



Plan and recommend policy revisions based on supporting data.

The Board of Education for the Flagstaff Unified School District, hereafter known as FUSD, is committed to maximizing the health and wellness of its students and staff, and will support students' and staff efforts to become healthy and fit. The Board formally sets into place the following goals:

**Goal #1-FUSD will provide nutritious food for school meals and support and promote healthy eating habits and physical activity, which benefits student and staff health, school/work attendance, and academic/work performance.**

#### Nutrition

##### **School Environment**

1. Fresh foods such as fruit & vegetables, whole grains, and low-fat dairy products will be promoted as best practices in foods offered or sold to children and staff.
2. All schools will provide access to free drinking water during meals and throughout the day.
3. FUSD will participate in federal school meal programs (including the School Breakfast Program, National School Lunch Program, and the Summer Food Service Program). School breakfast and lunch will be easily accessible to every child.
4. Schools will provide an adequate amount of time for students to eat lunch after they have received their meal. A minimum of fifteen minutes for breakfast and twenty minutes for lunch will be offered during a regular school day.
5. Elementary schools will strive to develop a school schedule that allows recess time to take place before lunch.

6. Schools will encourage teachers and administrators to model good nutrition and other healthy behaviors.
7. Students will be provided access to hand washing and/or hand sanitizing before meals and snacks.
8. The schools shall accommodate tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).
9. Food & Nutrition Services maintain working relationships with community groups to support the goals of this document (i.e. Coconino County Health & Human Services, St. Mary's Food Bank, etc.)
10. FUSD will promote marketing of healthy foods, beverages, and activities. For example, marketing on vending machines, scoreboards, banners, during fundraisers, etc., when possible.

#### **Nutrition Service-Pertaining to the Reimbursable Meal**

1. Food & Nutrition Services providing breakfast and/or lunch programs will be required to meet the USDA Child Nutrition Program Guidelines.
2. All district schools must meet the Arizona Nutrition Standards. Revised Arizona Nutrition Standards can be found [here](#).
3. At least one FUSD employee, a member of the Wellness Committee, and a non-FUSD employee, a member of the Wellness Committee, will serve on the selection committee for food service contracts.

#### **Nutrition Standards-Outside of the Reimbursable Meal and Competitive Foods**

This applies to foods served outside of the reimbursable meal, including à la carte items, vending machine items, culinary class food and beverage sales, and fundraisers. All items served or sold to students and staff must meet the minimum USDA Child Nutrition Program Guidelines. Furthermore, schools from K-12 are required to meet the minimum Arizona Nutrition Standards.

Competitive foods are those sold in competition with meals served under the National School Lunch and School Breakfast Programs. Current federal regulations

prohibit the sale of Foods of Minimal Nutrient Value (FMNV) on campus when a reimbursable meal is sold.

School Nutrition Association (SNA) Competitive Foods Fact Sheet-

<https://schoolnutrition.org/wp-content/uploads/2022/06/Competitive-Foods-Fact-Sheet.pdf>.

### 1. Vending Machines

No food deemed FMNV will be sold in vending machines accessible to students. All foods and beverages sold in vending machines will be subject to the USDA and Arizona Nutrition Standards regardless if they are exempt from the FMNV food list by USDA and the Arizona Department of Education. Vending machines must be on timers to only be operational outside of breakfast and lunch times.

### 2. A la carte Items

All a la carte items shall meet the minimum Arizona Nutrition Standards. **15-242.**  
**Nutrition standards** [here](#)

### 3. Fundraising (during school hours)

All fundraising during school hours shall meet the minimum Arizona/USDA Nutrition Standards. If sites have fundraisers that include selling foods/beverages that do not meet USDA Smart Snacks standards, then the [Fundraising Exemption Request](#) form must be submitted to the ADE.

### 4. Fundraising (outside of school hours)

School-based fundraising activities held outside of school hours (½ hour after school- midnight) are excluded from the Child Nutrition Program Guidelines.

### 5. Classroom Rewards

School staff members will not use or offer food or beverages as rewards.

### 6. Classroom Snacks

Classroom snacks must meet Arizona/USDA Nutrition Standards, offering healthy and nutritious choices and recommended portion control. Teachers, parents, and families can refer to [USDA School Snack Guide](#) when determining appropriate foods and beverages for classroom snacks. For more information on appropriate school snacks click [here](#).

