

**LEA Name: Mary C. O'Brien Accommodation District**  
**Local Wellness Policy**

Date Created:2009 – Reviewed and Revised Annually  
Last Updated: September/October 2024

**I. Wellness Policy Goals**

Goals for Nutrition Promotion: Hunger interferes with learning and may lead to obesity due to physiological, sociological, and psychological factors. Participation in the school breakfast, lunch, and/or summer meal programs can break this connection between hunger and obesity, and help children be ready for the academic day. Mary C. O'Brien Accommodation District is committed to providing access to all school meals at both school sites.

Qualified nutrition professionals will administer the school meal programs. The Food Service Department will have sole authority to provide food and beverages from the beginning of the school day until after the lunch period to ensure food safety and to maximize the schools' ability to serve healthy and appealing meals. In addition, the Food Service Department will have sole authority for the nutritious snack required in state and federally funded before and after school programs.

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Meet the nutrition recommendations of the current United States Dietary Guidelines for Americans
- Offer a variety of fruits and vegetables
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA)
- Ensure that 100% of the served grains are whole grain

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**Student Safety during Mealtime**

**Breakfast**

To ensure that all children have breakfast, in order to meet their nutritional needs and enhance their ability to learn:

- MCOB District will operate the School Breakfast Program and encourage participation.
- Parents will be notified of the availability of the School Breakfast Program.
- Schools will encourage parents by informing them through newsletter articles, take-home materials, or other means.

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## ***Summer Child Nutrition Department Program***

Mary C. O'Brien Accommodation District will sponsor the Summer Child Nutrition Department Program running concurrently with summer school.

Mealtimes and Scheduling

Schools:

- Will provide students with at least 15 minutes to eat for breakfast and 20 minutes for lunch
- Will schedule meal periods at appropriate times, e.g. lunch will be scheduled between 11 am and 1 pm
- Will serve lunch at appropriate intervals from other meals, in accordance with USDA guidelines
- Will discourage students from sharing their foods or beverages with one another during meal, given concerns about allergies, other restrictions on some children's diets, and the transmission of germs and viruses
- Do provide students access to hand washing or hand sanitizing before they eat meals
- Certified staff at each school site will have current CPR certificates

**Goals for Nutrition Education:** The ultimate goal of health education is to foster and promote health literacy for students. The four unifying ideas of health literacy as described in the *National Health Standards*:

- Acceptance of personal responsibility
- Respect for and promotion of the health of others
- An understanding of the process of growth and development
- Informed use of health-related information, products, and services

### **Goals**

The district ensures that there is adequate and appropriate curriculum material for all grade levels.

Schools provide health education that:

- is offered at both MCOB Elementary and Villa Oasis as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health as described in the *National Health Standards*
- includes nutrition education
- is part of classroom instruction, when possible, in subjects such as math, science, language arts, social sciences, and elective subjects
- includes enjoyable, developmentally appropriate, culturally relevant, participating activities, such as: contests, taste testing, and school gardens

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- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- links with school meal programs, other school foods, and nutrition-related community services

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- includes the importance of oral health
- includes content on teen pregnancy prevention and sexually transmitted diseases at Villa Oasis
- includes the influence of culture, media, technology, and other factors on decisions related to nutrition, physical activity, and lifestyle choices
- explores the various food, agriculture, and nutrition-related careers as vocational options at Villa Oasis includes training for teachers and staff when necessary
- MCOB has yet to finalize a puberty education program for the 4<sup>th</sup> grade class.

**Goals for Physical Activity:** Mary C. O’Brien Accommodation District will provide all students in kindergarten through grade 6<sup>th</sup> and 9<sup>th</sup> thru 12<sup>th</sup> grades the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

***Physical Education***

*Physical education* is a planned sequential program of curricula and instruction that helps students develop the skills and confidence necessary for an active lifestyle.

