

# TUCSON COUNTRY DAY SCHOOL

## Local Wellness Policy

Date Created: June 29, 2017

Last Updated: March 24, 2020

### Introduction

As a school that participates in the National School Lunch Program, TCDS is required by federal law to establish a local 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 Local 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 Local Wellness Policy. Regulations are expected to result in local wellness policies that strengthen the school's ability 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 a variety of after-school sports and other physical activities 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 or other component to ensure the meal is reimbursable.
- An illustration of the combo meal of the day or featured entrée of the day is on display.
- Students can preorder lunch up to one day prior.
- Lunch can be ordered and paid online.
- 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 is not visible during meal service.

- There is a clear traffic pattern in the service area. Signs and rope lines are used where appropriate.
- Trash cans are emptied at least daily or when full.
- A monthly menu is provided to students and staff.

**GOAL: Nutrition Education**

Nutrition education is provided as part of physical education class 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
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, 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

**GOAL: Physical Activity**

**Physical Activity**

Physical Education classes of 40 to 80 minutes per week are provided to all K-8 students.

Students are directed to the field and playgrounds before school starts to engage in physical activity.

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

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 available by reservation to students, their families, and the community outside of school hours.

TCDS ensures that there are sufficient quantities of physical activity supplies and equipment and 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 enrolled in the TCDS Extended Care Program participate in outdoor play each day.

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, drama club, cheerleading, STEAM Club, golf, etc.

TCDS offers a jumping castle and swimming at half day camps during warm weather months.

TCDS offers field trips to Skate Country at half-day camps throughout the school year.

### **Physical Education**

Students in kinder are provided with 80 minutes of physical education classes per week. First, second, and third grade students are provided with 40 minutes of physical education classes per week. Fourth and fifth grade students are provided with 45 minutes of physical education classes per week. Middle school students are provided with 54 minutes 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 fifth 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 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 within the school parking lot.

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

#### **School Sponsored Events**

All fifth grade Physical Education classes go on an annual educational hike in Sabino Canyon.

TCDS sponsors trips for middle school classes to visit the Grand Canyon and the Mt. Lemmon Sky Center.

Students are given the opportunity to earn a field trip to a local park each quarter.

## **Relationships with Community Organizations**

The Arizona Attorney General's Office partners annually with TCDS to present the following programs to TCDS students and teachers: Internet Safety, Anti-Bullying, and Tobacco, E-Cigs, and Vaping Prevention.

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

Drama Kids International offers an after-school drama program on campus.

Boy Scout and Girl Scout troops meet on campus. The Boy Scouts hold an annual pinewood derby on campus.

Kidz Art offers an after-school art program on campus.

Chess Mentors offers a before-school program on campus.

Girls on the Run, a non-profit organization, inspires girls to be joyful, healthy, and confident using an experience-based curriculum which creatively integrates running, offers their program on campus after school.

A local non-profit, TGA Premier Sports, offers after-school programs on campus for students such as cheerleading and golf.

## **Nutrition Standards**

### ***School Policy: School Meal Standards***

The school lunch program aims to improve the diet and health of school children, 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.

Lunches served meet the 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.

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 throughout the campus 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 during breakfast. 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 <https://www.fns.usda.gov/tn/guide-smart-snacks-school>

***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.

A fundraiser is an event that includes any activity during which currency/tokens/tickets, etc., are exchanged for the sale/purchase of a product in support of the school or school-related activities. For example, giving away food but suggesting a donation would be considered a fundraiser since funds may be raised as a result. Another example may include a snack table at athletic events when the profits are used to support a school-sponsored club or activity.

A fundraiser organizer must complete an Event Request Form and obtain approval from Administration prior to planning a fundraising event of any kind.

TCDS participates in the National School Lunch Program. Schools who participate in the National School Lunch Program are required to use the following guidance when reviewing school-sponsored fundraisers for their schools:

- A fundraiser organizer who wishes to offer non-compliant foods during the school day (midnight until 30 minutes after dismissal) must apply in advance to the Arizona Department of Education for a fundraiser exemption.
- To qualify, the fundraiser should be a single event of duration not exceeding one week. For instance, the installation of a year round vending machine with unapproved food choices competing with healthy meals does NOT represent a fundraiser regardless of who receives the profits and will not be approved.
- To apply for a fundraiser exemption, contact the Business Office for additional information.

The TCDS fundraising policy is distributed to all staff in the Employee Handbook.

The TCDS fundraising policy is available for review by all parents/guardians on the school's website.

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

### **School Wellness Committee**

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

- TCDS will convene a representative school wellness committee to establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of the school wellness policy.
- The TCDS wellness committee will meet as needed.

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 on Class Dojo

TCDS will solicit input from:

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

TCDS will solicit input from community partners when feasible.

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

TCDS Administration 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 is available for viewing at any time on the school's website.

It will be communicated to families at the beginning of each school year that the wellness policy is available for viewing on the school's website.

Prior to the start of each school year, staff will be reminded about the wellness policy and that it is available for review on the school website and in the employee handbook.

The NSLP Coordinator will manage 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***

TCDS 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 issued

### ***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 of 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 and Class Dojo about the availability of the wellness policy, policy updates, and triennial assessment on the school website
- Prior to the start of each school year, staff will be reminded about the wellness policy, policy updates, and the triennial assessment that are available for review on the school website
- Issuing 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**

The updated Tucson Country Day School Wellness Policy was approved adopted at the meeting of the Tucson Country Day School Governing Board on March 24, 2020.

*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.*

*Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.*

*To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).*

*This institution is an equal opportunity provider.*