Teachers and classroom staff must check with the school nurse to determine if there are any severe food allergies before having snacks in the classroom. If a student's food allergy or allergies can result in harm, teachers must refrain from allowing outside snacks or food items to be brought into the classroom.

#### **7. Classroom Celebrations**

Teachers and parents are encouraged to limit Classroom Celebrations to once a month. Classroom Celebrations should meet Arizona/USDA Nutrition Standards, including healthy and nutritious choices and recommended portion control.

Teachers and classroom staff must check with the school nurse to determine if there are any severe food allergies before having classroom celebrations involving food and drink. If there are food allergies that can result in harm, teachers must refrain from allowing outside food and drink items to be brought into the classroom.

#### **8. Pricing Strategies**

Pricing strategies to promote healthy food choices through vending machines, à la carte items, and other campus foods will be encouraged (i.e., pricing pre-packaged snacks at a cost higher than healthy alternatives such as fresh fruit).

#### **9. Outside Vending Sales**

The Wellness Committee will work with City and County policies to promote healthy eating/nutrition regulations for Independent Vendors selling food adjacent to school property.

### **Physical Activities**

1. Partnerships will be developed with outside organizations to expand opportunities for FUSD students to participate in a variety of non-competitive physical activities, including physical activity breaks before, during, and after school hours.

2. Opportunities will be provided across FUSD for families to learn about and participate in physical activities. Certain outdoor areas at school facilities (playgrounds) will be available to students, staff, and community members after the school day, on weekends, and during vacation times as appropriate. Priority will be given to students. School-hour safety standards will be adhered to at all times.

3. FUSD will support the creation and distribution of a recommended walk-ability and bike-ability map within a 2-mile radius of each school to encourage students to walk or bike to school.
4. Schools are encouraged to make facilities available for student physical activity before and after school, regardless of the weather.
5. Schools will be encouraged to participate in annual international, national and or local events to promote students and families engaging in physical activities together. For example, International Walk to School Day, Bike to School week, etc.

### **Recess**

1. Each elementary school shall provide at least two recess periods during the school day for kindergarten through grade five students. "Recess" means a period of time during the regular school day, including time before or after a scheduled lunch period, during which a student can engage in physical activity or social interaction with other students.
3. Recess will provide structured activity and free play, available to all students using various equipment and organized games. Staff will encourage moderate to vigorous physical activity during recess.
4. Principals are encouraged to assess the feasibility of having recess before lunch, especially K-3.
5. FUSD recognizes that recess is a necessary education support component for all children and is required by AZ law. Withholding or assigning physical activity for disciplinary reasons is forbidden.

### **Recess Supervision**

1. FUSD expects that recess will be supervised by appropriate school staff in such a way as to encourage safe and active play. Supervising staff must be trained and able to observe their assigned area and appropriately respond as needed. Staff are encouraged to wear easily identifiable apparel such as a safety vest.
2. Adults who monitor recess are expected to intervene when a child's physical or emotional safety is at risk. Bullying or aggressive behavior is prohibited, appropriate actions should be taken to address these types of behavior and all safety rules will be enforced.

## **Safety**

1. It is the expectation of FUSD that play areas, facilities and equipment used for physical activity on school grounds shall meet the accessibility guidelines as outlined by the Architectural and Transportation Barriers Compliance Board, a supplement to the Americans with Disabilities Act Accessibility Guidelines (ADAAG) as well as accepted safety standards for design, installation and maintenance.
2. The FUSD facilities and maintenance division will work with school staff to ensure that recess equipment and facilities are checked quarterly for safety.
3. Principals and staff will check the playground for dangerous objects on a daily basis and the playground equipment and play surfaces on a weekly basis.
4. It is the expectation of FUSD that if it comes to anyone's attention that equipment is found worn, broken or in need of repair, that it will be promptly reported to the Principal or office personnel at which time a work order will be generated. Repairs will be made within a reasonable amount of time.

**Goal #2 -The District will provide a multifaceted learning environment involving nutrition and physical education, which will foster the development and practice of lifelong health and wellness behaviors.**

## **Physical Education**

FUSD will provide opportunities for all students to attain or surpass the state of Arizona's physical education standards and core competencies for each grade level, according to the following standards:

1. All students K-12 will receive quality instructional physical education taught by a certified and endorsed physical education specialist.
2. Elementary students will receive physical education for a minimum of 30 minutes every week for the entire school year and the District will strive towards the Society for Health and Physical Education recommendation of 150 minutes of instructional physical education per week. It is recommended that the administration schedule additional physical education for elementary students.

