



Miami Unified School District #40

4739 Ragus Rd.
Miami, AZ 85539
(928) 425-3271

Local Wellness Policy

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I. Wellness Policy Goals

Goal for Nutrition Promotion

The Miami Unified School District (MUSD) strives to play a significant role in the academic, mental, physical and overall well-being of all students, engaging and promoting proprietorship of their educational process.

Accordingly, MUSD is committed in sustaining school environments that not only encourage, but safeguard student health, well-being, and learning through the promotion of healthy eating and physical activity, which are directly shown to reduce the risk of mortality and the development of chronic disease later in life. Because of the enormity of this matter, MUSD has established clear goals that will be monitored and modified for the diverse and changing needs of its students in the areas of nutrition and physical activity.

Goal for Nutrition Education: The Miami Unified School District's nutritional goal is to influence student and staff eating behaviors through appropriate nutritional education that reflects student/staff cultures.

1. Schools will support nutrition education by sharing nutritional education with families and the community on menu's, newsletters, parent meetings, and other school-based wellness activities.
2. Messages that encourage healthy eating and physical activity may be linked to the school meal program and school community.

Goal for Physical Activity: The Miami Unified School District's physical activity goal is to provide numerous and diverse opportunities for every student to participate in physical education.

1. Students will develop necessitated knowledge and skills for specific physical activities during physical education courses and extra-curricular athletics.
2. Students are required to participate in physical education classes.
 - a. Kindergarten students will have one, 35-minute physical education class per week of developmentally appropriate physical education instruction.
 - b. Students in grades 1-6 will have one, 40-minute physical education class per week of developmentally appropriate physical education instruction.
 - c. Students in grades 7-8 will take one class period of physical education each semester of developmentally appropriate physical education instruction four times a week.
 - d. Students in grades 9-12 will receive two semesters over the four years of physical education classes of developmentally appropriate physical education instruction four times a week.

3. Activities will include physical education classes, elective physical education courses (grades 9-12), and the integration of developmentally appropriate physical activity into the academic curriculum. All district physical education programs will provide adequate space and equipment to conform with applicable safety standards.
4. Schools should provide daily (physical activity) recess periods of at least 15 minutes for all elementary/intermediate school students. Students will not be withheld recess as a punishment unless under individual circumstances or behavioral safety violations.

Goal for Other School-Based Activities that Promote Student Wellness: The Miami Unified School District's goal for other school-based activities that promote student wellness is to create and sustain an environment which is advantageous to healthy eating and physical activity.

1. Elementary/Intermediate school students will partake in annual field trips that promote and incorporate physical activity (running, hiking, swimming, etc.).
2. Elementary/Intermediate school students will participate in an annual school field day that includes a variety of integrated physical activities.

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.

- a. All schools in the district will participate in the National School Lunch Program.
- b. All meals will, at a minimum, meet the New Meal Pattern requirements.
- c. Free, potable water will be available to all students during meal periods.
- d. Additional MUSD standards include:
 - I. Providing a daily fruit and vegetable bar.
 - II. Providing a' la carte offerings in the food service program to Miami Jr. Sr. High School students.
 - III. School meals will be made attractive to students to the extent possible.
 - IV. School and transportation schedules shall be designed to encourage participation in school meal programs.
 - V. All schools in the Miami Unified School District are closed campuses, encouraging students to partake in the school lunch program.

Competitive Foods and Beverages

- e. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. These guidelines apply to all foods sold in the following locations:
 - I. Dr. Charles A. Bejarano Elementary School
 - II. Lee Kornegay Intermediate School
 - III. Miami Jr. Sr. High School

Celebrations 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 Schools guidelines.

- a. All foods and beverages provided, but not sold to students during the school day, that occur within a given classroom is limited to only those students enrolled in that specific classroom and include, but are not limited to, holiday and birthday celebrations.
 1. Classroom parties/celebrations shall be considered exempt from all nutrient and competitive food guidelines and standards if provided by parents.
 2. Food and beverages provided for classroom parties must comply with local food safety and sanitation guidelines.
 3. All foods offered must come from a commercial source with an approved Gila County Health Department permit. Food or drink items from households is prohibited.

- b. These guidelines apply to (check all that apply):
 - School-sponsored events
 - Celebrations and parties
 - Classroom snacks provided by parents
 - Classroom rewards and Incentives

Fundraising

- c. Food and beverage related fundraisers sold to students on school campus during the school day will be restricted to before school, during passing periods, and after school. Regulations state that **no** exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. All fundraisers and the duration of said fundraisers must be approved by the student council and school administration.

Food and Beverage Marketing in Schools

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 a minimum, meet the Smart Snacks guidelines.

- d. MUSD will promote healthy choices by prominently displaying healthy foods in the cafeteria, using posters or bulletin boards, and encouraging students to partake in the all you can eat fruit and vegetable bar.
- e. MUSD will comply with special dietary needs for students as required by the Arizona Department of Education Special Dietary Needs Manual.

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.

- a. MUSD will conduct School Health Advisory Council meetings biannually, tentatively September and March.
- b. The MUSD School Health Advisory Council will consist of a variety of stakeholders including, but not limited to a district Health Aid, Physical Education Teacher, Parent, Principal, Administrative Representative, and the Food Service Supervisor.
- c. The public will be notified that their participation is permitted through the MUSD40.org website and district marquee.

Leadership

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

- d. The designated official for oversight of implementation at each school is: Racquel O'Connor, K-6 Assistant Principal.
- e. The designated official for convening the wellness committee is: Racquel O'Connor, K-6 Assistant Principal.
- f. The person designated for informing the public about the wellness policy is: Racquel O'Connor, K-6 Assistant Principal.

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

Implementation of the Wellness Policy

- a. MUSD's plan for implementation to manage and coordinate the execution of this wellness policy will be accomplished through the appointment of a District Wellness Coordinator, Racquel O'Connor, who will then assemble a District Wellness Council whom will then assess, plan, implement, and improve the nutrition and physical activity of Miami Unified District schools.

Triennial Progress Assessments

At least once every three years, the LEA must conduct an assessment of 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 for a Healthier Generation's model wellness policy.

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

- i. MUSD's Wellness Council will identify areas for improvement at each meeting and submit those findings in a report to the superintendent to support suggested program modifications.
 - ii. MUSD will assess each school's compliance with sections I-IV of this wellness policy by requiring building principals to monitor and guarantee implementation of Miami Unified School District's Wellness Guidelines through teacher/staff meetings, noting guidelines on meeting agendas and attendance through a meeting log.
- c. The District will assess how their wellness policy compares to model wellness policies.
- i. MUSD will compare its Local Wellness Policy with model wellness policies at least once every three years by doing the following:
 - i. Obtaining a copy of the current written wellness policy and any accompanying action plans used to guide implementation.
 - ii. Reviewing and evaluating each section of the policy through use of the Local Wellness Policy Assessment tool provided by Arizona Department of Education.
 - iii. Identifying the existing policy's strengths and success, as well as the areas the district wants to work on in the coming years.
 - iv. Sharing the results with the District Wellness Council and the public.
 - v. The person responsible for this assessment is: Racquel O'Connor

Revisions and Updating the Policy

The District will update or modify the wellness policy as appropriate.

- a. The LEA will update or modify the wellness policy, as well as revise the wellness policy and develop action plans to facilitate implementation as necessitated.

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.

- a. The LEA will make the district wellness policy available to the public through Miami Unified School District/School websites.
- b. The annual progress reports and updates can be found at <http://www.miamiusd40.org>.
- c. The District will make the Triennial Assessment available at <http://www.miamiusd40.org>.