

Griffin Foundation School District

Health and Wellness Policy
Revised November 17, 2021

Key for color coded selections:

- Objectives with a checked box indicate the objective has been implemented or is currently in progress.
- Goal: Objectives with an unchecked box indicate the objective has not been implemented but is in the planning stage and will be implemented as is possible.

Purpose and Goals

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, all school staff is encouraged to model healthy eating behavior as a valuable part of daily life. School leaders shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating that includes:

- A food service program that employs well-prepared staff who effectively ensure that students are served appealing choices of nutritious foods
- Ensures pleasant eating areas for students and staff with adequate time for unhurried eating
- school environment that encourages students to make healthy food choices

The school nutrition program shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

I. The Food Service Operation

Supervision and evaluation: Lee Griffin Food Service Director

Program review shall be conducted every August/September

A. Financial Management

1. It is acknowledged that the feeding of children is primarily a family responsibility. To supplement their efforts, every school shall operate a food service program to ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
2. **The food service program shall aim to be financially self-supporting.** However, the program is essential educational and support activity and budget neutrality, and it is important that profits must not take precedence over the nutritional needs of the students. If subsidy of the food service fund is needed, it should not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

No foods of minimal nutritional value are sold on our campus to allow program to continue self-supporting

B. Program Requirements

1. **During each school day the food service program shall offer breakfast and lunch under the nutritional guidelines of the National School Lunch and Breakfast Program.** Each school shall encourage all students to participate in these meal opportunities. In particular, the school shall make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and those eligible families are encouraged to apply. The program shall maintain the confidentiality of students and families applying for or receiving free or reduced-price meals.

- We are currently operating the National School Breakfast and Lunch Program to ensure students are provided nutritious food through the Community Eligibility Program.**
- We are currently participating in the Fresh Fruits and Vegetable Program Grant.**

The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulations of the State of Arizona. Schools shall offer varied and nutritious food choices that are consistent with the federal government's *Dietary Guidelines for Americans*. For the purpose of this policy, "*Dietary Guidelines for Americans*" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks. Food pricing strategies shall be designed to encourage students to purchase nutritious items. Procedures shall be in place for providing to families, on request, information about the ingredients and nutritional value of the foods served.

- Menus meet nutrient guidelines set forth by the National School Breakfast and Lunch Program.**
- The district encourages input from students, parents and staff.**

C. Staffing

1. Each district/school shall employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements. Schools should utilize ASFSA and ADA recommendations for food service staffing and qualifications to appropriately staff their food service departments.
 - Current Food Service Director has proper certification on file and/or is qualified or credentialed to meet current professional standards.**
2. Food service directors are strongly encouraged to implement the Arizona Department of Education training program, or equivalent, for all food service personnel. *The Arizona Department of Education Child Nutrition Programs is defined as a training initiative for Food Service Directors so that they possess the necessary skills and resources to effectively train food service personnel.*
 - Current Food Service Director has implemented either the Arizona Department of Education training or equivalent program for their food service personnel.**

3. Dining room supervisory staff (teachers, aids, janitorial staff, etc.) shall receive appropriate training in how to maintain safe, orderly, and pleasant eating environments.

All dining room supervisory staff has received adequate training and understands how to maintain a safe, orderly and pleasant eating environment.

4. Food service directors and staff are encouraged to inform and collaborate with classroom teachers about the school nutrition-food service environment and nutrition education.

Food service directors and all staff make efforts to collaborate on the nutrition food service environment and nutrition education.

D. Adequate Eating Space and Time

1. **Students and staff shall have adequate space to eat meals in pleasant surroundings and shall have adequate time to eat, relax, and socialize.** Safe drinking water and convenient access to facilities for hand washing and oral hygiene must be available during all meal periods.

Current eating environment allows for adequate space and provides sufficient amount of time to eat the meal (at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch).

Drinking fountains and bathroom facilities are in close proximity to eating location.

E. Food Safety

1. implemented to prevent food illness in schools and compliance with food safety and sanitation regulations.
2. All food service facilities and equipment must meet applicable local and state standards concerning health, safe food preparation, handling, storage, drinking water, sanitation, and workplace safety.
3. All food service personnel shall have adequate pre-service training.
4. All schools will use the acceptable food list for classroom parties.

HACCP plans and guidelines are in place.

Compliance with county health inspections and health certificates are on file. All personnel that serve or handle food are in compliance with the Arizona Department of Health Services and have adequate training.

All schools follow Griffin Foundation's acceptable food list.

II. Nutrition Education

Supervision and evaluation: Mary Heidinger and Lee Griffin

A. Instructional Program Design – Nutrition Education to be developed

1. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, Kindergarten through Eighth. The nutrition education program shall focus on students' eating behaviors and be based on theories and methods proven effective by published research, and be consistent with the state's/district's health education standards, guidelines, framework. Nutrition education shall be designed to help students learn:
 - a. Nutritional knowledge, including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements and safe food preparations, handling and storage;
 - b. 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.
2. Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. The program shall engage families as partners in their children's education.

Goal: Curriculum will be developed by teachers in their content areas in order to incorporate nutrition education into subjects like math, science, language arts, social studies.

Goal: The chosen approved curriculum addresses the topics listed a-c above as appropriate for content areas.

3. Nutrition education topics will be aligned with the Arizona State Standards.

Goal: Arizona State Standards relevant to any nutrition lesson will be identified at the beginning of the lesson.

B. Staff Qualifications

1. Staff responsible for nutrition education shall be adequately prepared.

Teachers and any staff member involved in teaching nutrition topics receive adequate resources to instruct their students on the most up to date nutrition information and facts.

C. Educational Reinforcement

1. School instructional staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students shall receive appropriate orientation to the relevant policies of the school/district.

School instructional staff are encouraged to contact agencies and groups that conduct nutrition education to come and instruct their classes on various nutrition topics as appropriate.

D. Staff as Role Models.

1. School staffs are encouraged to model healthy eating behaviors.

School staff has been encouraged to engage in healthy eating behaviors. This could include administration requesting school staff not to partake in eating or drinking any food or beverage that has been eliminated from the school campus in front of students. (Example-Staff is not to drink coffee/soda in front of students during normal school day).

E. Coordination of Programs

1. **The food service program shall be closely coordinated with nutrition instruction.** Food service staff is encouraged to work closely with those responsible for other components of the school health program to achieve common goals. The Arizona Department of Education's National School Breakfast/Lunch Program should be implemented throughout the entire school environment. These standards can be viewed at <http://www.ade.az.gov/>

The food service personnel follow the Arizona Department of Education's National School Breakfast/Lunch Program with their food choices offered to the students which fall in line with the same messages the students are learning in the classroom. (Example- limiting high fat, high calorie foods and offering healthier

alternatives, or similar products served on the lunch line that meets Dietary Guidelines for Americans).

F. Nutrition-Related Health Problems and Modified Diets

1. **School staff shall be encouraged to promote healthy eating habits.** These professionals will be encouraged to inform themselves to be able to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to recommend appropriate services.

Goal: School staff is available for assistance in the areas of promoting healthy eating. They could encourage any student with a nutrition-related health problem to seek qualified professional assistance.

2. The school food service program will comply with USDA's disability requirements for modified diets. The school food service program is strongly encouraged to meet ethnic dietary requests as recommended by USDA.

Current menus meet USDA disability requirements for modified diets. The school food service program makes every effort to be aware of students allergies and/or religious food preferences and make the appropriate changes in the students meals.

III. Food Choices at School and a Healthy School Environment

Supervision and evaluation: Lee Griffin

Program review – August/September

A. The School Environment

1. Commercial Advertising

- a. **Advertising messages should be consistent with and reinforce the objectives of the educational and nutrition environment goals of the school.** Advertising of foods or beverages in the areas accessible to students during mealtimes must be consistent with established nutrition environment standards.

Current commercial advertising on school grounds meets the above criteria to provide a healthy school environment.

B. Nutritious Food Choices

1. **Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products are available during the Breakfast and Lunch Meals.**
2. **Foods of Minimal Nutritional Value as defined by 7 CFR 210.11(2) are prohibited from being served or sold anywhere a reimbursable meal is served, sold, and/or eaten.** Foods of minimal nutritional value as defined by USDA include carbonated beverages, water ices, chewing gum, hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy-, and candy-coated popcorn.
 - a. **Non-Creditable Food Items-** may be served during the lunch period, as well as contribute to the nutritional content of the menu. However, these foods do not count towards USDA meal patterns. Schools are encouraged to limit availability of these food items to students.
 - b. **Creditable-** food item determined by USDA to have nutritional value and acceptable as a component of a complete meal. Schools are encouraged to serve a variety of credible food items.

The only foods offered during the normal school day are those of good nutritional content and meet the Arizona Department of Education's National School Breakfast/Lunch Program.

No Foods of Minimal Nutritional Value are sold during the normal school day.