3. Middle school students will receive physical education for at least one semester of each year for a minimum of 225 minutes per week.
4. High school students will receive physical education according to the Arizona State Physical Education standards and FUSD Board requirement of one semester in order to graduate.
5. FUSD staff will strive to minimize PE waivers/exemptions/substitutions and provide other opportunities for physical education. For example, school athletics and marching band are not acceptable substitutions for physical education.
6. Students will spend at least 50% of the physical education class time participating in moderate to vigorous physical activity.
7. Professional development specific to teaching physical education is recommended annually and required at least once every three years for FUSD physical education teachers.
8. District-supported professional development in the form of collaborative team meetings will occur monthly.
9. Mentoring for physical education teachers: all newly-hired physical education teachers in FUSD will be assigned a mentor physical education teacher appropriate to their grade level, to provide support in the district PE program.
10. At least one FUSD physical education teacher will serve on the school selection committee for new physical education teachers. (Selected representatives should be from the same grade span).

### **Physical Activity/Nutrition/Health Education**

FUSD, in collaboration with health professionals, community service providers, and parents, will develop and provide opportunities for student and parent education and staff professional development in the areas of physical activity, nutrition and health, including, but not limited to:

1. Nutrition education will be integrated into health, physical education, science, math, language arts and/or social studies curricula, and taught in all grade levels;

2. Dissemination of current evidenced-based nutrition and physical activity information via teacher and health experts, credible online sources, newsletters, campus posters and displays in or near food service or vending areas;
3. Professional development activities for K-12 teachers (i.e. nutrition education, physical activity and wellness training, methods for cross-curricular integration of health and nutrition information, etc.);
4. Student activities/lessons provided in K-12 classrooms by FUSD educators, local agencies and nutrition service providers (i.e. AZ Health Zone, and community nutrition experts) shall meet current state standards, and a comprehensive school physical activity program will be developed and implemented as a best practice;
5. Parent/family workshops on health, fitness and nutrition;
6. Two FUSD physical education teachers, one at the elementary level and one at the secondary level, will serve on the Wellness Committee;
7. The school district supports the integration of Farm to School and school garden programs into the school district's curricular and co-curricular activities as appropriate to facilitate this policy's nutrition education goals.

**Goal #3: FUSD, working through the Wellness Committee, will annually evaluate the implementation of this Wellness Plan and recommend policy revisions based on supporting data.**

Implementation, compliance, evaluation, and revision of this Wellness Plan will be ensured by the following:

1. The superintendent or his/her designee shall establish a wellness committee to monitor the implementation of the district's wellness policy.
  - a. The FUSD Wellness Committee will meet at least quarterly to evaluate implementation of and compliance with the wellness policy. The Wellness Committee shall meet at least annually to evaluate the wellness policy impact on student health.
  - b. The Wellness Committee shall be responsive to relevant wellness issues as they arise.



**2.** The building administrator or designee from each school will ensure compliance with established District-wide student wellness goals in his/her school:

- a. Each building administrator or his/her designee will present all staff with the most recent Wellness Policy and provide an overview and highlight policy revisions at a staff meeting within the first quarter of each school year.
- b. The building administrator or designee will provide requested implementation, compliance and student health data to the Superintendent or his/her designee and the Wellness Committee.

**3.** An annual report shall be made to the Governing Board on compliance and effectiveness of FUSD's Wellness Policy. The report will be compiled by the Food Service Administration, Wellness Committee and the FUSD Superintendent or his/her designee. The report will be issued and presented by the FUSD Superintendent or his/her designee by July 15<sup>th</sup> and must include but not be limited to:

- a. Report on the outcomes chosen for evaluation for the previous school year.

Please refer to Appendix A. Table Report on Outcomes

- b. Recommendations for Wellness Policy revisions for upcoming school year.

## References

American Academy of Pediatrics, Committee on Nutrition. *The Use and Misuse of Fruit Juice in Pediatrics*. Pediatrics, 2001, Vol. 107, No.5: 1210-13

Arizona Department of Education, Health and Nutrition Standards. 2012.

