

Star School Local Wellness Policy
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Nutrition Education

Nutrition education shall focus on students' eating behaviors, be based on theories and methods proven effective by research while demonstrating a consistency with state and local district health education standards. Nutrition education at all levels of the STAR School's curriculum shall include but not be limited to the following essential components designed to help students learn:

1. Age-appropriate nutritional knowledge, including the benefits of healthy eating; essential nutrients, nutritional deficiencies; principles of healthy weight management, safe food preparation, handling and storage, and cultural diversity related to food and eating.
2. Age-appropriate nutrition-related skills including but not limited to planning a healthy meal; understanding and using food labels, and understanding commercial food advertising.
3. How to assess one's personal eating habits, set goals for improvement, and how to achieve those goals.

The STAR School board recognizes the school's role in promoting family health, use Indigenous Philosophy and Native Science for sustainable agriculture as applied to the ongoing greenhouse and garden projects. Farm to school practices will be encouraged, such as establishing relationship with local farms, locally grown food will be included in school breakfast and lunch program whenever possible.

In order to reinforce and support district nutrition education efforts, the director of the STAR School is responsible for ensuring the following:

1. Nutrition instruction is closely coordinated with the school's nutrition and food services operation and other components of the school health program. To maximize classroom time, nutrition concepts shall be integrated into the instruction of other subject areas where possible, and /or implemented in a school home economics program that also coordinated with the above.

2. Links with nutrition service providers such as public health and nutritional professionals will be established to provide screening, referral and counseling for nutritional problems; inform families about supplemental nutritional problems; inform families about supplemental nutritional services available in the community, and implement nutrition education and promotional activities for school staff, board members and parents.
3. All classroom reward or incentive programs involving food items are reviewed for approval to ensure that the foods served meet the requirements of the district's nutrition policy and regulation as fitting into a healthy diet, while contributing to the development of lifelong healthy eating habits for the STAR School students.

Physical Activity

In order to ensure that students are afforded the opportunity to engage in physical activity in the school setting, the following guidelines apply:

1. Physical activity will be integrated across curricula and throughout the school day. Movement will be made a part of the classroom experience throughout the day—not just a recess.
2. Physical education will be a course of study that focuses on students' development of motor skills, movement forms, and health related fitness. The SPARKS physical education program has been implemented at the STAR School; however physical education will not be limited to this experience.
3. Physical education classes will be taught by trained physical education instructors.
4. A 30 minutes daily recess period will be provided before lunch and will not be used as a punishment or reward to students.
5. Monthly school walks will be provided for staff, students and parents.
6. Students have the opportunity to be physically active before and after school.

Nutrition Guidelines and Food Services Operation

In order to support the school's nutrition and food service, the STAR School director is responsible for ensuring the following:

1. The school encourages all students to participate in the school's NSLP meal opportunities.
2. The school notifies families of need-based programs for free and reduced-priced meals and encourages eligible families to apply.
3. The school's NSLP maintains the confidentiality of students and families applying for or receiving free or reduced-priced meals in accordance with the National School Lunch Act.
4. The school's NSLP operates to meet nutrition standards in accordance with the USDA New Meal Pattern, January 2012 and AZ Nutrition Standards, as amended, as well as applicable state laws and regulations.
5. The school sells or serves varied and nutritious food consistent with the applicable federal government Dietary Guidelines for Americans. A nutrition committee consisting of students, family members and school personnel will be encouraged to provide input in menu planning a STAR School. Cultural norms and preferences will be considered. The school will follow Smart Snacks in school, USDA standards to offer healthier snack foods to students.
6. The STAR School will provide each student with a free meal.
7. The STAR School will provide free drinking water during the breakfast/lunch meal time in the cafeteria and throughout school campus.
8. The STAR School will provide access to and/or promote the school breakfast program to all students.
9. Information will be provided to families, upon request, about the ingredients and nutritional value of the foods served.
10. Modified meals will be offered for students with special needs upon written physician's statement identifying the student's disability, stating why the disability restricts the student's diet and stating the food or foods to be omitted and the food or choice of foods that must be substituted. Food substitutions will be made for students without disabilities on a case-by-case basis when the parent submits a signed request that includes a statement signed by a physician, physician assistant, registered dietitian or nurse practitioner. The statement must explain the medical condition or special dietary need that restricts the student's diet and provide a list of foods that may be substituted.

11. Food service equipment and facilities meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety.
12. Students are provided adequate time and space to eat meals in a pleasant and safe environment with a daily lunch period of not less than 20 minutes. The school dining area will be reviewed to ensure:
 - a. Tables and chairs are of the appropriate size for the students.
 - b. Seating is not overcrowded.
 - c. Students have a relaxed environment.
 - d. Noise is not allowed to become excessive.
 - e. Rules for safe behavior are consistently enforced.
 - f. Tables are cleaned between meal periods.
 - g. The physical structure of the eating area is in good repair.
 - h. Appropriate supervision is provided.

