

## JL © STUDENT WELLNESS

The School District strives to make a significant contribution to the general well being, mental and physical capacity, and learning ability of each student while affording them the opportunity to fully participate in the educational process.

The District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.

To ensure the health and well-being of all students, the Board shall promote and monitor student wellness in a manner that the Board determines is appropriate in the following areas:

*A. Nutrition Guidelines:* All foods available in each school during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.

*B. Nutrition Education:* The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into health education or core curricula; and provides opportunities for students to practice skills and have fun.

*C. Physical Activity/Recess:* The goals for physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

"*Recess*," as defined in statute, means a period of time during the regular school day, including time during a scheduled lunch period, during which a pupil is able to engage in physical activity or social interaction with other pupils.

1. The District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through three (3). From and after August 1, 2019, the District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through five (5).
2. A school that offers a half-day kindergarten program is required to provide at least one (1) recess period during the school day for pupils in that kindergarten program.
3. The school District may count a pupil's participation in a physical education course during a school day as one (1) of that day's recess periods.
4. The District is not required to extend the school day to meet this recess requirement.
5. This recess requirement does not apply to middle schools, junior high schools, high schools, Arizona online instruction or schools in which the lowest grade of instruction offered is grade five (5).

D. *Sunscreen*: The goal is to emphasize skin health and promote the application of sunscreen products and to inform students that a student who attends school in this District may possess and use a topical sunscreen product while on school property or at a school-sponsored event without a note or prescription from a licensed health care professional.

E. *Other School-Based Activities*: The goal is to create a total school environment that is conducive to healthy eating and physical activity.

F. *Evaluation/Implementation*: A primary goal will be to regularly (at least annually) evaluate the effectiveness of this policy in promoting healthy eating and changing the program as appropriate to increase its effectiveness. Such evaluation will be measureable. The results of each evaluation, including the extent to which schools are in compliance with District policy, the extent to which the District policy complies with federal regulations, and a description/summary of the progress made in attaining the goals of the District, shall be made available to the public. Physical education teachers and school health professionals shall have an opportunity to participate in the evaluation and implementation of this policy.

G. *Parent, Community and Staff Involvement*: A primary goal will be to engage family members, students, and representatives of the school food authority, the Governing Board, school administrators, and the public in development and regular review of this school policy.

The Superintendent is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, after-school programs, and funding-raising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation. The Superintendent shall institute and clearly communicate a meal charge policy to all District households and District staff responsible for policy enforcement that is consistent with aspects of the Healthy Hunger-Free Kids Act of 2010 applicable to the District. Regulations and exhibits created for the purpose of implementing this policy shall be considered, in effect, to be an extension of this policy subject to Governing Board review.

Adopted: September 11, 2018

LEGAL REF.:

A.R.S.

[15-158](#)

[15-242](#)

42 U. S. C. 1751 *et seq.* (National School Lunch Act)

42 U. S. C. 1771 *et seq.* (Child Nutrition Act)

CROSS REF.:

[ABA](#) - Community Involvement in Education

[ABAA](#) - Parental Involvement

[BBA](#) - Board Powers and Responsibilities

[EF](#) - Food Services

[EFDA](#) - Collection of Money/Food Tickets

[EFE](#) - Competitive Food Sales/Vending Machines

[IA](#) - Instructional Goals and Objectives

**JL-RA ©****REGULATION****STUDENT WELLNESS**

An annual report shall be made to the Board on the District's compliance with law and policies related to student wellness. The report may include but not be limited to:

- A. Evaluation of the food services program.
- B. Recommendations for policy and/or program revisions.
- C. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- D. Assessment of school environment regarding student wellness issues.
- E. Listing activities and programs conducted to promote nutrition and physical activity.
- F. Providing feedback received from District staff, students, parents/ guardians, and community members.