Department of Agriculture, USDA, 7 CFR Parts 210 and 220[FNS–2007–0038] RIN 0584–AD59 *Nutrition Standards in the National School Lunch and School Breakfast Programs* (FNS), Federal Register/Vol. 77, No 17. 201

## Appendix A

### FUSD - School Wellness Policy –Tool for Evaluation of Goal Outcomes

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
<b>Goal #1-FUSD will provide nutritious food for school meals, support, promote healthy eating habits and physical activity, which benefit student and staff health, school/work attendance, and academic/work performance.</b>			
<u><b>Nutrition</b></u>			
<b>School Environment</b>			
<b>1.</b> Fresh foods such as fruit & vegetables, whole grains, and low-fat dairy products will be promoted as best practices in foods offered or sold to children and staff.	Annually	Survey of food service personnel-random spot check of menus done by nutritionists/ menus, cafeteria set-up, ingredient lists and methods of preparation for dishes made on site or in the central kitchen	Food and Nutrition Services Department, Wellness Committee Members
<b>2.</b> All schools will provide access to free drinking water during meals and throughout the day.	Daily	Work Orders for non-working water fountains	Site Administrators/Staff

<b>Outcome</b>	<b>Frequency/When</b>	<b>Measure/Data Source</b>	<b>Responsible person(s)</b>
<b>3.</b> FUSD will participate in federal school meal programs (including the School Breakfast Program, National School Lunch Program, and the Summer Food Service Program). School breakfast and lunch will be easily accessible to every child.	Annual (included in ADE, NSLP Program report)	Survey each elementary school/teacher	Site Administrators, Teachers, Food and Nutrition Services Department
<b>4.</b> Schools will provide an adequate amount of time for students to eat lunch after they have received their meal. A minimum of fifteen minutes for breakfast and twenty minutes for lunch will be offered during a regular school day.	Bi-Annually	Analyze individual school schedules - random checks	Administrators- School & District staff
<b>5.</b> Elementary schools will strive to develop a school schedule that allows recess time to take place before lunch.	Annually	Analyze individual school schedules	Administrators- School & District staff
<b>6.</b> Schools will encourage teachers and administrators to model good nutrition and other healthy behaviors.	Bi-Annually	Observe Existing Schools, National Standards, FUSD Standards	Teachers, Administrators, Wellness Committee Members
<b>7.</b> Students will be provided access to hand washing and/or hand sanitizing before meals and snacks.	Daily	District Wide Maintenance	Teachers/Administrators, Facilities Staff

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
8. The schools shall accommodate tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).	Daily	Follow 504 Plans	Teachers, Nurse, Administrators
9. Food & Nutrition Services maintain working relationships with community groups to support the goals of this document (i.e. Coconino County Health & Human Services, St. Mary's Food Bank, etc.)	Frequent (every few months) until relationships are well established and or as needed	Quarterly, and/or as needed  Frequency of events, participation, surveys	Food & Nutrition Services Department, parent/teacher associations, Wellness committee members
10. FUSD will promote marketing of healthy foods, beverages, and activities. For example, marketing on vending machines, scoreboards, banners, during fundraisers, etc., when possible.	Quarterly	Visits by Wellness Committee Members	Wellness Committee Members
<b>Nutrition Service-Pertaining to the Reimbursable Meal</b>			

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
1. Food & Nutrition Services providing breakfast and/or lunch programs will be required to meet the USDA Child Nutrition Program Guidelines.	Daily	Data provided by Nutrition Services as specified in Appendix A of the FUSD School Wellness Policy	District liaison to the State of Arizona, District Administration
2. All district schools must meet the Arizona Nutrition Standards. Revised Arizona Nutrition Standards can be found <a href="#">here</a> .	Annually	Data provided by Nutrition Services as specified in Appendix A of the FUSD School Wellness Policy	District liaison to the State of Arizona, District Administration
3. At least one FUSD employee, a member of the Wellness Committee, and a non-FUSD employee, will serve on the selection committee for food service contracts.	Every 5 years	Selection Committee Member List	Wellness Committee
<b>Nutrition Standards-Outside of the Reimbursable Meal</b>			
This applies to foods served outside of the reimbursable meal, including à la carte items, vending machine items, culinary class food and beverage sales, and fundraisers. All items served or sold to students and staff must meet the minimum USDA Child Nutrition Program Guidelines. Furthermore, schools from K-12 are required to meet the minimum Arizona Nutrition Standards.			

