

*Rite of Passage  
Policy and Procedure*

Policy Number:	600.539		
Policy Name:	<b>Health and Wellness</b>		
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**Policy**

Southwest Leadership Academy is committed to providing a school environment that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Southwest Leadership Academy that:

- All students in grades 9-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- To the maximum extent practicable, the school will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, and Fruit and Vegetable Snack Program.
- The School will provide nutrition education and physical education aligned to the Arizona State Academic Standards to foster lifelong habits of healthy eating and physical activity.

**Procedure**

The school will develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

**Nutritional Quality of Foods and Beverages Sold and Served on Campus**

**School Meals**

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

- be appealing and attractive to students;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- 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); and
- ensure that half of the served grains are whole grain.

The School, to the extent practicable, will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, school will share the menus, on the website, on cafeteria menu boards, placards, or other point-of-purchase materials.

**Breakfast:** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- SLA will, to the extent possible, operate the School Breakfast Program.
- SLA will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- If the SLA serves breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- SLA will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Free and Reduced-priced Meals:** SLA will make 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. Toward this end, school may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

**Meal Times and Scheduling:** SLA:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:35 a.m. and 12:45 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- to the extent practicable, will schedule lunch periods to follow recess periods;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

**Qualifications of School Food Service Staff:** Qualified nutrition professionals will administer the school meal programs. As part of the school’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**Sharing of Foods and Beverages:** SLA will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

**Foods and Beverages Sold Individually** (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.) will follow the Smart Snacks in Schools guidelines.

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

#### Ingredient Rules

Any competitive food sold must be a:

- Fruit;
- Vegetable;
- Dairy product;
- Protein-rich food (meat, beans, poultry, seafood, eggs, nuts, seeds);
- Whole-grain rich food (first ingredient is a whole grain or product is 50% whole grains by weight); *or*
- Combo food that has at least ¼ cup fruit and/or vegetable

*\*Exception until July 1, 2016 – A food is allowed if it contains a minimum of 10% of the Daily Value of calcium, potassium, Vitamin D or fiber*

#### Nutrient Standards

All competitive foods must meet each of the following nutrient limits:

##### **Calories**

- Max 200 calories for snacks and sides
- Max 350 calories for entrees (outside the school lunch program)

##### **Sugar**

- Max 35% sugar by weight (some fruit exceptions)

##### **Sodium**

- Max 230mg sodium for snacks (200mg after July 1, 2016)

##### **Fat**

- Fat: Max 35% calories from fat (as packaged or served; some exceptions for reduced fat cheese and nuts apply)
- Sat fat: Max 10% calories from fat (as packaged or served; some exceptions for reduced fat cheese and nuts apply)
- Trans fat – 0g as served

#### Beverage Rules

All grade levels may sell:

- Water or carbonated water; unflavored low-fat milk; flavored or unflavored fat-free milk and soy alternatives; and 100% fruit or vegetable juice. Size limits: 8 oz for elementary schools & 12 oz for middle and high schools.

High schools may also sell lower calorie flavored and/or carbonated beverages that meet the following rules:

- 5 calories per 8 fl oz, or 10 calories per 20 fl oz; and
- 40 calories per 8 fl. Oz. or 60 calories per 12 fl oz.

*Note: caffeine only permitted in high schools*

The above rules have to be interpreted by each state education agency who will then pass down the interpretation to its schools. This means, depending on the interpretation, that schools may sell different products. For example, one district agency may determine that “potatoes” as a first ingredient in chips constitute a vegetable ingredient and thus the item would meet the first set of rules (it would still have to meet the nutrient limits).

That said, to get an idea of what types of beverages and snacks meet Smart Snacks In School rules, based on a conservative interpretation of the rules, check out the partial list below which can serve as a primer on the types of items that will be allowed.

## **Compliant Snacks for School**

### **Snacks**

- Fruits & vegetables (dried, freeze-dried, canned, fresh), including varieties from Bare Fruit, Peeled Snacks, That’s It Fruit Bars and Funky Monkey snacks
- Whole-grain based chips, including Pop Corners in “Popped Sweet Cinnamon,” Pop Chips’ “Katy’s Kettle Corn”
- Whole-grain based snack bars, including Clif Z Bar in Full Moon Brownie, Kashi’s TLC Chewy Bar in Cherry Dark Chocolate, Monkey Brains in Chocolate Chip, Strawberry Vanilla and Bluerberry Vanilla, Kind Bars’ new “Healthy Grains” line
- Whole-grain crackers, including Annie’s Bunny Grahams in chocolate and chocolate chip
- Nuts and seeds

### **Beverages**

The below beverages must adhere to the portion caps listed above.

- Water
- Milk (dairy and otherwise), including Pacific Natural Foods’ Almond Milk & Horizon Organic Milk
- 100% fruit juice and fruit juice diluted with water or carbonation, including Apple & Eve’s Fruitables, Izze, Steaze, the Switch
- Flavored waters without added sweeteners, including Hint Water and Zevia

**Fundraising Activities:** To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity.

**Snacks:** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

**Celebrations:** Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

### III. Nutrition and Physical Activity Promotion and Food Marketing

**Nutrition Education and Promotion:** Southwest Leadership Academy aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

**Integrating Physical Activity into the Classroom Setting:** For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents:** The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Staff Wellness:** Southwest Leadership Academy highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

### IV. Physical Activity Opportunities and Physical Education

**Physical Education (P.E.) 9-12:** All students in grades 9-12, including students with disabilities, special health-care needs, and in alternative educational settings, will have the opportunity to take physical education class with at least one credit in physical education being required for graduation. Additional credits may be earned as an elective. Physical education will be taught by a physical education teacher.

**Daily Activity:** All students will have the opportunity for daily activity which is supervised, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

School will discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School:** To the extent practicable, the school will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

**Physical Activity and Punishment:** Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

## **V. Monitoring and Policy Review**

**Monitoring:** The Chief Administrative Officer or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal.