

KAYENTA BOARDING SCHOOL  
KAYENTA, ARIZONA

SCHOOL WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION



INTRODUCTION TO SCHOOL WELLNESS POLICIES ON PHYSICAL ACTIVITIES AND NUTRITION

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive.
- Good health fosters student attendance and education.
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.
- Heart disease, cancer, stroke and diabetes are responsible for two-thirds of deaths in the United States, and major risks factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity are often established in childhood.
- Thirty-three (33) percent of high school students do not participate in sufficient vigorous physical activity and seventy-two (72) percent of high school students do not attend daily physical education classes.
- Only two (2) percent of children (2-19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid.
- Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition food and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes.
- School districts around the country are facing significant fiscal and scheduling constraints.

- Community participation is essential to the development and implementation of successful school wellness policies.

Kayenta Boarding School is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by supporting healthy eating and physical activity.

It is the policy of the Kayenta Boarding School that:

- The school engages students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendation of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students: will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning: and will provide clean, safe, and pleasant setting and adequate time for students to eat.
- To the maximum extent practicable, our school will participate in available federal school meal programs: the School Breakfast Program, National School Lunch Program, Summer Food Program, and the Fruit and Vegetable Program.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. SCHOOL HEALTH COUNCILS

Kayenta Boarding School will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representative of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS.  
School Meals

Meals served through the National School Lunch Breakfast Programs will:

- Will be appealing and attractive to children.
- Will be served in clean and pleasant settings.
- Will meet, at a minimum nutrition requirements established by local, state, and federal statutes and regulations.
- Will offer a variety of fruits and vegetables.
- Will serve only low-fat (1%) and fat-free milk and nationally-equivalent non-dairy alternative (to be defined by USDA): and
- Ensure that half of the served grains are whole wheat.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, on cafeteria menu boards, placards or other point-of-purchase materials.

#### BREAKFAST

Kayenta Boarding School provides breakfast to all students in order to meet their nutritional needs and enhance their ability to learn.

- Bus schedules are arranged so that the students can participate in the school breakfast.
- Kayenta Boarding School will notify parents and students of the availability of the School Breakfast Program
- Kayenta Boarding School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
- Kayenta Boarding School will provide free meals to all students.

#### SUMMER FOOD SERVICE PROGRAM

This program is provided by the Kayenta Boarding School and includes all students in the community.

#### MEALS TIMES AND SCHEDULING

Kayenta Boarding School:

- Will provide thirty minutes for each student to sit down and eat breakfast and lunch.
- Meal periods will be scheduled between 10:45 a.m. and 12:00 p.m.

- Should schedule tutoring, clubs, or organizational meetings or activities during times, unless students may eat during such activities.
- Recess periods will follow the lunch periods.
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- Students should use the “swish and swallow” technique for their oral health needs when tooth-brushing is not possible.

#### QUALIFICATIONS OF SCHOOL FOOD SERVICE STAFF

Qualified nutrition professionals will administer the school meal programs. As part of Kayenta Boarding Schools responsibility we will operate a food service program, we will also provide continuing professional development for all nutrition professionals. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

#### SHARING OF FOODS AND BEVERAGES

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

#### FOODS AND BEVERAGES SOLD INDIVIDUALLY (I.E., FOODS SOLD OUTSIDE OF REIMBURSABLE SCHOOL MEALS, SUCH AS THROUGH VENDING MACHINES, CAFETERIA A LA CARTE-SNACK-LINES, FUNDRAISERS, SCHOOL STORES, ETC.)

##### Beverages

Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent non-dairy beverages (to be defined by USDA);

Not allowed: Soft drinks containing caloric sweeteners; sport drinks, iced teas, fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

##### Foods

A food item sold individually:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% if its calories from saturated and trans fat combined;
- Will have no more than 35% of its weight from added sugar
- Will contain no more than 230mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480mg of sodium per serving for pastas, meals and soups; and will contain no more than 600mg of sodium per serving of pizza, sandwiches, and main dishes.

#### Portion Sizes:

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts seeds, dried fruit, or jerky;
- One ounce of cookies:
- Two ounce for cereal bars, granola bars, pastries, muffins, doughnuts, Bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverage, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of the comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-sized limits.

#### Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

#### Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and

when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and considerations.

#### Rewards

Schools will not use food or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

#### Celebrations

School should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include nutritious treats and beverages.

School-Sponsored Events (such events as athletic events, dances or performances). Food and beverages offered or sold at school sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually.

### III. NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

#### Nutrition and Education and Promotion

Kayenta Boarding School aims to teach, encourage, and support healthy eating by students. School should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social studies and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contest, promotions, taste-testing, farm visits, and school gardens.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercises);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

### Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television:
- Opportunities for physical activity will be incorporated into other subject lessons: and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### Communications with parents

Kayenta Boarding School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy eating seminars for parents, send home nutrition information, and provide nutrient analysis of school menus. The school will provide to the students lists of healthy foods and snacks to be taken home to their parents, so that they are aware of what their children should be eating.

Kayenta Boarding School will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through newsletters, or other take-home materials, special events, or physical education homework.

### Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encourage.

### Staff Wellness

Kayenta Boarding School highly values the health and well-being of every staff members and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of healthy lifestyles among school staff.

## IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

### Daily Physical Education (P.E.) K-8

All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational setting, will receive daily physical education (or its equivalent of 150

minutes/week for elementary school students and 225 minutes for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

#### Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which school should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

#### Physical Activity Opportunities Before and After School

Kayenta Boarding School offers extracurricular physical activity programs. The school will offer a range of activities that meet the needs, interests, and abilities of all students.

#### Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g. recess, physical education) as punishment

#### Safe Routes to School

Kayenta Boarding School provides bus transportation to all students. Students who wish to walk or have their parents bring them, are welcome to do so.

#### Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## V. MONITORING AND POLICY REVIEW

#### Monitoring

The Kayenta Boarding School Principal will ensure compliance with established nutrition and physical activity wellness policies. The principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the School Board.

School Food Service Staff, at the school, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal. In addition, the school will report on the most recent USDA School Meals Initiative (SMI)

Review findings and any resulting changes. If the school has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The principal will develop a summary report every three years in compliance with schools established nutrition and physical activity wellness policies. That report will be provided to the school board and the School Health Advocate, and the Parent Committee.

#### Policy Review

To help with the initial development of the School Wellness Policies, the school will conduct a baseline assessment of the school's existing nutrition and physical activity environment and policies. The results of the assessment will be compiled and reported to the School Board.

Assessment will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As a part of the review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.