- All K-12 students (including students with disabilities and/or special health-care needs and those in alternative educational settings) will receive physical education instruction as designated.
- Grades 1-6  
A minimum of 180 minutes for every 10 school days
- K: 270 minutes

Physical Education	Monday Minutes	Tuesday Minutes	Wednesday Minutes	Thursday Minutes	Friday Minutes	Weekly Total
Kindergarten	45	45	45	0	0	135
1 <sup>st</sup> Grade	45	0	45	0	0	90
2 <sup>nd</sup> Grade	0	45	0	45	0	90
3 <sup>rd</sup> Grade	45	0	45	0	0	90
4 <sup>th</sup> Grade	45	0	0	0	45	90
5 <sup>th</sup> Grade	0	45	0	0	45	90
6 <sup>th</sup> Grade	0	45	0	45	0	90

**Grades 9-12**

- As an elective at Villa Oasis, approximately 1/3 of students participate.

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- Instruction in physical education will be based on the physical education content standards and will include the following:
  1. Full inclusion of all participating students
  2. At least 75 percent of instructional time spent in moderate-to-vigorous physical activity
  3. Maximum participation and ample practice opportunities for class activities
  4. Well-designed lessons that facilitate student learning
  5. Appropriate discipline and class management

6. Instruction in a variety of motor skills designed to enhance the physical, mental, and social/emotional development of every child
  7. Fitness education and assessment to help students understand, improve, and/or maintain their physical well-being
  8. Development of cognitive concepts about motor skill and fitness
- High school physical education course content will include each of the following areas:
    1. Effects of physical activity on dynamic health
    2. Mechanics of body movement
    3. Aquatics
    4. Individual and dual sports
    5. Team sports
  - Physical education curriculum will include nutrition education as outlined in the physical education content standards
  - Class size is consistent with the requirements of good instruction and safety
  - Skill tests are given per grade at MCOB
  - Assessments are given as at Villa Oasis every nine weeks
  - Students will receive their individual fitness test results upon completing the test. The test results may be provided orally as the pupil completes the testing
  - In addition to the required physical fitness test, assessment of student learning and accurate reporting of progress will be an ongoing process in physical education

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The National Health Standards: *Kindergarten through Grade Twelve* outlines the essential skills and knowledge that all students need for maintaining a physically active lifestyle.

The five overarching standards (K-6) state that students will:

1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performing physical activities.
3. Assess and maintain a level of physical fitness to improve health and performance.
4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performing physical activities.

### **Grades 9-12 Students will:**

1. Demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.
2. Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
3. Demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.

## Policy

- A certified teacher will deliver physical education instruction.
- Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement.
- Teachers and other school and community personnel will not use physical education as punishment and will work together to establish appropriate guidelines.

## Goals

- Teachers assigned to deliver physical education instruction will receive on an annual basis, on-going professional development such as curriculum, instruction, and/or assessment.
- The District will provide sufficient on-site storage to house physical education equipment and materials.

***Goals for Other School-Based Activities that Promote Student Wellness: Physical activity*** refers to participation in physical activity. Physical activity programs may provide participants with structured activity (games, sports, etc.), unstructured activity (walking programs, dance, etc.), or opportunities to participate in physical activity in the daily routine.

## Daily Recess

- All elementary school students have daily supervised recess, preferably outdoors, during which schools will encourage moderate-to-vigorous physical activity, including the provision of space and equipment.

Recess	Monday Minutes	Tuesday Minutes	Wednesday Minutes	Thursday Minutes	Friday Minutes	Weekly Total
Kindergarten	45	45	45	45	45	225
1 <sup>st</sup> Grade	35	35	35	35	35	175
2 <sup>nd</sup> Grade	35	35	35	35	35	175
3 <sup>rd</sup> Grade	35	35	35	35	35	175
4 <sup>th</sup> Grade	35	35	35	35	35	175
5 <sup>th</sup> Grade	35	35	35	35	35	175
6 <sup>th</sup> Grade	25	25	25	25	25	125

## Integrating Physical Activity into the Classroom

- Schools will discourage extended periods (i.e., periods of two or more hours) of inactivity. For example, when activities such as mandatory school wide testing necessitate that students remain indoors for long periods of time, schools will give student periodic breaks during which they are encouraged to stand and be moderately active, follow testing requirements.

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- There is adequate physical activity equipment for students to use during recess (e.g. jump ropes, hula hoops, balls, etc.)