In accordance with the National School Lunch Act (42 U. S. C. 1751 *et seq.*) and the Child Nutrition Act (42 U.S.C. 1771 *et seq.*), as amended, an assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually. The Superintendent shall receive assurances from all appropriate administrators and supervisors prior to making the annual Board report.

**Nutrition Education**

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

- A. Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating;
- B. Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and
- C. How to assess one's personal eating habits, set goals for improvement and achieve those goals.

In order to reinforce and support nutrition education efforts, the guidelines will ensure that:

- A. Nutrition instruction provides sequential, comprehensive health education in accordance with the Arizona Department of Education curriculum regulations and academic standards;

- B. Cooperation with agencies and community organizations is encouraged to provide opportunities for appropriate student projects related to nutrition;
- C. Consistent nutrition messages are disseminated from the District throughout the schools, communities, homes and media; and
- D. Nutrition education is extended beyond the school environment by engaging and involving families and community.

### **Nutrition Guidelines and Food Services Operations**

All foods and beverages made available on a school campus serving any configuration of prekindergarten (PK) through eighth (8th) grade during the normal school day are to be consistent with the Arizona Nutrition Standards. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The District will create procedures that address all foods (including Foods of Minimal Nutritional Value and Competitive Food Sales) available to students throughout the school day in the following areas:

- A. National School Lunch Program and School Breakfast Program Meals.
- B. À la carte offerings in the food service program.
- C. Vending machines and school stores.
- D. Classroom parties, celebrations, fund-raisers, rewards and school events.
- E. Snacks served in after-school programs.

In keeping with the District's nutrition program goals, only food prepared or obtained by the District's food services program should be served. This includes classroom reward or incentive programs involving food items as well as foods and beverages offered or sold at school-sponsored events during the regular school day. Approval is required to ensure that the foods served meet the requirements of the District's nutrition policy and regulation (i.e., all foods served fit in a healthy diet and contribute to the development of lifelong healthy eating habits for the District's students).

A.R.S. [36-136](#) provides an exemption from rules promulgated by the Director of the Department of Health Services for a whole fruit or vegetable grown in a public school garden that is washed and cut on-site for immediate consumption.

### **Physical Activity/Recess**

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Recess shall be required and provided as described in Policy JL and in Regulation JL-RB.

### **Other School-Based Activities**

The goal for other school-based activities is to ensure whole-school integration with the wellness program. The District will achieve the goal by addressing elements that include, but are not limited to, school meal times, dining environment, food as an incentive, marketing and advertising, skin cancer prevention and sun safety, staff wellness, and staff development and training.

## **Program Evaluation**

In each school, the principal will ensure compliance with established District-wide student wellness goals and will report on the school's compliance to the Superintendent.

The District, and individual schools within the District, will, as necessary, revise the policy and develop action plans to facilitate their implementation.

**JL-RB ©**

## REGULATION

**STUDENT WELLNESS****Physical Activity Goals**

The primary goal for the District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including physical education, recess, walk-to-school programs, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

***Physical education (high school graduation requirements):*** Students must, at the least, satisfy the state and District's physical education credit requirement.

***Physical activity (time, frequency, and/or intensity):*** Schools will ensure that students are moderately to vigorously active at least fifty percent (50%) of the time while participating in physical education classes.

***Physical activity outside of physical education/Recess:*** Schools may offer after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically involved or those with special health care needs.

Recess shall be required and provided as follows:

- A. Two (2) recess periods during the school day for pupils in kindergarten (K) and grades one (1) through three (3).
- B. On August 1, 2019, this recess requirement of two (2) recess periods during the school day is extended to grades four (4) and five (5).
- C. Half-day kindergarten pupils are to receive one (1) recess period during the school day.
- D. Participation in a physical education course during a school day may count as one of the day's recess periods.
- E. Extension of the school day is not required to meet the recess requirement.
- F. This recess requirement does not apply to middle schools, junior high schools, high schools, Arizona online instruction or schools in which the lowest grade of instruction offered is grade five (5).
- G. For the purposes of this section, "*recess*" means a period of time during the regular school day, including time during a scheduled lunch period, during which a pupil is able to engage in physical activity or social interaction with other pupils.

***Walking or biking to school to promote physical activity:*** The District shall annually review safe routes for students who walk or bike to school.

***Prohibition of use of punishment:*** The District will discourage the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes.

***After-school programs:*** The District shall encourage after-school programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos.

***Community use:*** The District shall encourage community access to, and student and community use of, the school's physical activity facilities outside the normal school day.

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*Wellness and Fitness Plan*

**Executive Summary**

The Flowing Wells Unified School District is committed to being a leader in District wellness and fitness in the K-12 Community. The District is ensuring this commitment by following and developing the following plan. The Wellness and Fitness Plan for the District is comprised of ten (10) Standards:

1. Healthy Nutrition
2. Healthy Beverages and Water
3. Supportive Nutrition Environment
4. Employee Wellness Program
5. Monitoring and Assessment of Wellness Plan
6. School Physical Education and Activity Programs
7. Environmental Safety
8. Health Promotion
9. Health Education and Information
10. Behavioral Health

Each standard plays an important role in ensuring the health and wellness of our District. The following is a brief overview of each standard and its effects on the District.

**Healthy Nutrition:**

The Flowing Wells Unified School District will follow the United States Department of Agriculture (USDA) National School Breakfast and Lunch Programs and Smart Snack in Schools guidelines and will ensure that all other non-program goods sold on the physical campus meet the same criteria during regulated hours, per USDA (midnight to 30 minutes after the final school bell). Annually, the Flowing Wells Unified School District will make nutrition education information available to parents and school staff to include the latest school nutrition recommendations and guidelines and information about school grants and nutrition education training opportunities.

The District accomplishes these standards by working with its Foodservice Department and Foodservice Management Company, Southwest Foodservice Excellence, LLC, to ensure all meal services meet USDA guidelines. The District also works with clubs and organizations to ensure that their food sales also meet the USDA guidelines. Along with these food sale guidelines, the District also uses its newsletter, FW Insider, to educate employees on nutrition education and training opportunities.

**Healthy Beverages and Water:**

The Flowing Wells Unified School District will follow USDA's National School Breakfast and Lunch Programs and Smart Snack in Schools guidelines and will ensure that all other beverages sold on the physical campus meet the same criteria during regulated hours, per USDA (midnight to 30 minutes after the final school bell).



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*Wellness and Fitness Plan*

The District accomplishes these standards by working with its Foodservice Department and Foodservice Management Company, Southwest Foodservice Excellence, LLC, to ensure all meal services meet USDA guidelines. The District also works with its clubs and organizations to ensure that their food sales also meet the USDA guidelines.

**Supportive Nutrition Environment:**

Flowing Wells Unified School District will follow food and beverage advertising and marketing recommendations in line with the USDA's Smart Snacks in Schools guidelines on all school property during the school day. The District will promote healthy nutrition options and practices to staff, parents, and students.

The District accomplishes this standard by working with employees to demonstrate good eating habits and physical fitness behavior. This is not only in classroom instruction, but also during all hours of the school day. The District knows that if staff models a positive nutrition environment, it will translate into students and parents as well.

**Employee Wellness Program:**

The Flowing Wells Unified School District will offer an Employee Wellness Program that provides wellness opportunities, including nutrition education, physical activity promotion, encouragement of staff to pursue active forms of transportation and participation in the district employee wellness insurance offerings.

The District meets this standard by working to educate staff through several means: FW Insider, Health Care Coverage, and Educational Materials put out quarterly. The District also firmly promotes and encourages staff members to be physically active throughout the school day and after.

**Monitoring and Assessment:**

Flowing Wells Unified School District Wellness Committee will be responsible for collecting information on local wellness policy implementation, effectiveness and compliancy rates and reporting to the Superintendent's Office on an annual basis with the School Health Advisory Council's collaborative support.

The District's Wellness Committee each year assesses the impact of the Wellness and Fitness Plan. The Committee does this by using the SHI (School Health Index) and reports the findings to the Superintendent's Office each year. The Committee also uses the data to revise and improve the Wellness and Fitness Plan.

**Physical Activity and Education Program:**

Flowing Wells Unified School District has a Comprehensive School Physical Activity Program and promotes opportunities to students and staff through multiple avenues to allow each person the chance to meet daily physical activity recommendations.

The District works with Administration to ensure that students and staff have access to the recommended amount of physical activity each week. The District takes great pride in operating an open gym for all employees and students.

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*Wellness and Fitness Plan*

**Environmental Safety:**

Flowing Wells Unified School District will adopt Arizona Department of Health Services SunWise Environmental Practices and Heat Illness Prevention School Alert Programming in compliance with A.R.S. § 15-718 Instruction on Skin Cancer Prevention.

The District is working with local health agencies to meet this standard.

**Health Promotion:**

Flowing Wells Unified School District will adopt policy language and resources to assist staff and students with drug, tobacco, and alcohol abuse awareness, prevention and treatment in compliance with A.R.S. § 36-798

The Flowing Wells Unified School District is taking steps to ensure that students, faculty, and staff understand the existence of drug, tobacco, and alcohol abuse awareness and prevention and treatment programs through the Pima County Health Department.

**Health Education and Information:**

Flowing Wells Unified School District will ensure that all of its students are exposed to Health Education. The District has intergraded health education into the physical education, classroom, and afterschool activities.

The District's Wellness Committee works each year with the Student Health Advisory Committee to assess the effectiveness of the information provided to all stakeholders.

**Behavioral Health:**

Flowing Wells Unified School District will ensure that School Health Advisory Council annually reassesses the action plan that addresses how the District disseminates behavioral health information topics to students, staff and parents.

The District's Wellness Committee works each year with the Student Health Advisory Committee to assess the effectiveness of the information provided to the stakeholders.

Through these standards, the District will work to improve the health and wellness of all stakeholders. These standards help to ensure that the District remains a leader in health and wellness within the community. The Wellness Committee is dedicated to making sure that Flowing Wells Unified School District's stakeholders are well educated and exposed to healthy habits and environments. Through this exposure, the Wellness Committee hopes that students, staff and parents have the tools to make empowered choices about their health and wellness.

*Wellness and Fitness Plan*

**Wellness and Fitness Plan**

The Flowing Wells Unified School District is committed to being a leader in District wellness and fitness in the K-12 community. The District is ensuring this commitment following and developing the following plan. The Wellness and Fitness Plan for the District is comprised of the ten (10) Standards:

1. Healthy Nutrition
2. Healthy Beverages and Water
3. Supportive Nutrition Environment
4. Employee Wellness Program
5. Monitoring and Assessment of Wellness Plan
6. School Physical Education and Activity Programs
7. Environmental Safety
8. Health Promotion
9. Health Education and Information
10. Behavioral Health

Each standard plays an important part in ensuring the health and wellness of our District. The following are the standards for the District.

**Healthy Nutrition:**

The Flowing Wells Unified School District will follow the United States Department of Agriculture (USDA) National School Breakfast and Lunch Programs and Smart Snack in Schools guidelines and will ensure that all other non-program goods sold on the physical campus meet the same criteria during regulated hours, per USDA (midnight to 30 minutes after the final school bell). Annually, Flowing Wells Unified School District will make nutrition education information available to parents and school staff to include the latest school nutrition recommendations and guidelines and information about school grant and nutrition education training opportunities.

The District has established the following guidelines to ensure healthy nutrition in schools:

1. Breakfast and Lunch Service
  - a. The Foodservice Department will make sure all items served during breakfast and lunch provide healthy nutrition options for students.
  - b. The Foodservice Department will guarantee that all items meet the USDA and State Regulations on calories, saturated fat, and sodium daily.
  - c. The Foodservice Department will utilize Smart Lunchroom Techniques to make certain positive participation and healthy nutrition exposure.
  - d. The Foodservice Department will ensure that menus be published via print and internet for promotion of healthy options for students.
  - e. The Foodservice Department will make sure every student and faculty member have access to service daily.

*Wellness and Fitness Plan*

2. Marketing of Food Items on Campus
  - a. The Foodservice Department will only use healthy advertisement in promoting its foodservice items.
  - b. The School District will not post any marketing items without the approval of the Foodservice Department.
  - c. The School District will make sure that all marketing meets the Federal Requirements outlined in CFR210.30(c)(3).
    - i. Only marketing that meets the competitive foods standards will be used.
      1. Smart Snacks in Schools guidelines are followed for approved competitive foods.
  - d. The Foodservice Department will publish breakfast, lunch, and snack menus monthly to the District's website.
  - e. The Foodservice Department will publish all nutritional information for all breakfast, lunch, and snack menus monthly on the District's website.
3. Afterschool Activities
  - a. The Foodservice Department will host one Roaming Chef Annually at each of the six (6) elementary schools and one (1) preschool.
    - i. The Roaming Chef events promote healthy eating and cooking techniques for both students and parents.
  - b. The District will maintain afterschool programs that promote healthy nutrition by providing snacks via the Afterschool Care Snack Program.
4. Special Grant Activities
  - a. The District will apply for and promote special grant programs as available.
  - b. The District will ensure that all approved grants focus on healthy nutrition exposure.
  - c. The District will apply annually for the Fresh Fruit and Vegetable Program at all elementary schools.
5. Clubs and Student Activities
  - a. The District will ensure that all student clubs and activities receive pre-approval from Foodservice for all food items they wish to sell during the school day, as defined by statute.

By following the above guidelines, the District will promote healthy nutrition to all students, parents, and faculty. Through the promotion of healthy nutrition, a cornerstone for Flowing Wells Unified School District Wellness Plan, the District will make sure that the students are ready to learn.

**Healthy Beverage and Water**

The Flowing Wells Unified School District will follow USDA's National School Breakfast and Lunch Programs and Smart Snack in Schools guidelines and will ensure that all other beverages sold on the physical campus meet the same criteria during regulated hours, per USDA (midnight to 30 minutes after the final school bell).

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*Wellness and Fitness Plan*

The District has established the following guidelines to promote healthy beverages and water in schools:

1. Access to Water
  - a. The District collaborated with Andrea Heart to install water filling stations and water fountains at all schools within the District.
  - b. The District will guarantee that all water fountains are in working order and in good repair, and that students always have access to drinking water throughout the day.
2. Healthy Beverage
  - a. The Foodservice Department will guarantee that all beverages sold outside the breakfast and lunch program meet the Smart Snacks in School guidelines.
  - b. The District will ensure that student clubs and activities do not provide beverages that are outside of the Smart Snacks in School guidelines during the school day.
  - c. The District will positively market healthy beverages on campuses.

The District will comply and promote healthy beverages by adhering to the above guidelines. The District is committed to students having access to healthy beverages and water daily, and will make certain that only healthy beverages and water are marketed on the school campus.

**Supportive Nutrition Environment**

Flowing Wells Unified School District will follow food and beverage advertising and marketing recommendations in line with the USDA's Smart Snacks in Schools guidelines on all school property during the school day. The District will promote healthy nutrition options and healthy nutrition practices to staff, parents, and students.

