

Local Wellness Policy Activity & Assessment Tool

School Name: Tucson Country Day School

HOW TO COMPLETE THIS ASSESSMENT

- Only complete the columns for the *current* year, but save for future years.
- ✓ Check “**working on this**” if your school staff meets about, makes plans, or otherwise takes steps to try to meet this goal.
 - ✓ Check “**successfully completed**” if your school fully implements this goal.

I. WELLNESS GOALS

GOAL: NUTRITION PROMOTION <i>Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.</i>	2020		2023		2026	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
The school Encourages student participation in the National School Lunch Program.		X				
School lunch program menus are posted on the r school website and in the main office.		X				
The school sponsors a variety of after-school sports and other physical activities for students.		X				
Participation in the National School Lunch Program is promoted to families.		X				
School hosts a school garden.	X					
Sliced or cut fruit is offered.		X				
At least two kinds of vegetables are offered.		X				
A serving of vegetables is incorporated into an entrée item at least once a month.		X				
Pre-packaged salads or a salad bar is available to all students.		X				
Pre-packaged salads or a salad bar is in a high-traffic area.		X				
Milk cases/coolers are kept full throughout lunch service.		X				
Cafeteria staff and volunteers politely prompt students who do not have a full reimbursable meal to select a fruit or vegetable.		X				
An illustration of the combo meal of the day or featured entrée of the day is on display.		X				
Lunch can be ordered and paid online.		X				
Cafeteria staff and volunteers smile and greet students upon entering the lunch service line and throughout the meal service		X				
Attractive, healthful posters are displayed in the service area.		X				
The lunchroom is branded and decorated in a way that reflects the student body.		X				
Cleaning supplies or broken/unused equipment is not visible during meal service.	X					
There is a clear traffic pattern in the service area. Signs and rope lines are used when appropriate.		X				
Trash cans are emptied when full.		X				
A monthly menu is provided to students and staff.		X				

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GOAL: NUTRITION EDUCATION <i>Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program to provide students with the knowledge and skills needed to safeguard health and make positive choices, or nutrition education can be offered as sequential individual lessons throughout the school year.</i>	2020		2023		2026	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
Nutrition education is provided as part of physical education class in all grades.		X				
The following nutrition education topics are covered in physical education classes:						
Relationship between healthy eating, personal health, and disease prevention.		X				
Eating a variety of foods everyday.		X				
Balancing food intake and physical activity.		X				
Eating more fruits, vegetables, and whole grain products.		X				
Choosing foods and beverages with little added sugar.		X				
Preparing healthy meals and snacks.		X				
Accepting body size differences.		X				
Importance of water consumption.		X				
Importance of eating breakfast.		X				
Making healthy choices when eating at restaurants.		X				
GOAL: PHYSICAL ACTIVITY <i>Regular physical activity in childhood and adolescence is important for physical and socioemotional health. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.</i>	2020		2023		2026	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
<i>Physical Activity</i>						
PE classes of 40-80 minutes per week are provided to all K-8 students.	X					
Students are directed to the field and playgrounds before school starts to engage in physical activity.		X				
Physical activity during the day is not used or withheld as punishment for any reason.	X					
To the extent practicable, TCDS ensures that the grounds and facilities are safe and that equipment is available to all students to be active.		X				
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.		X				
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.		X				
<i>Before and After School Activities</i>						
Students have opportunities to participate in physical activity before and after school.		X				
Students enrolled in the TCDS Extended Care Program participate in outdoor play each day.		X				

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Students have opportunities to participate in interscholastic sports teams after school.		X				
Students have opportunities to participate in organized extracurricular activity programs such as dance classes, jump rope club, drama club, STEAM club, cheerleading, etc.		X				
TCDS offers a jumping castle and swimming at half day camps during warm weather months.		X				
TCDS offers field trips to Skate Country during half day camps throughout the school year.		X				
<i>Physical Education</i>						
Students in kindergarten are provided with 80 minutes of physical education classes per week.	X					
Students in 1 st through 8 th grade are provided 40-54 minutes of physical education classes per week.	X					
Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.		X				
All students in kindergarten through 5 th grade are required to take a physical education class every semester.		X				
Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.		X				
Physical education teachers participate in professional development at least once per year.	X					
<i>Recess</i>						
All students are provided at least 20 minutes of recess on all days during the school year.		X				
Recess is offered outdoors, weather permitting.		X				
Recess is a compliment to not a substitute for physical education class.		X				
Recess monitors encourage students to be active.		X				
<i>Active Transport</i>						
Crosswalks on streets leading to school are available.		X				
Crosswalks within the school parking lot and drop off area are available and their use is required by all students and staff.		X				
Secure storage facilities for bicycles are present on school grounds.		X				
Crossing guards are used.		X				