- Elementary and high schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs, and special events that focus on physical activity.
- Student Safety during Physical Activity
- The school/district has established rules and procedures concerning safety for students and staff and assign responsibility for these rules and procedures appropriately.
- The school/district has ensured that students and staff have access to appropriate hydration (e.g., water or other fluids).
- The school/district, in conjunction with our registered school nurse, will develop an emergency response system to expedite aid to students and/or staff who are injured or become ill at school. The emergency response system will be communicated to the school staff, and the necessary training and practice will take place on a regular basis.
- Facilities and equipment used for physical activity will be properly monitored and maintained to ensure participants' safety.
- School staff will receive notification and be trained, as allowed by law, in the use of any necessary medications that students are authorized to carry and/or use.

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- The school/district, in conjunction with a credentialed school nurse, will develop individual student plans that outline guidelines for student participation in physical activity at school when they have a medical condition. These policies will be communicated to all members of the school community and be designed to protect students' well-being and provide for maximum participation of students in physical activity, at an appropriate level.
- The school/district, working in collaboration with community health officials, will establish local standards for weather and air quality regarding students' participation in outdoor physical activity and create protocol to address these issues.
- All school staff members, including yard duty, have received training in first aid and cardiopulmonary resuscitation (CPR).

## **II. Nutrition Standards**

### ***School Meals***

The school meal programs aim to improve the diet and health of school children, help 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.

- All schools in the district will participate in the National School Lunch Program.*
- All meals will, at a minimum, meet the New Meal Pattern requirements.*
- Free, potable water will be available to all students during meal periods.*
- Additional standards include:*

## **STUDENT WELLNESS**

### ***Foods and Beverage Sold Individually Policy***

Foods and beverages sold individually are those sold outside of reimbursable school meals, such as through vending machines, fundraisers. The term “sold” refers to any food or beverages provided to students on school grounds in exchange for money. The term does not refer to food brought from home for individual consumption.

**Elementary Schools.** The Food Service Department will approve all food and beverage sales to students in elementary schools. Given young children’s limited nutrition skills, food in elementary schools will be sold as balanced meals. If available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

**High Schools.** all foods and beverages sold individually outside the reimbursable school meal programs will meet the following nutrition and portion size standards:

**Beverages**

- Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA)

**Foods**

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

A food item sold individually:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, and other nut butters) and 10% of its calories from saturated and trans-fat combined
- Will have no more than 35% of its weight from added sugars
- Will not contain more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes

**Portion Sizes**

- Foods and beverages sold individually are limited in portion size to those listed below:
- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- One ounce for cookies
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream
- Eight ounces for non-frozen yogurt
- Twelve fluid ounces for beverages, excluding water

- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

### **Nutrition Promotion Activities**

Efforts to promote proper nutrition during mealtimes will be undertaken. These will include, but not be limited to, labeling, posters, and special promotions. Efforts will be made to incorporate nutrition education, healthy snacks, and/or physical activity into after-school programs.

### **Competitive Foods and Beverages**

Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. *These guidelines apply to all foods sold in the following locations:*

#### **Snacks/Rewards**

Schools are encouraged to use non-food items and activities as rewards. However, if food is served during the school day, including class parties and celebrations, it must conform to District's Wellness Policy.

#### **School Sponsored Events**

School sponsored events include, but are not limited to, athletic events, dances, or performances. The District strongly encourages providing choices which make a positive contribution to children's diet and health.

#### **Marketing and Advertising**

School-based marketing of foods and beverages and activities, such as coupon or incentive programs, will be limited to nutritious and healthy foods. This includes advertisements in curriculum materials, school publications, school buildings, and/or other areas accessible to students.

### **Celebrations and Rewards**

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.

- a. *Describe your standards for all foods and beverages provided, but not sold, to students during the school day:*

#### **Snacks/Rewards**

Schools are encouraged to use non-food items and activities as rewards. However, if food is served during the school day, including class parties and celebrations, it must conform to District's Wellness Policy.

#### **School Sponsored Events**

School sponsored events include, but are not limited to, athletic events, dances, or performances. The District strongly encourages providing choices which make a positive contribution to children's diet and health.



b. *These guidelines apply to (check all that apply):*

- School-sponsored events
- Celebrations and parties
- Classroom snacks provided by parents
- Classroom rewards and Incentives

### ***Fundraising***

a. *Describe your policy on food and beverage related fundraisers sold to students on school campus during the school day, including the frequency and duration of exempt fundraisers as appropriate:*

Snack sales are the only approved fundraiser, healthy options are encouraged at the once weekly snack sale fundraiser.