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
<p>Competitive foods are those sold in competition with meals served under the National School Lunch and School Breakfast Programs. Current federal regulations prohibit the sale of Foods of Minimal Nutrient Value (FMNV) on campus when a reimbursable meal is sold.</p> <p>School Nutrition Association (SNA) Competitive Foods Fact Sheet-  <a href="https://schoolnutrition.org/wp-content/uploads/2022/06/Competitive-Foods-Fact-Sheet.pdf">https://schoolnutrition.org/wp-content/uploads/2022/06/Competitive-Foods-Fact-Sheet.pdf</a>.</p>			
<p><b>1.</b> Vending Machines-No food deemed FMNV will be sold in vending machines accessible to students. All foods and beverages sold in vending machines will be subject to the USDA and Arizona Nutrition Standards regardless if they are exempt from the FMNV food list by USDA and the Arizona Department of Education. Vending machines must be on timers to only be operational outside of breakfast and lunch times.</p>	<p>Periodic visual checks throughout the year</p>	<p>Twice each year, check products on a contracted vendor's inventory and stocked in vending machines</p>	<p>District Admin./staff, Wellness Committee member</p>
<p><b>2.</b> A la carte items - All a la carte items shall meet the minimum Arizona Nutrition Standards. <b>15-242. Nutrition standards</b> <a href="#">here</a></p>	<p>Annually or as needed</p>	<p>Obtain nutrition facts labels, recipes, CN labels, Product Formulation Statements and maintain Smart Snack Calculator print-outs</p>	<p>Food and Nutrition Services Department</p>
<p><b>3.</b> Fundraising (during school hours) - All fundraising during school hours shall meet the minimum Arizona/USDA Nutrition Standards. If</p>	<p>As needed</p>	<p>Obtain nutrition facts labels, recipes, CN labels, Product Formulation Statements and maintain Smart</p>	<p>Teachers and Site Administrators</p>

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
sites have fundraisers that include selling foods/beverages that do not meet USDA Smart Snacks standards, then the <a href="#">Fundraising Exemption Form</a> form must be submitted to the ADE.		Snack Calculator print-outs	
<b>4. Classroom Rewards</b> - School staff members, including before and after school programs, will not use or offer food or beverages as rewards.	Daily	Classroom checks, review with teachers	Site Administrators
<b>5. Classroom Snacks</b> - Classroom snacks must meet Arizona/USDA Nutrition Standards, offering healthy and nutritious choices and recommended portion control. Teachers, parents, and families can refer to <a href="#">USDA School Snack Guide</a> when determining appropriate foods and beverages for classroom snacks. For more information on appropriate school snacks click <a href="#">here</a>	Daily	Classroom checks, review with teachers	Site Administrators
<b>Teachers and classroom staff must check with the school nurse to determine if there are any severe food allergies before having snacks in the classroom. If a student's food allergy or allergies can result in harm, teachers must refrain from allowing outside snacks or food items to be brought into the classroom.</b>			
Physical Activities -			



Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
<p><b>1.</b> Partnerships will be developed with outside organizations to expand opportunities for FUSD students to participate in a variety of non-competitive physical activities, including physical activity breaks before, during, and after school hours.</p>	Annually	Report from PE teachers & principals	Site Administrators, Volunteers
<p><b>2.</b> Opportunities will be provided across FUSD for families to learn about and participate in physical activities. Certain outdoor areas at school facilities (playgrounds) will be available to students, staff, and community members after the school day, on weekends, and during vacation times as appropriate. Priority will be given to students. School-hour safety standards will be adhered to at all times.</p>	Twice per year	Review/audit Facility Request Report	District Office and Site Administrators
<p><b>3.</b> FUSD will support the creation and distribution of a recommended walk-ability and bike-ability map within a 2-mile radius of each school to encourage students to walk or bike to school.</p>	Every 2 years or as infrastructure develops	When available	Coconino County Health and Human Services, MetroPlan, City of Flagstaff Urban Trail System Coordinator

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
4. Schools are encouraged to make facilities available for student physical activity before and after school, regardless of the weather.	Daily	Review with Site Administrators as able	Site Administrators
5. Schools will be encouraged to participate in annual international, national and or local events to promote students and families engaging in physical activities together. For example, things like International Walk to School Day, Bike to School week, etc.	Annually, on a schedule	Review with site Administrators for participation	Site Administrators
<b>Recess-</b>			
1. Each elementary school shall provide at least two recess periods during the school day for kindergarten through grade five students. "Recess" means a period of time during the regular school day, including time before or after a scheduled lunch period, during which a student can engage in physical activity or social interaction with other students.	Daily	Report from principals	School site staff, Administrators