C. Food Sales

1. **At the discretion of the Food Service Director, the management of foods sales on school grounds shall be under the management of the school food service program.** Although GFSD does not sell food on school grounds, if food and beverages were sold from vending machines or school stores during school hours and were not under the management of the school's food service programs, the nutrition requirements of USDA's School Lunch Program and the nutrition environment requirements set forth in this policy must still be met.
2. **Foods and beverages that have as the first ingredient: sugar, corn syrup, shortening, lard, or similar, may not be sold to students on school grounds during the normal school day.**

Foods of Minimal Nutritional Value or foods with the first ingredient of: sugar, corn syrup, shortening, lard, or similar are not sold on school grounds during the normal school day.

IV. Physical Activity and a Healthy School Environment

Supervision and evaluation: Elementary P.E. teacher and Extracurricular sports teachers

A. Recommendations for Physical Activity

1. Athletic teams provide for an opportunity for physical activity. These team experiences should be conducted in an environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
2. Physical activity involves bodily movement that results in an expenditure of energy of at least a moderate intensity level and for duration sufficient to provide a significant health benefit for students.
3. Students will be encouraged to accumulate at least 60 minutes of physical activity on all or most days of the week. This can be accomplished through several bouts of physical activity lasting 15 minutes or more each day.
4. Extended periods of inactivity (periods of two or more hours) are discouraged.

Athletic teams provide an environment that encourages students to learn, practice and are assessed for appropriate motor skills, social skills and knowledge.

School administration and staff should encourage students to strive for at least 60 minutes of physical activity on all or most days of the week, and discourages extended periods of inactivity.

B. Encouraging Lifetime Physical Activity

1. Schools should provide 2 fifteen minute breaks during classroom hours for Kinder-5th grade and 1 fifteen minute break for 6th – 8th grade.
2. Schools shall offer opportunities for participation in athletic teams that meet the needs and interests of all students, including those who are not athletically gifted and those with special health care needs.

School staff provides breaks during classroom hours.

Schools staff strives to offer athletic teams that are open to all students to participate or join.

Students are encouraged to bring and carry approved water bottles throughout the day.

C. Other School-Based Activities Designed to Promote Student Wellness

1. The district may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to promoting an overall healthy lifestyle for the Griffin Foundation School District.

The Health and Wellness Team has and will continue to explore resources and activities to address identified health issues.

The Health and Wellness Team will continue to plan, prepare, and present topical information and activities for the students and staff of the identified health issues.

The policy will be modified based on legislation and The Health and Wellness Team Committee Review.

Appendix

A. Guidelines in Identifying and Selecting Foods of Good Nutritional Value

Implementation Guidelines

The Implementation Guidelines Section offers suggestions and guidance in implementing the Action for Healthy Kids School Nutrition-Food Service Model Policy. Although many factors play a role in the thoughtful and purposeful implementation of rules governing foods and beverages available during the school day, it is suggested that the guiding principle be the normal school day is the environment wherein the demonstration model is consistent with what is taught in the classroom and the national health initiatives.

Section 1 Foods and Beverages Offered During the School Day

Section 2 Implementation Action Plan

Section 3 Establishing the Relationship among the School Nutrition-Food Service Environment, Physical Activity and Nutrition Education

Section 1 Foods and Beverages Offered During the School Day

The Dietary Guidelines for Americans and the Child Nutrition Program regulations should be used in deciding what foods and beverages will be available.

Section 2 Implementation Action Plan

The Wellness Policy Committee will:

- ☒ **Recommend purpose and goals for Griffin Foundation School District Wellness Policy**
- ☒ **(Ongoing) Develop action plans to achieve those goals**
- ☒ **(Ongoing) Identify responsible parties for implementation**
- ☒ **(Ongoing) Determine a timeline for implementation**
- ☒ **(Ongoing) Define and develop assessment measures for the action plans as they are developed**
- ☒ **Submit the plan for the School Governing Board approval**
- ☒ **Present approved policy to the school community**
- ☒ **Initiate the approved plan**
- ☒ **(Ongoing) Develop GFSD's Health and Wellness Team that provides ongoing encouragement and promotion of a healthy lifestyle for the Griffin Foundation School District**

Section 3 Establishing the Relationship among the School Nutrition-Food Service Environment, Physical Activity and Nutrition Education

Goal: Determine approaches to implementing both physical activity and physical education improvements.

Goal: Utilize Arizona Health Services Department resources for planning physical activity awareness.

Wellness Policy:

- A copy of The Griffin Foundation, Inc.'s Wellness Policy and its assessments are available to the public at the Griffin Foundation School District's front desk at 1844 S. Alvernon Way, Tucson, AZ 85711 and information regarding our Wellness Policy posted on our website: www.griffinfoundation.org