

Satori School Wellness Policy

Pursuant to federal law, the following parties have jointly developed this wellness policy: Satori Schools, Nutrition Services staff members, Board of Education members, and support staff members, teaching staff members, community members and parents.

The Board recognizes that students need to be physically active and eat nourishing food to grow, learn and maintain healthy physical and mental development. It further recognizes that a significant body of research indicates a positive correlation with optimal health, learning and academic success.

Satori will establish and maintain a school-wide Wellness Policy Committee. The purposes of the council shall be to monitor the implementation of this policy, evaluate Satori's progress on this policy's goals, and serve as a resource for schools (i.e., provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy as the council deems necessary and/or appropriate. The council will meet a minimum of two times per school year and report to the school board at least once a year.

To further Satori's beliefs stated above, Satori will adopt the following goals:

Goal #1. Satori will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, should be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. Such a learning environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy habits and beneficial physical activity.

Goal #2. The district will support and promote proper dietary habits contributing to **students' health status and academic performance.**

It is required that all foods and beverages available on school grounds and at school-sponsored activities should meet or exceed the State nutrition standards. All schools participating in the School Breakfast and/or National Lunch Program shall comply with any state and federal rules or regulations regarding competitive food service and the service of Foods of Minimal Nutritional Value, as defined by the USDA.

Goal #3. Satori will provide opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to participate in and learn about physical activity. Physical activity should be included in a school's regular education program from grades pre-kindergarten through 8th grade. Physical activity should include regular instruction in physical education, in accordance with the school's content standards and state requirements, as well as co-curricular activities and recess.

School Wellness

Nutrition standards for school meal programs

Satori will take every measure to ensure that students' access to school meals and a la carte items meet federal, state and local laws and guidelines. Food providers will offer a variety of age-appropriate healthy food and beverage selections for elementary schools and middle school.

In addition:

- All of the pre-packaged cereals will contain less than 35% of the weight from total sugar and at least 1 gram of fiber per serving.
- Fresh fruit or vegetables are offered daily.
- At least one food item containing whole grains is offered daily.

Nutrition standards for other foods and beverages available on campus

Defining "healthy" foods and beverages: Any food sold in school must:

- Be a whole grain-rich grain product; or
- Have as the first ingredient: a fruit, a vegetable, a dairy product or a protein food; or
- Contain 10% of the daily Value of one of the nutrients of public health concerns in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
- Contain: 200 calories for a snack item and 350 calories for an entree item
- Contain: 230 mg sodium as a snack item and 450 mg sodium as an entree item
- Not more than 30% of the total calories of the food item, excluding nuts or seeds, is from fat.
- Not more than 10% of the total calories of the food item, excluding reduced fat cheeses, eggs, and nut butters, is from saturated fat.
- Not more than 35% of the total weight of the food item, excluding fruits or vegetables, is composed of sugar

In addition, "healthy" foods should come from the following categories:

- Milk and dairy products, including cheese, yogurt, and frozen yogurt.
- Full-strength fruit and vegetable juices and fruit juices containing 100% full strength fruit juice.
- Fresh, frozen, canned, and dried fruits and vegetables
- Nuts, seeds, and nut butters.
- Eggs
- Non-confection grain products including crackers, bread items, tortillas, pretzels, bagels, muffins, granola bars, trail-mix bars, cereal and popcorn.

Beverages at Satori Schools should only come from the following categories:

- Bottled water
- Fat free or low-fat milk. Milk includes nutritionally equivalent milk alternatives (per USDA)
- 100% vegetable juice diluted with water and no added sugar
- 100% juice, with no added sweeteners and up to 90 calories/6 ounces

To ensure that students and staff have access to healthy foods and beverages, it is the goal of Satori that all foods listed should be healthy, as defined above. All foods and beverages made available in the following settings/functions will meet the nutritional standards outlined above and comply with all local, state, and federal regulations:

- A la carte venues
- Student stores
- School parties/ celebrations
- Snack time
- Staff meetings
- AASA testing
- Fundraisers sold outside of the school day (fundraisers during the school day must be non-food items only)
- All other school-based activities
- Satori schools shall be deemed "soda-free zones."

