classrooms promote positive interactions between student-to-student and student-to-staff
- Means for students and families to communicate family and personal situations that could affect learning and a child's well-being
- Classrooms and schools promote tolerance and respect for diversity
- Meal periods are scheduled at appropriate times and are long enough for students to eat and socialize
- Sufficient serving areas in order to minimize student wait time
- Eating areas are clean, have enough space for seating, and are protected from the elements (sun, rain, wind, etc.)
- Graffiti-free campuses

- Sufficient, clean and healthy drinking fountains that are available for students and staff
- Bicycle racks on school sites at Villa Oasis
- Outreach and communication to parents/guardians about the importance of keeping children home when they are ill

**Goals**

- Identification of activities that prevent the passage of viruses and germs.
- Hand washing posters.

**COMPONENT SIX: FAMILY AND COMMUNITY INVOLVEMENT**

Family and community involvement is required to meet the goals of the Student Wellness Policy; schools cannot do it alone. Parents will be encouraged to assist the district in modeling and promoting good health, proper nutrition, and physical fitness. In order to accomplish this, the Superintendent or designee will distribute health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. The communication will include, but not be limited to, the packing of healthy lunches and snacks, lists of healthy foods that meet the district’s nutrition standards, education opportunities, education initiatives, and ideas for healthy celebrations and fundraising activities. The district will also provide information about physical education and school-based opportunities, as well as community-based physical activity opportunities, such as family walks.

Outreach to parents/guardians shall emphasize the relationship between student health and academic performance and the importance of supporting the goals of the Wellness Policy at home and at school.

**Goals**

- Increased outreach to parents/guardians shall provide information about community organizations that provide food and other necessities to families.

**COMPONENT SEVEN: HEALTH PROMOTION FOR STAFF**

MCOB highly values the health and well-being of every staff member. Staff wellness programs will support employees’ efforts to improve their personal health and fitness so they can serve as role models and promote the health of others, including students. The District strongly encourages staff to adhere to the nutrition standards described above for their well being and for the purpose of serving as role models for their students.

**COMPONENT EIGHT: PSYCHOLOGICAL AND COUNSELING SERVICES**

Students will have access to credentialed school counselors and psychologists who provide students with support and assistance managing emotions, coping with crises, and making healthy decisions including, but not limited to, decisions that could prevent obesity. Students and parents/guardians will be informed of and will have access to psychological and counseling services provided on and off campus by community agencies and organizations.

**WELLNESS POLICY IMPLEMENTATION**

Implementation of the Student Wellness Policy began at the start of the 2009-10 academic years.

The associate superintendent or designee shall ensure district wide and individual school compliance with the adopted School Wellness Policy. All students shall be serviced by the Policy. The Superintendent or designee shall ensure that all members of the MCOB community, including teachers, parents, students, and Child Nutrition Department personnel, and the greater community are informed about the Policy and its implementation.

The following administrative staff shall be charged with the responsibility of ensuring that the school sites implement the adopted local wellness policy:

1. Associate Superintendent
2. Elementary School Principal
3. High School Principal
4. Food Service Manager
5. School Nurse
6. Counselor
7. Teachers
8. Staff

The District Wellness Committee will assist in the implementation of the Wellness Policy. This council is composed of representatives of the eight components of coordinated health as described above, including parents/guardians/school Child Nutrition Department professionals, school administrators, members of the school board, school nurses, health and physical educators, other teachers, health professionals, school counselors, school psychologists, counselors, and/or other community members interested in school health issues.

<b>STUDENT WELLNESS Goal</b>	<b>Activity</b>	<b>Projected Timeline</b>
Wellness Policy	1. Revise policy. Establish policy vs. goals.	Spring, 2014
Physical Education	1. Analyze results of physical fitness test administered spring of 2014.	Spring, 2014 Spring, 2014
Child Nutrition Services	1. Identify non-food rewards for academic performance, good behavior. Outreach to parents and community to comply with nutrition standards for food and beverages for celebrations and class parties.	On-going (School newsletters/ MCOB website)
Policy Implementation	1. Individual school sites evaluate progress and set goals.  2. Establish indicators of progress and success in order to monitor.  3. Update and report of Health and Wellness Committee  4. Provide year-end report	Fall, 2015 Spring, 2014