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
2. Recess will provide structured activity and free play, available to all students using various equipment and organized games. Staff will encourage moderate to vigorous physical activity during recess.	Daily	Report from principals	School site staff, Administrators
3. Principals are encouraged to assess the feasibility of having recess before lunch, especially K-3.	Annually	Report from principals	Site Administrator.
4. FUSD recognizes that recess is a necessary education support component for all children and is required by AZ law. Withholding or assigning physical activity for disciplinary reasons is forbidden.	Daily	Report from principals	School site staff, Administrators
<b>Recess Supervision-</b>			
1. FUSD expects that recess will be supervised by appropriate school staff in such a way as to encourage safe and active play. Supervising staff must be trained and able to observe their assigned area and appropriately respond as needed. Staff are encouraged to wear easily identifiable apparel such as a safety vest.	Daily	Report from principals	Site Administrator

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
<b>Safety-</b>			
1. It is the expectation of FUSD that play areas, facilities and equipment used for physical activity on school grounds shall meet the accessibility guidelines as outlined by the Architectural and Transportation Barriers Compliance Board, a supplement to the Americans with Disabilities Act Accessibility Guidelines (ADAAG) as well as accepted safety standards for design, installation and maintenance.	Bi-annually, and or as needed	Report from facilities and or site administrators	Site Administrators, Director of Operations
2. The FUSD facilities and maintenance division will work with school staff to ensure that recess equipment and facilities are checked quarterly for safety.	Quarterly	Report from principal	Facilities Team
3. Principals and staff will check the playground for dangerous objects on a daily basis and the playground equipment and play surfaces on a weekly basis.	Daily/Weekly	Report from principal	Site Administrators and Facilities Team
4. It is the expectation of FUSD that if it comes to anyone's attention that equipment is found	Daily	Report from principal	Facilities Team

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
worn, broken or in need of repair, that it will be promptly reported to the Principal or office personnel at which time a Work Order will be generated. Repairs will be made within a reasonable amount of time.			
<b>Goal #2 Physical Education - The District will provide a multifaceted learning environment involving nutrition and physical education, which will foster the development and practice of lifelong health and wellness behaviors.</b>			
FUSD will provide opportunities for all students to attain or surpass the state of Arizona's physical education standards and core competencies for each grade level, according to the following standards:			
<b>1.</b> All students K-12 will receive quality instructional physical education taught by a certified and endorsed physical education specialist.	Daily	Report from Human Resources	Human Resources Department Director or appointee
<b>2.</b> Elementary students will receive physical education for a minimum of 30 minutes every week for the entire school year and the District will strive towards the Society for Health and Physical Education recommendation of 150 minutes of instructional physical education per week. It is recommended that the administration	Annually	Individual school schedules	Site Administrators

<b>Outcome</b>	<b>Frequency/When</b>	<b>Measure/Data Source</b>	<b>Responsible person(s)</b>
schedule additional physical education for elementary students.			
<b>3.</b> Middle school students will receive physical education for at least one semester of each year for a minimum of 225 minutes per week.	Annually	Individual school schedules	Site Administrators
<b>4.</b> High school students will receive physical education according to the Arizona State Physical Education standards and FUSD Board requirement of one semester in order to graduate.	Annually	Individual school schedules	Site Administrators
<b>5.</b> FUSD staff will strive to minimize PE waivers/exemptions/substitutions and provide other opportunities for physical education. For example, school athletics and marching band are not acceptable substitutions for physical education.	Bi-Annually	Student Transcripts	School Counselors/Site Administrators
<b>6.</b> Students will spend at least 50% of the physical education class time participating in moderate to vigorous physical activity.	Annually	Lesson Plans	P.E. Teachers/ Principals