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GOAL: OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS	2020		2023		2026	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
<i>School Sponsored Events</i>						
All 5 th grade PE classes go on an annual educational hike in Sabino Canyon. (all years except SY21 due to closure)		N/A				
TCDS sponsors trips for middle school students to visit the Mt. Lemmon Sky Center.		X				
Students are given the opportunity to earn a field trip to a local park each quarter.		X				
<i>Relationships with Community Partnerships</i>						
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.		X				
Drama Kids International offers an after school drama program on campus.		X				
Boy Scout and Girl Scout troops meet on campus. The Boy Scouts hold an annual pinewood derby on campus.		X				
Kidz Art offers an after school art program on campus.		X				
Chess Mentors offers a before school program on campus.		X				
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.		X				
A local non-profit, TGA Premier Sports, offers an after school programs on campus for students such as cheerleading and golf.		X				

II. NUTRITION STANDARDS

SCHOOL POLICY: SCHOOL MEALS STANDARDS	2020	2023	2026
<i>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.</i>	in compliance	in compliance	in compliance
<i>National School Lunch Program</i>			
TCDS will participate in the National School Lunch Program.	X		
Lunch meals 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.	X		
Students are served lunch at a reasonable and appropriate time of the day.	X		
Students have adequate time to eat. Students have 20 minutes of seated time.	X		
<i>School Meal Standards meet the following additional guidelines by the school:</i>			

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Meals are appealing and attractive to students.	X		
Meals are served in clean and pleasant settings.	X		
Fresh fruits and vegetables are served five times per week.	X		
TCDS only offers low fat and fat free milk.	X		
<i>Water</i>			
Free, potable water is available to all students at any time.	X		
Water sources and containers are maintained on a regular basis to ensure good hygiene and health safety standards.	X		
Students are asked to bring and carry water bottles with them throughout the day. Water bottles are only permitted to contain water.	X		
SCHOOL POLICY: COMPETITIVE FOOD AND BEVERAGES			
(SOLD TO STUDENTS)			
<i>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.</i>	2020	2023	2026
	in compliance	in compliance	in compliance
Foods and beverages sold on campus during the school day outside the school lunch program meet the USDA Smart Snacks in School nutrition standards. This applies to items sold:			
A la carte	X		
During breakfast	X		
SCHOOL POLICY: CELEBRATIONS AND REWARDS			
(FOOD SERVED TO STUDENTS)			
<i>Arizona Nutrition Standards (ANS) state 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 ANS guidelines do not apply to foods brought to school in bagged lunches or for activities such as birthday parties, holidays, or other celebrations.</i>	2020	2023	2026
	in compliance	in compliance	in compliance
<i>School Sponsored Events</i>			
Foods served to students in preschool through 8 th grade meet or exceed the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242) .	X		
<i>Classroom Celebrations/Rewards</i>			
A list of healthful food and beverage options for parents and teachers can be found at the end of the wellness policy.	X		
Food and beverage is not used as a reward.	X		
A list of alternative ways for teachers and other school staff to reward students can be found at the end of the wellness policy.	X		