Other School-Based Activities

The STAR School will provide the following activities and encourage the following practices that promote local wellness:

1. Intramural sports.
2. Partner with Winslow's Indian Health Services to provide dental sealants to eligible students.
3. Assemblies that focus on wellness issues such as obesity, obesity-related diseases, healthy eating and the benefits of physical exercise.
4. The use of alternates to food as rewards in the classroom.
5. The school will encourage to use non-food alternatives as rewards, for example, extra recess can be offered when time allows.
6. Limit the amount of foods with no nutritional value to be offered as fundraisers after school hours. These opportunities must be approved by the STAR School director and the Student Council (when in session).

Foods of Minimal Nutritional Value (FMNV)

In keeping with federal regulations, the STAR School will control the sale of FMNV. FMNV will not be permitted to be consumed or sold during school hours. Accordingly, students will be offered the following nutritional food items:

1. Canned fruits in 100% fruit juice
2. Fresh fruits such as apples and oranges.
3. Fresh vegetables such as carrots or celery sticks
4. Fruit juice and vegetable juice 100 percent full strength and bottled water
5. Low-fat crackers and cookies, such as fig bars and ginger snaps
6. Pretzels
7. Bread products such as bread sticks, rolls, bagels and pita bread
8. Ready-to-eat, low-sugar cereals
9. Granola bars made with no saturated fat
10. 1% Low-fat or fat free milk, flavored: fat free
11. Low-fat or nonfat yogurt
12. Snack mixes of cereal and dried fruit with a small amount of nuts and seeds
13. Raisins and other dried fruits

Other Foods Offered or Sold

The STAR School recognizes that federal government standards requiring schools to provide NSLP meals consistent with applicable Dietary Guidelines for Americans do not apply to competitive foods sold or served outside the food service areas as defined in this regulation.

Food offered in the classrooms shall be nutritious foods as determined by the school's nutrition committee.

The STAR School will encourage the increase of "whole food" (whole grain, unprocessed foods or fresh produce) sold and/or served outside USDA meals.

Staff Development

Ongoing professional development training opportunities for staff will be encouraged. Staff responsible for nutrition education will be encouraged to participate in professional development activities to effectively deliver the nutrition education program as planned. Nutrition and food services personnel will receive opportunities to participate in professional development activities that address strategies for promoting health eating behavior, food safety, maintaining safe, orderly and pleasant eating environments and other topics directly relevant to the employee's job duties. The

director of STAR School is responsible to ensure such training is made available including, but not limited to, the following:

1. Personnel management
2. Financial management and record keeping
3. Cost and labor-efficient food purchasing and preparation
4. Sanitation and safe food handling
5. Planning menus for students with special needs and students of diverse cultural backgrounds.
6. Customer service and student and family involvement
7. Marketing healthy meals
8. Principles of nutrition education, including selected curriculum content and innovative nutrition teaching strategies
9. Assessment by staff of their own eating practices and increased awareness of behavior messages staff provide as role models (orientation) at beginning of school year.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the STAR School director is responsible for ensuring:

1. Nutrition education materials and cafeteria menus will be posted at the school
2. Parents are encouraged to send healthy snacks to school. Colas and other sodas are not allowed on campus.
3. Families are invited to attend exhibitions of student nutrition projects or health fairs.
4. Nutrition education workshops and screening services are offered
5. Nutrition education homework that students can do with their families are assigned
6. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition as appropriate
7. School staff encourages and provides support for parental involvement in their children's physical education
8. Include physical activity in school-community events

Wellness Center Development

1. It is the policy of the STAR School to create and encourage the development of a Wellness Center that promotes total health~~g~~ including physical, mental and emotional health, otherwise known as a state of Hozhó.

Program Evaluation

In order to evaluate the effectiveness of the local wellness program in promoting healthy eating, increased physical activity among students and to implement program changes as necessary to increase its effectiveness, the STAR School director or designee is responsible for ensuring:

1. Board policy and this administrative regulation are implemented as written.
2. All building, grade-level nutrition education curricula and materials are assessed for accuracy, completeness, balance and consistency with state and local standards.
3. Nutrition education is provided throughout the student's school years as part of the school's age-appropriate, comprehensive nutrition program.
4. Teachers deliver nutrition education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities.
5. Teachers and school nutrition and food services personnel have undertaken joint project planning and action.
6. Teachers have received curriculum-specific training.
7. Families and communities are involved, to the extent practicable, in nutrition education.
8. The director of the STAR School or his designee will be charged with the operational responsibility of ensuring that the policy and administrative regulations are followed and will develop an evaluation plan to be used to assess the district's level of compliance with the requirements.