The District has established the following programs to enhance the nutrition environment:

1. Fruit and Vegetable tasting through the Fresh Fruit and Vegetable Program (FFVP).
  - a. Currently offered at two elementary schools.
    - i. Healthy eating habits and nutrition education provided alongside unique fruit and vegetable choices.
2. Participates in the National School Breakfast, National School Lunch, Child and Adult Feeding Care, and Afterschool Care Snack Programs.
  - a. The District Foodservice Department ensures compliance with all USDA regulations.
  - b. The District Foodservice Department works to expose students to supportive nutrition environments during meal times.
    - i. The Foodservice Department participates in smart lunchroom techniques to encourage a supportive and welcoming environment.
3. Hosts annual Roaming Chef Program at all elementary schools to increase parent education.
  - a. Foodservice hosts seven (7) Roaming Chef events at each of the elementary schools and preschool yearly.

*Wellness and Fitness Plan*

- b. The event is to educate students and parents on promoting a supportive nutrition environment at home.
4. Collaborating with Tucson Village Farm.
  - a. Field trips to the Farm to expose students to the farm to table process.
5. School Gardens at three elementary schools.
  - a. Maintain and host garden clubs at Hendricks, Laguna, and Homer Davis.
  - b. Collaborate with Southern Arizona Community Food Bank to provide instructors for gardening.
6. Positive marketing of food items for sale on school campus.
  - a. All marketing supports a positive nutrition environment.
  - b. All marketing supports positive choices and healthy options.

The District accomplishes this standard by working with employees to demonstrate good eating habits and physical fitness behavior. Done not only in classroom instruction, but also during all hours of the school day. The District knows that if staff models a positive nutrition environment, it will translate into students and parents as well.

**Employee Wellness Program**

The Flowing Wells Unified School District will offer an Employee Wellness Program that provides wellness opportunities. These include nutrition education, physical activity promotion, encouragement of staff to pursue active forms of transportation and participation in the district employee wellness insurance offerings.

The District offers the following programs to employees:

1. The District fitness center is open from 6am to 7am and 3pm to 6pm daily for free utilization by faculty and staff
  - a. The center has a certified trainer supervising activities and providing free nutrition and workout programs
2. Schools promote and support walking clubs and walk / bike to school days
3. The District insurance offers incentive programs for employees that participate in wellness programs and events
4. The District publishes a newsletter quarterly to all employees regarding fitness and health
5. The District is supportive of standing desks and alternative workspaces.

The District meets this standard by working to educate staff through several means: FW Insider, Health Care Coverage, and Educational Materials put out quarterly. The District also firmly promotes and encourages staff members to be physically active throughout the school day and after.

**Monitoring and Assessment**

Flowing Wells Unified School District Wellness Committee, with collaborative support from the School Health Advisory Council, will be responsible for collecting information on local wellness policy implementation, effectiveness and compliancy rates and reporting to the Superintendent's Office on an annual basis.

## *Wellness and Fitness Plan*

Each year, the District's Wellness Committee assesses the impact of the Wellness and Fitness Plan. The Committee does this by using the SHI (School Health Index) and reporting the findings to the Superintendent's Office. This data is used by the Committee to revise and improve the Wellness and Fitness Plan.

The District Wellness Committee will host an annual Wellness and Fitness Plan review meeting to discuss the results of the prior year's monitoring and will assess the need for any policy or plan changes for the coming year. This annual meeting will also take into account any comments or suggestions received from parents or community members through the District Communication Corner Portal, Student Health Advisory Committees, and Parent Advisory Meetings.

The results of the annual Wellness and Fitness Plan review meeting will be assessed by the Superintendent for final approval. If changes to the policy or plan are made, a press release will be issued and an update will be posted on the District's website.

This District will also conduct a triennial assessment of the Wellness Policy and Plan. This is conducted using the SHI framework and results will be reported to all stakeholders via the District website. The Wellness Committee will also consider the assessment when hosting its yearly review meeting.

### **School Physical Education and Activity Programs**

Flowing Wells Unified School District has a Comprehensive School Physical Activity Program and promotes opportunities to students and staff through multiple avenues, allowing each person the chance to meet daily physical activity recommendations.