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SCHOOL POLICY: FUNDRAISING	2020	2023	2026
<i>In Arizona, all fundraisers are exempt from the Smart Snacks guidelines when an exemption request form is submitted, per HNS 04-2015. However, 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.</i>	in compliance	in compliance	in compliance
A fundraiser organizer who wishes to offer non-compliant foods during the school day must apply in advance to the Arizona Department of Education for a fundraiser exemption.	X		
To qualify for a fundraiser exemption, a fundraiser should be a single event of duration not exceeding one week.	X		
Vending machines with unapproved food choices are not permitted.	X		
Notifying the Public of Fundraising Policy			
The TCDS fundraising policy is distributed to all staff in the Employee Handbook.	X		
The TCDS fundraising policy is available for review by all parents/guardians on the school's website.	X		
A list of creative fundraising ideas can be found at the end of the wellness policy.	X		
SCHOOL POLICY: FOOD AND BEVERAGE MARKETING	2020	2023	2026
<i>Schools that allow marketing of food and beverages to students must include plans and policies that allow the marketing of only those foods and beverages that may be sold on the school campus during the school day (i.e. that meet the USDA's Smart Snacks in Schools) LEAs have the discretion to enact broader policies that address marketing that occurs at events outside of school hours.</i>	in compliance	in compliance	in compliance
If any foods or beverages are advertised on the school campus during the school day, they must meet or exceed the USDA Smart Snacks in School nutrition guidelines. These guidelines apply to:			
Vending machine exteriors	X		
School equipment such as marquees, message boards, scoreboards, etc.	X		
Cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment	X		
Posters, book covers, school supplies, displays, etc.	X		
Advertisements in school publications or mailings	X		
Free product samples, taste tests, or product coupons displaying advertising of a product	X		

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III. SCHOOL WELLNESS COMMITTEE

COMMITTEE ROLE AND MEMBERSHIP	2020		2023		2026	
	YES	NO	YES	NO	YES	NO
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.		X				
The TCDS wellness committee will meet as needed.		X				
The public will be notified of their ability to participate through announcements on the school website, the school Facebook page, and on Class Dojo.		X				
The school will solicit input from all school levels, parents/guardians, Director of Food Service, PE teachers, Director of Extended Care, Director of Early Childhood Education, school health clerk, administrators, school board members, and general public.		X				
The school will solicit input from community partners when feasible.		X				
The NSLP Coordinator will facilitate development of and updates to the wellness policy.	X					
The school's administration will ensure TCDS's compliance with the policy.	X					
The NSLP Coordinator will serve as the wellness policy coordinator and will be responsible for informing the public about the wellness policy.	X					

IV. IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND NOTIFICATION

IMPLEMENTATION OF THE WELLNESS POLICY	2020		2023		2026	
	YES	NO	YES	NO	YES	NO
The wellness policy is available for viewing at any time on the school's website.	X					
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.	X					
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.	X					
The NSLP Coordinator will manage the wellness policy.	X					

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TRIENNIAL PROGRESS ASSESSMENTS	2020		2023		2026	
	YES	NO	YES	NO	YES	NO
At least once every three years, the school will evaluate their compliance with the school wellness policy.	X					
The NSLP Coordinator will be responsible for managing the triennial assessment.	X					
The triennial assessment will use the Arizona Department of Education's Local Wellness Policy Activity and Assessment Tool to conduct the assessment.	X					
REVISIONS AND UPDATING THE POLICY	2020		2023		2026	
	YES	NO	YES	NO	YES	NO
The school 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, or new state or federal guidelines/standards are issued.	X					
NOTIFICATION OF WELLNESS POLICY, POLICY UPDATES, AND TRIENNIAL ASSESSMENT	2020		2023		2026	
	YES	NO	YES	NO	YES	NO
The school will make the wellness policy, updates, and assessments available to the public.	X					
There will be a posting on the school website.	X					
Notices will be posted on the school Facebook page and Class Dojo about the availability of the wellness policy, policy updates, and triennial assessment on the school website.		X				
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.	X					
The school will issue press releases notifying the public about the availability of the policy, policy updates, and triennial assessment on the school website.		X				
RECORDKEEPING <i>The NSLP Coordinator will retain the following documents:</i>	2020		2023		2026	
	YES	NO	YES	NO	YES	NO
Written wellness policy.	X					
Documentation demonstrating it has been made available to the public.	X					
Documentation of efforts to review and update the policy, including documentation of who is involved in the update and the methods the school uses to make stakeholders aware of the ability to participate.	X					
Documentation to demonstrate that the annual public notification requirements have been met.	X					
School wellness policy assessments.	X					
Documentation that the policy implementation assessments have been made public.	X					