<b>Outcome</b>	<b>Frequency/When</b>	<b>Measure/Data Source</b>	<b>Responsible person(s)</b>
<b>7.</b> Professional development specific to teaching physical education is recommended annually and required at least once every three years for FUSD physical education teachers.	Every 3 years	Report from teachers	Site Administrators
<b>8.</b> District-supported professional development in the form of collaborative team meetings will occur monthly.	Monthly	Report from PE teachers	Site Administrators and District Admininstration
<b>9.</b> Mentoring for physical education teachers: all newly-hired physical education teachers in FUSD will be assigned a mentor physical education teacher appropriate to their grade level, to provide support in the District PE program.	Annually and as needed	Report from Human Resources	Site Administrators
<b>10.</b> At least one FUSD physical education teacher will serve on the school selection committee for new physical education teachers. (Selected representatives should be from the same grade span).	Annually and as needed	Report from Human Resources	District/School Administration
<b>Physical Activity /Nutrition/Health Education-</b>			

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
FUSD, in collaboration with health professionals, community service providers and parents, will develop and provide opportunities for student and parent education and staff professional development in the areas of physical activity, nutrition and health, including but not limited to:			
1. Nutrition education will be integrated into health, physical education, science, math, language arts and/or social studies curricula, and taught in all grade levels.	Every other year	Lesson plans	Site Administrators or designee
2. Dissemination of current evidenced-based nutrition and physical activity information via teacher and health experts, credible online sources, newsletters, campus posters and displays in or near food service or vending areas.	Every other year	Lesson plans, pictures of the displays	Wellness Committee/ Administration
3. Professional development activities for K-12 teachers (i.e. nutrition education, physical activity and wellness training, methods for cross-curricular integration of health and nutrition information, etc.).	Every 3 years	Report from teachers	Site Administrators
4. Student activities/lessons provided in K-12 classrooms by FUSD educators, local agencies and nutrition service providers (i.e. AZ Health Zone, and community	Annually	Lesson plans	Site Administrators or designee



Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
nutrition experts) shall meet current state standards, and a comprehensive school physical activity program will be developed and implemented as a best practice.			
<b>5.</b> Parent/family workshops on health, fitness and nutrition will be offered to the best of The District's ability	Every other year	Report from Principal/designee	Site Administrators/District Administration and the Wellness Committee
<b>6.</b> To the best of our ability, an FUSD physical education teacher will serve on the Wellness Committee.	As available	Report from committee	District Staff, Wellness Committee
<b>7.</b> The school district supports the integration of Farm to School and school garden programs into the school district's curricular and co-curricular activities as appropriate to facilitate this policy's nutrition education goals.	As available	Report from Principal/designee	Site Administrator, Food and Nutrition Services
<b>Goal #3: FUSD, working through the Wellness Committee, will annually evaluate the implementation of this Wellness Plan and recommend policy revisions based on supporting data.</b>			
Implementation, compliance, evaluation, and revision of this Wellness Plan will be ensured by the following:			

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
<b>1.</b> The superintendent or his/her designee shall establish a wellness committee to monitor the implementation of the district's wellness policy.			
<b>a.</b> The FUSD Wellness Committee will meet at least quarterly to evaluate implementation of and compliance with the wellness policy. The Wellness Committee shall meet at least annually to evaluate the wellness policy impact on student health.	Quarterly/Annually	Triennial assessment	Wellness Committee
<b>b.</b> The Wellness Committee shall be responsive to relevant wellness issues as they arise.	As needed	As reported	Wellness Committee
<b>2.</b> The building administrator or designee from each school will ensure compliance with established District-wide student wellness goals in his/her school:			
<b>a.</b> Each building administrator or his/her designee will present all staff with the most recent Wellness Policy and provide an overview and highlight policy revisions at a staff meeting within the first quarter of each school year.	Annually	Agenda/Minutes	Site Administrators or designee
<b>b.</b> The site administrator or designee will provide requested implementation, compliance and	Annually and as needed	Written document	Wellness Committee and Site Administrator

Outcome	Frequency/When	Measure/Data Source	Responsible person(s)
student health data to the Superintendent or his/her designee and the Wellness Committee.			
<b>3.</b> An annual report shall be made to the Governing Board on compliance and effectiveness of FUSD's Wellness Policy. The report will be compiled by the Food Service Administration, Wellness Committee and the FUSD Superintendent or his/her designee. The report will be issued and presented by the FUSD Superintendent or his/her designee by July 15th and must include but not be limited to:			
<b>a.</b> Report on the outcomes chosen for evaluation for the previous school year.	Annually	Provide written & visual documentation	Wellness committee
<b>b.</b> Recommendations for Wellness Policy revisions for upcoming school year	Annually	Provide written & visual documentation	Wellness committee