

## **WELLNESS POLICY ACTION STEPS**

### **I. Nutrition Guidelines**

- a. During the normal school day:
  - i. Meals served by the food and nutrition department will comply with the Az Nutrition Standards
  - ii. K-8 schools vending machines will remain open and will only contain 100% juices, water, reduced, low and fat free milk and in addition grades 7 & 8 may contain isotonic beverages (eg. gatorade)
  - iii. Encourage schools to offer healthy food choices during classroom celebrations. The Food & Nutrition Department will disseminate a list of healthy party ideas to parents & teachers. Teachers and staff can use the Food & Nutrition Department as a resource to make sure they are offering healthy choices.
  - iv. PTO's and other booster clubs are encouraged to promote healthy foods or other non-food choices when fundraising.
  - v. Teachers are encouraged to reward students with healthy food or other non-food choices.
  - vi. Offering fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation
  - vii. High Schools move to healthy snack vending.

### **II. Nutrition Education**

- a. Good nutrition habits are promoted by:
  - i. The comprehensive health curriculum for K –8.
  - ii. Family and Consumer Sciences (FACS) grades 7-12
  - iii. The former 9-12 safety education class has been revised to be Health Education which includes a nutrition component
  - iv. Nutrition can be integrated into other subjects such as math, science, and language arts, social sciences. (eg. Analyzing a food label in a math or science class)
  - v. Nutrition classes are offered to teachers by the Food & Nutrition Department upon request. (eg. Heart Healthy, .....)
  - vi. Wellness Fair sponsored by the Food & Nutrition Department.
  - vii. The monthly menu/newsletter.
  - viii. Food & Nutrition web page.
  - ix. *Providing district staff and students with access to software that analyzes nutrients and calories in food*
  - x. *Providing links to reputable nutrition education websites or resources from the Food & Nutrition web page*
  - xi. *Offering classes through district staff development on nutrition & health*

### III. Physical Activity

#### a. Physical activity is encouraged through:

- i. PE curriculum grades K – 12 (District Blueprints)
- ii. Fitness grams (Wellness based test used in K – 8)
- iii. School clubs promoting fitness (running club, jump rope for heart)
- iv. Community use of school facilities (open gym, sports programs)
- v. Daily recess
- vi. Requiring PE credit for high school graduation
- vii. *Information on reputable physical activity resources and upcoming events (tennis, 10-K) will be available Food & Nutrition web page.*
- viii. *Discouraging the use of physical activity as a consequence for negative behavior*
- ix. *Exploring the Safe Routes to School program which endorses walking or biking to school*

### IV. Other School-Based Activities

#### a. Wellness is encouraged through:

- i. San Marcos Wellness Center
- ii. Skin cancer prevention and sun safety
- iii. The benefits structure of the District health insurance plan, which provides reduced costs for certain preventive medical exams.
- iv. *Writing general wellness tips for staff report and menu/newsletter*
- v. *Encouraging adequate dining periods, recess prior to meal periods*
- vi. *Exploring discounted fitness memberships,*
- vii. *Encouraging exercise classes after school at school sites*
- viii. *District Wellness Committee – exploring interest in classes for life skills, financial planning, weight loss etc.*