Goal 1: The goal of providing a comprehensive learning environment shall be accomplished by the following objectives:

- Providing age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.
- Promoting healthy eating, physical activity and the school meal programs to students, parents, school staff and the community at school registrations, parent- teacher meetings, open houses, staff in-services, etc.
- Sharing nutrition education information with families and the broader community to positively impact students and the health of the community, while encouraging families to teach their children about health and nutrition.
- Implementing content standards for health and nutrition standards.
- Integrating nutrition education into other areas of the curriculum such as Math, Science, English Language Arts, and Social Studies.
- Providing research-based staff development opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity-related topics.
- Ensuring that the staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education as planned.
- Encouraging the use of school gardens as a learning environment for education about nutrition, food and sustainability.
- Requiring that all health education instructors meet the criteria of highly qualified.
- Encouraging food providers and contractors to be sensitive with advertising messages to ensure that food and beverage advertising is consistent with and reinforces the goals of health education and nutrition standards.

Goal 2: The goal of supporting and promoting dietary habits shall be accomplished by the following objectives:

- Requiring that students have access to healthful food choices in the school cafeteria with adequate time to eat; striving towards national recommendations from the National Associations of State Boards of Education, The Centers for Disease Control and Prevention, and others, which recommend that students be provided with at least 10 minutes for breakfast and 20 minutes for lunch, from the time they are seated.
- Assuring that the school cafeteria is a pleasant eating environment, including 2 of 4 displays of student art, plants, natural light, health education information and reduced noise, if possible.
- Requiring that students and staff have access to age appropriate, healthy items for all food and beverages made available on campus including concession stands, a la carte venues, student stores, school parties/celebrations, snack time, staff meetings, standardized testing, fundraisers sold outside of the school day, and all other school based activities are consistent with the requirements detailed in this regulatory document.
- To the greatest extent possible, food and beverage products should be Arizona- produced products.
- Requiring that students have access to drinking water during meals.
- Encouraging staff to make water readily available to students throughout the day.
- Restricting soda and sugar-sweetened beverages. These beverages include but are not limited to soda, energy drinks, sugar-sweetened teas, and sports drinks.
- Making information accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through school meal programs.
- Requiring nonfood fundraisers such as flowers, gift-wrap, sporting events and family fun runs for all fundraisers that occur during the school day. Any food used in fundraisers outside of the school day will comply with the nutritional standards detailed in this regulatory document. Satori will encourage the use of physical based fundraisers whenever possible.
- Requiring that food not be used as a reward or as a disciplinary action for student behavior.
- Encouraging parents and staff to contribute healthful food and beverage items to classroom celebrations. The district will provide parents and teachers with an approved list of healthy, commercially prepared foods to contribute to classroom celebrations.
- Require that a registered dietitian is employed by the food service provider and in a leadership role.

Goal 3: The goal of providing more opportunities for students to engage in physical activity shall be accomplished by the following objectives:

- Requiring that physical education be taught by a state authorized physical educator or by a broader subset of teachers with formal training in physical education skills and concepts.
- Requiring all schools to administer Satori's standard health-related fitness assessment to help students determine their own level of fitness and create their own fitness plans a minimum of once a year.
- Making health-promotion activities available for students, parents and staff that encourage regular physical activity such as speakers, recreational demonstrations, and walking clubs.
- Increasing opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
- Increasing physical activity opportunities during the school day through daily recess periods, elective physical education classes, walking programs and the integration of physical activity into the academic curriculum. Satori will encourage staff to provide brain energizers throughout the day.
- The amount of physical activity provided will be consistent with all requirements of state law.
- Requiring that physical activity not be withheld from, nor required of, a student as a form of discipline, due to incomplete assignments, or for testing purposes during the school day. This includes recess to be provided before lunch where feasible; if recess is after lunch, Satori will prohibit students from leaving the cafeteria until the lunch period is over.
- Requiring that supervised recess be provided to elementary students daily, preferably outdoors, during which moderate to vigorous physical activity is encouraged.
- Encouraging parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. Satori will provide information to families to help them incorporate physical activity into their student's lives.

LEGAL REFS:

Section 204 of P.L. 111-296 (*Healthy, Hunger-Free Kids Act*)
C.R.S. 22-32-134.5 (*healthy beverages requirement*)
C.R.S. 22-32-136 (*policies to improve children's nutrition and wellness*)
C.R.S. 22-32-136.5(3)(a) and (b) (*physical activity requirement*)
1 CCR 301-79 (*State Board of Education -healthy beverages rules*)

CROSS REFS:

EF, Food Services
EFC, Free and Reduced-Price Food Services
EFEA*, Nutritious Food Choices
IA, Instructional Goals and Learning Objectives
!HAE, Physical Education
!HAM and !HAM-R, Health Education
!HAMA, Teaching About Drugs, Alcohol and Tobacco
!HAMB and !HAMB-R, Family Life/Sex Education