

# TUCSON COUNTRY DAY SCHOOL

## School Wellness Policy

Date Created: June 29, 2017

Last Updated:

### Introduction

As a school that participates in the National School Lunch Program, TCDS is required by federal law to establish a school wellness policy. The Local Wellness Policy Final Rule, published in July 2016, requires all participating schools to meet local wellness policy requirements set forth in section 204 of the Healthy, Hunger-Free Kids Act of 2010. The final rule requires that each school establish minimum content requirements for the school wellness policy, ensure stakeholder participation in the development and updates of the policy, and periodically assess and disclose to the public the school's compliance with the school wellness policy. Regulations are expected to result in school wellness policies that strengthen the ability school to create a school nutrition environment that promotes students' health, well-being, and ability to learn. In addition, these regulations will increase transparency for the public with regard to school wellness policies and contribute to integrity in the school nutrition program.

### Wellness Goals

#### ***GOAL: Nutrition Promotion***

Tucson Country Day School (TCDS) will encourage student participation in the National School Lunch Program.

Lunch program menus will be posted on TCDS's website and will be available in the main office.

Participation in the National School Lunch Program will be promoted to families.

TCDS will sponsor an afterschool garden club for students.

TCDS will implement the following Smarter Lunchroom Techniques:

- Sliced or cut fruit is offered.
- At least two kinds of vegetables are offered.
- A serving of vegetables is incorporated into an entrée item at least once a month.
- Pre-packaged salads or a salad bar is available to all students.
- Pre-packaged salads or a salad bar is in a high-traffic area.
- Milk cases/coolers are kept full throughout the lunch service.
- Cafeteria staff and volunteers politely prompt students who do not have a full reimbursable meal to select a fruit or vegetable.
- An illustration of the combo meal of the day or featured entrée of the day is on display.
- Students can preorder lunch in the morning or the day before.
- Cafeteria staff and volunteers smile and greet students upon entering the service line and throughout meal service.
- Attractive, healthful food posters are displayed in the service area.
- The lunchroom is branded and decorated in a way that reflects the student body.
- Cleaning supplies or broken/unused equipment are not visible during meal service.
- There is a clear traffic pattern in the service area. Signs or rope lines are used when appropriate.

- Trash cans are emptied when full.
- Students are involved in the creation of artwork or marketing materials to promote menu items.
- A monthly menu is provided to students and staff.
- TCDS provides recess to Kindergarten through 5th grade students before lunch.

**GOAL: Nutrition Education**

Nutrition education is provided as part of physical education classes in all grades.

Nutrition education is included in physical education class and the following topics are covered:

- Relationship between healthy eating, personal health, and disease prevention
- Food guidance from MyPlate ([www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov))
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits and vegetables and whole grain products
- Choosing foods and beverages with little added sugar
- Preparing healthy meals and snacks
- Accepting body size differences
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- The Dietary Guidelines for Americans

**GOAL: Physical Activity**

**Physical Activity**

Physical activity is available for at least 20 minutes per day for all students.

Physical activity during the day is not used or withheld as punishment for any reason.

To the extent practicable, TCDS ensures the grounds and facilities are safe and that equipment is available to all students to be active.

Through formal agreements, indoor and outdoor physical activity facilities and spaces are open to students their families, and the community outside of school hours.

TCDS ensures that inventories of physical activity supplies and equipment are known and ensures that sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

**Before and After School Activities**

Students have opportunities to participate in physical activity before and after school.

Students have opportunities to participate in interscholastic sports teams after school.

Students have opportunities to participate in organized extracurricular activity programs such as dance classes, jump rope club, cheerleading, and garden club.

**Physical Education**

Students in kinder, first, and fourth grade are provided with 60 minutes of physical education classes per week. Students in second, third, and fifth grade are provided with 40 minutes of physical education classes per week. Students in sixth, seventh, and eighth grade are provided with 2.25 hours of physical education classes per week.

Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

All students in kinder through eighth grade are required to take a physical education class every semester.

Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.

Physical education teachers participate in professional development at least once per year.

### **Recess**

All students are provided at least 20 minutes of recess on all days during the school year.

Recess is offered before lunch for first through fifth grade and proper handwashing measures are in place.

Recess is offered outdoors, weather permitting.

Recess is a compliment to rather than a substitute for physical education class.

Recess monitors encourage students to be active.

### **Active Transport**

Crosswalks on streets leading to school are available.

Crosswalks within the school parking lot and drop off area are available and their use is required by all students and staff.

Secure storage facilities for bicycles are present on school grounds.

Crossing guards are used.

### ***GOAL: Other Activities that Promote Student Wellness***

#### **School Sponsored Events**

TCDS sponsors an annual Olympiad Day in which all students and teaching staff participate.

All fifth grade P.E. classes go on annual educational hike in Sabino Canyon.

Middle school students can go on a field trip to a local community center with their P.E. class where they participate in a variety of physical activities

TCDS sponsors an annual outdoor Water Day in which all students and teaching staff participate.

### **Relationships with Community Organizations**

Pima Prevention Partnership annually partners with TCDS to present their Be Unique Teen Pregnancy Prevention Program to all students in grades six through eight.

Beat Drop Kidz, a non-profit organization, offers afterschool dance classes on campus.

## **Nutrition Standards**

### ***School Policy: School Meals Standards***

The school lunch 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.

### **National School Lunch Program**

TCDS will participate in the National School Lunch Program.

Lunch meals served meet the new meal pattern requirements including minimum requirements for fruits, vegetables (and subgroups) whole-grain rich foods, meat/meat alternates, and two varieties of milk.

Students are served lunch at a reasonable and appropriate time of the day.

Lunch follows recess when possible to better support learning and healthy eating.

Students have adequate time to eat; students have 20 minutes of seated time.

School Meal Standards Meet the Following Additional Guidelines:

- Meals are appealing and attractive to students.
- Meals are served in a clean and pleasant setting.
- Fresh fruits and vegetables are served five times per week.
- TCDS offers only low fat and fat free milk.

## **Water**

Free, potable water is available to all students at any time.

Water sources and containers are maintained on a regular basis to ensure good hygiene and health safety standards.

Students are asked to bring and carry water bottles with them throughout the day; water bottles are only permitted to contain water.

### ***School Policy: Competitive Food and Beverages (food sold to students)***

TCDS is committed to ensuring that all foods and beverages sold to students on the school campus during the school day (midnight to thirty minutes after final dismissal) support healthy eating. Foods and beverages sold outside the school lunch program will meet the USDA Smart Snacks in School nutrition standards. This applies to foods sold a la Carte and in the Student Store. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available at [www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks](http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks).

***School Policy: Celebrations and Rewards (food served to students)***

Arizona Law (ARS 15-242) referred to as Arizona Nutrition Standards states that all food and beverages supplied at school sponsored events to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines. The USDA's Smart Snacks in Schools and Arizona Nutrition Standards guidelines do not apply to foods brought to school in bagged lunches or for activities such as birthday parties, holidays, or other celebrations.

**School Sponsored Events**

Foods served to students in preschool through 8th grade meet or exceed the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242)

**Classroom Celebrations/Rewards**

A list of healthful food and beverage options for parents and teachers can be found at the end of the wellness policy.

Food and beverage is not used as a reward. A list of alternative ways for teachers and other school staff to reward students can be found at the end of the wellness policy.

***School Policy: Fundraising***

In Arizona, all fundraisers are exempt from the Smart Snacks guidelines when an exemption request form is submitted, per HNS 04-2015. However, regulations state that no exempted foods or beverages may be sold in competition with school meals in the food service area during the lunch service. TCDS has the authority to implement more restrictive fundraising food standards. TCDS has adopted the following fundraising policy.

TCDS allows infrequent exempt fundraisers where food sold on campus during the school day does not meet Smart Snacks guidelines and complies with the following:

- TCDS's NSLP Coordinator will submit the exemption request form to ADE for all food-related fundraisers, intended for consumption on the school campus during the school day, that do not meet the Smart Snacks guidelines.
- TCDS defines 'infrequent' as it relates to exempt fundraisers as once per month.
- TCDS defines what it considers to be an appropriate short duration for exempt fundraisers as five consecutive school days.
- The TCDS fundraising policy is distributed to all staff.
- The TCDS fundraising policy is distributed to all parents/guardians.

A list of creative fundraising ideas can be found at the end of the wellness policy.

***School Policy: Food and Beverage Marketing in School***

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes 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 to students must, at a minimum, meet the Smart Snacks guidelines. These guidelines apply to:

- Vending machine exteriors
- School equipment such as marquees, message boards, scoreboards, etc.

- Cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment
- Posters, book covers, school supplies, displays, etc
- Advertisements in school publications or mailings
- Free product samples, taste tests, or product coupons displaying advertising of a product

As TCDS, school food services, athletic director, PTSA, etc. reviews existing contracts and considers new contracts, equipment, and purchasing, decisions reflect applicable marketing guidelines established by the local wellness policy.

### **School Wellness Committee**

#### **Committee Role and Membership**

- TCDS will convene a representative school 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.
- The TCDS wellness committee will meet at least annually.

The public will be notified of their ability to participate using the following methods:

- Announcements on the TCDS website
- Announcements on the TCDS Facebook page
- Announcements in the weekly newsletter that is distributed to all parents and staff

TCDS will recruit representation from:

- All school levels
- Parents/Guardians
- Director of Food Services
- Physical education teacher
- Director of Extended Care
- Director of Early Childhood Education
- School health clerk
- Student store clerk
- Administrators
- School board members
- General public

TCDS will include representation from community partners when feasible.

The NSLP Coordinator will convene the school wellness committee and facilitate development of and updates to the wellness policy.

TCDS's Chief Operations Officer will ensure TCDS's compliance with the policy.

The NSLP Coordinator will serve as the wellness policy coordinator and will also be responsible for informing the public about the wellness policy.

### **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement** *Implementation of the Wellness Policy*

The wellness policy will be mailed to the families of all students prior to the start of school each year.

The wellness policy will be communicated and distributed to all staff at the annual all staff meeting prior to the start of school each year.

The NSLP Coordinator will manage and coordinate the execution of the wellness policy.

### ***Triennial Progress Assessments***

At least once every three years, TCDS will evaluate their compliance with the school wellness policy. The evaluation will include:

- The extent to which TCDS is in compliance with the wellness policy
- The extent to which TCDS's wellness policy compares to the Alliance for a Healthier Generation's model policy
- A description of the progress made in meeting the goals of the school's wellness policy.

The NSLP Coordinator will be responsible for managing the triennial assessment.

The triennial assessment will use the Arizona Department of Education's Local Wellness Policy Activity and Assessment Tool to conduct the assessment.

### ***Revisions and Updating the Policy***

The District will update or modify the wellness policy as appropriate, including when:

- School priorities change
- Community needs change
- Wellness goals are met
- New health science information emerges
- New state or federal guidelines/standards are issues

### ***Notification of Wellness Policy, Policy Updates and Triennial Assessment***

The school 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.

TCDS will make the school wellness policy, policy updates, and the triennial assessment available to the public by:

- Postings on the school website
- Posting notices on the school Facebook page about the availability of the wellness policy, policy updates, and triennial assessment on the school website
- Mailing the wellness policy, policy updates, and the triennial assessment to families before the start of the school year
- Distributing the wellness policy, policy updates, and the triennial assessment to all staff at the annual all staff meeting held before the start of the school year
- Press releases notifying the public about the availability of the policy, policy updates, and triennial assessment on the school website

### ***Recordkeeping***

The NSLP Coordinator will retain the following documents:

- Written wellness policy

- Documentation demonstrating it has been made available to the public
- Documentation of efforts to review and update the policy, including documentation of who is involved in the update and the methods TCDS uses to make stakeholders aware of the ability to participate
- Documentation to demonstrate that the annual public notification requirements have been met
- School wellness policy implementation assessments
- Documentation that the policy implementation assessments have been made public



**TCDS School Wellness Policy  
Attachment A**

## **Healthful Food and Beverage Options for School Functions**

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges (cantaloupe, watermelon, pineapple, oranges, tangelos, etc.)
- Sliced fruit (nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.)
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water

This list is not all-inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet Smart Snacks in Schools nutrient standards as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.

**TCDS School Wellness Policy  
Attachment B**

**Examples of Alternative Rewards**

- Verbal praise
- Sit by friends
- Helping the teacher
- Going first
- Let the student choose a special class activity
- Extra credit or class participation points
- Have lunch or breakfast in the classroom
- Eat lunch with a teacher or staff member
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his or her achievement
- A phone call, email, or letter sent to parents or guardians commending a child's accomplishment
- Recognition of a child's achievement on the bulletin board or school website
- Ribbon or certificate in recognition of achievement or a sticker with a message (e.g. "Great job")
- Choose a prize. Examples include pencils or erasers, stickers, books, entering a drawing for a bigger prize, earning points or tokens toward a prize
- Lead a special physical activity break
- Host a special event such as a dance or kite flying party
- Provide extra recess or PE time
- Turn on music and let students dance for a few minutes
- Give students the opportunity to lead an activity
- Provide a few extra minutes of free time
- Allow student to select a special book
- Give a "no homework" pass
- Host a special dress day where students can wear hats or pajamas
- Give a shout out in the morning or afternoon announcements

**TCDS School Wellness Policy  
Attachment C**

**Creative Fundraising Ideas**

- Host a walk-, run-, dance-, or skate-a-thon.
- Hold a jump rope or hula hoop competition.
- Organize a Zumba, dance, or yoga night
- Create a team sports tournament for students and their families
- Visit a skating rink
- Hold a field day at school and encourage students and families to form teams and compete
- Host a talent show
- Hold a yard sale or auction where students, staff, and families donate items
- Organize a student art or craft fair
- Ask local businesses to donate products or services to an auction or raffle
- Sell school-branded promotional items such as t-shirts or water bottles
- Hold a coin drive competition between classrooms
- Hold a “Taste of Your Town” event and invite local chefs to donate healthy dishes
- Host a healthy cooking class and ask a local chef to donate his/her time
- Create a healthy family meal night
- Sell healthy snacks made by students after school
- Sell cookbooks with healthy recipes donated by community members
- Hold a student healthy cooking competition and ask local grocery stores to donate food

This list is not all-inclusive and is meant only to provide teachers and other school staff with creative fundraising ideas.

## Approval

We hereby certify that the Tucson Country Day School Wellness Policy has been approved and adopted.

William Boston  
Signature

Chairman  
Title

June 29, 2017  
Date

Don Samuel  
Signature

member  
Title

June 29, 2017  
Date

Cindy Kopple  
Signature

Board Member  
Title

6-29-2017  
Date

Jaamen Mosgrove  
Signature

NSLP Coordinator  
Title

6-29-2017  
Date

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