The District works with Administration to ensure that students and staff have access to the recommended amount of physical activity each week. The District takes great pride in operating an open gym for all employees and students.

The following are the physical education programs that the District offers to its students:

1. Physical Education for all students K-6
2. Physical Education as an elective at 7-8
3. Fit for life Curriculum (Grades K-6)
4. SPARK (Grades PK-6)
5. Fuel Up to Play 60 (Grades K-12)
6. Arizona PE standards (Grades K-12)

The District strives to maintain a 30 to 1 Physical Education teacher to student ration for all of its elementary schools. The District is dedicated to ensuring that all students, K-6, have at least 90 minutes of physical activity daily.

The District provides the following activity programs for students:

1. Access to afterschool sports free at all levels.
2. Access to afterschool physical fitness instruction.
3. Access to fitness center before and after school hours.

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*Wellness and Fitness Plan*

4. Access to afterschool clubs that promote fitness and health.

The District is proud to be able to provide students with ample access to physical fitness before, during and after the school day. The District Administration is committed to ensuring that all students have access to physical fitness while at the District.

**Environmental Safety**

Flowing Wells Unified School District will adopt Arizona Department of Health Services SunWise Environmental Practices and Heat Illness Prevention School Alert Programming in compliance with A.R.S. § 15-718 Instruction on Skin Cancer Prevention.

The District is working with local health agencies to meet this standard.

**Health Promotion**

Flowing Wells Unified School District will adopt policy language and resources to assist staff and students with drug, tobacco, and alcohol abuse awareness, prevention and treatment in compliance with A.R.S. § 36-798

The Flowing Wells Unified School District is taking steps to ensure that students, faculty, and staff understand the existence of drug, tobacco, and alcohol abuse awareness prevention and treatment programs through the Pima County Health Department.

The District collaborates with Pima County Health Department and the Foodservice Department to promote healthy eating and fitness at yearly farmers markets throughout the District.

The District Foodservice Department also promotes health and wellness by providing nutrition education to students. It does this through the FFVP and Roaming Chef programs. The Department is also committed to ensuring that all food offerings promote healthier choices than other retailers do.

The District is committed to promoting health in all aspects of its students, faculty and staff lives.

**Health Education and Information**

Flowing Wells Unified School District will ensure that all of students get exposure to health education. The District has intergraded health education into physical education, classroom, and afterschool activities.

The following are programs the District uses to promote health education:

1. Fit for Life Curriculum
2. USDA nutrition facts
3. Student planners with nutrition and Fitness Facts
4. Comprehensive Health Curriculum (Graduation requirement)
5. Foodservice Department Newsletters (posted monthly)



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*Wellness and Fitness Plan*

6. Detailed menu analysis of all Foodservice menus

The District's Wellness Committee works each year with the Student Health Advisory Council to assess the effectiveness of the information provided to all stakeholders.

**Behavioral Health**

Flowing Wells Unified School District will ensure that School Health Advisory Council annually reassesses the action plan that addresses how the District disseminates behavioral health information topics to students, staff and parents.

The District's Wellness Committee works each year with the Student Health Advisory Council to assess the effectiveness of the information provided to all stakeholders.

The District also ensures that students will have access to guidance counselors, school resource officers, and social workers. The District's Administration is committed to ensuring that every student's behavioral health is taken into consideration. The District works with faculty and staff to ensure that students who might have behavioral health issues are identified and given the assistance they need. The District is proud of its reputation with stakeholders and the ability for students and teachers to talk freely and openly.

**Conclusion**

Through these standards, the District will work to improve the health and wellness of our stakeholders. These standards help to ensure our District remains a leader of health and wellness within our community. The Wellness Committee is devoted to making sure Flowing Wells Unified School District's stakeholders are well educated and exposed to healthy habits and environments. Through this exposure, the Wellness Committee hopes that students, staff and parents have the tools to make empowered choices about their health and wellness.