### ***Food and Beverage Marketing in Schools***

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an 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 must, at a minimum, meet the Smart Snacks guidelines.

a. *Describe your policies for food and beverage marketing:* **Marketing and Advertising**

School-based marketing of foods and beverages and activities, such as coupon or incentive programs, will be limited to nutritious and healthy foods. This includes advertisements in curriculum materials, school publications, school buildings, and/or other areas accessible to students.

## **III. School Wellness Committee**

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

Implementation of the Student Wellness Policy began at the start of the 2009-10 academic years. The associate superintendent or designee shall ensure district wide and individual school compliance with the adopted School Wellness Policy. All students shall be serviced by the Policy. The Superintendent or designee shall ensure that all members of the MCOB community, including teachers, parents, students, and Child Nutrition Department personnel, and the greater community are informed about the Policy and its implementation.

The following administrative staff shall be charged with the responsibility of ensuring that the school sites implement the adopted local wellness policy:

1. Superintendent
2. Elementary School Principal
3. High School Principal
4. Food Service Manager
5. School Nurse
6. Counselor
7. Teachers
8. Staff
9. Parents

The District will convene a representative district wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

- a. *Describe frequency of meetings:* **Quarterly meetings during the school year.**
- b. *Description of who the LEA permits to participate in the wellness policy process. (e.g. parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators):*
  1. Superintendent
  2. Elementary School Principal
  3. High School Principal
  4. Food Service Manager
  5. School Nurse
  6. Counselor
  7. Teachers
  8. Staff
  9. Parents
- c. *Description of how the public is notified that their participation is permitted:* Newsletter and website.

### ***Leadership***

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

- a. *The designated official for oversight of implementation at each school is:* Superintendent
- b. *The designated official for convening the wellness committee is* Superintendent
- c. *The person designated for informing the public about the wellness policy is* Superintendent
- d.

## **IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation of the Wellness Policy***

- a. Describe the District's plan for implementation to manage and coordinate the execution of this wellness policy.

The District Wellness Committee will assist in the implementation of the Wellness Policy. This council is composed of representatives of the eight components of coordinated health as described above, including parents/guardians/school Child Nutrition Department professionals, school administrators, members of the school board, school nurses, health and physical educators, other teachers, health professionals, school counselors, school psychologists, counselors, and/or other community members interested in school health issues.

### ***Triennial Progress Assessments***

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the District will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the District will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

- a. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
  - i. Provide a description of how the District will assess the progress made in attaining the goals of the District's wellness policy:  
MCOB District Wellness Committee meets quarterly during the school year to review, assess, and revise the Wellness Policy
  - i. (Optional) The person responsible for this assessment is: Superintendent
  - ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.
    - i. MCOB District Wellness Committee meets quarterly during the school year to review, assess, and revise the Wellness Policy
- b. The District will assess how their wellness policy compares to model wellness policies.
  - i. Provide a description of how the District will compare their policy with the model policies.
    - i. MCOB District Wellness Committee meets quarterly during the school year to review, assess, and revise the Wellness Policy

### ***Revisions and Updating the Policy***

The District will update or modify the wellness policy as appropriate.

Describe how often the LEA will update or modify the wellness policy: MCOB District Wellness Committee meets quarterly during the school year to review, assess, and revise the Wellness Policy

### ***Notification of Wellness Policy, Policy Updates and Triennial Assessment***

The District will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

- a. Describe how the LEA will make the district wellness policy available to the public:  
MCOB District website
- b. The annual progress reports and updates can be found at:  
Teams – Health/Wellness
- c. The District will make the Triennial Assessment available at:  
[website Mary C O'Brien Accommodation District - MCOB Accommodation District - Health and Wellness Policy Triennial Assessment \(pinalk12.org\)](https://www.marycob.com/Wellness-Policy-Triennial-Assessment)

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*To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:*

*mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;*

*fax: (202) 690-7442; or*

*email: [program.intake@usda.gov](mailto:program.intake@usda.gov).*

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