



# CARTWRIGHT SCHOOL DISTRICT NO. 83

5220 W. Indian School Rd. Phoenix, AZ 85031 (623) 691-4000 www.csd83.org

*Learning for all. Every child, every school, every day.*

*One Team, Una Familia!*

**Dr. LeeAnn Aguilar-Lawlor**  
Superintendent

**Ms. Ema Jáuregui**  
Assistant Superintendent  
Educational Services

**Dr. Ed Murphy**  
Assistant Superintendent  
Human Resources

**Dr. Rebecca M. Osuna**  
Assistant Superintendent  
Administrative Services

**Dr. Cecilia M. Sanchez**  
Assistant Superintendent  
District Operations

**M. Victoria Farrar, MBA**  
Chief Financial Officer

## Local Wellness Policy

Cartwright Wellness policy team meets quarterly during the school year. Any interested parties (parents, students, teachers, school health professionals, the school board, school administrators and the general public) should contact Rosie Espinoza at [Rosario.espinoza@csd83.org](mailto:Rosario.espinoza@csd83.org) for meeting dates, times and locations for the 2020-2021 School year.

As described by Action for Healthy Kids' *Wellness Policy Fundamentals*, at a minimum, a LWP must

- Include goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness
- Include nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district
- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public to participate in the development, implementation, review and update of the LWP
- Inform and update the public (including parents, students and others in the community) about the content and implementation of LWP
- Be measured periodically on the extent to which schools are in compliance with the LWP, the extent to which the LEA's LWP compares to model policies, and the progress made in attaining the goals of the LWP, and make this assessment available to the public.

# Cartwright School District Wellness Policy

The Cartwright School District promotes wellness by supporting good nutrition and regular physical activity as part of the total learning environment. Wellness is defined as the dynamic state of achieving optimal well-being in all the dimensions of health: Physical, Mental/Emotional and Social.

The District supports a healthy environment where children learn and participate in positive dietary lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential.

The District supports a work environment where employees are encouraged to embrace healthy lifestyle choices, educational resources are provided, and information about wellness activities are available so that employees can serve as good role models for students.

## **USDA Child Nutrition Programs and School Meals:**

1. Every child should have a nutritious breakfast, lunch and dinner. All meals are provided to students at no charge through USDA Provision 2 funding. We do not collect free and reduced meal applications. A healthy breakfast is provided in the classroom at 17 schools, with cafeteria service in the remainder. CSD encourages each student to eat a balanced lunch, even if it is brought from home. All schools have closed lunch periods; no students are allowed to leave the campus for lunch.
2. Cartwright School District complies with all USDA National School Lunch Program and School Breakfast Program standards which can be reviewed at <http://www.fns.usda.gov>
3. We use specific strategies to increase participation in our programs including contests, events, menu changes and marketing.
4. Students should be provided with at least 10 minutes to eat after sitting down for breakfast and at least 20 minutes after sitting down for lunch. The eating environment at the schools shall provide a clean cafeteria environment with adequate dining space and accessible drinking fountains or potable water in or near the cafeteria. CSD will promote scheduling recess before lunch as a best practice.
5. All Food Service employees will receive required USDA training.
  - a. Director 12 hours annually
  - b. Managers 10 hours annually
  - c. Other staff 6 hours annually
  - d. Part-time (less than 20 hours/week) 4 hours annually
6. Menu and nutritional information is available at [csd83.nutrislice.com](http://csd83.nutrislice.com)

## **Education:**

1. Cartwright School District encourages that all foods and beverages served or sold to children on its campuses during the extended school day comply with the USDA Restricted/Competitive Food Policy and Maricopa County Health Code Chapter 8. This includes before/aftercare programs.
2. Classroom snacks, parties and celebrations must be pre-packaged and come from an approved commercial source or licensed vendor per Maricopa County Health Code Chapter 8 and be consistent with Board policy J-4961, only foods and beverages prepared or obtained by the Districts food services program should be served. All foods and beverages served should fit in a healthy diet and contribute to the development of lifelong healthy eating habits. Non-food rewards are encouraged for the classroom.
3. USDA smart snack standards can be viewed here  
[http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)
4. Free drinking water is available at water fountains located on all campuses.
5. To support children's health and school nutrition education efforts, school fundraising activities should use food that meet the USDA Restricted/Competitive Food Policy. CSD encourages fundraising activities that promote physical activity.

## **Physical Education:**

1. CSD uses a written physical education curriculum, which is aligned with new state standards May 2015, for grades k-8 with pacing guides.
2. K-6 students receive 90 minutes of physical education instruction per week. 7<sup>th</sup> and 8<sup>th</sup> graders receive 1 quarter, 1 semester
3. Teacher-student ration for physical education classes are the same as regular education classes.
4. Qualifications for physical education teachers are highly qualified and AC?
5. The district provides CPR and Personal Development for physical education teachers on a regular basis.
6. The district addresses physical education waivers, substitutions and exemptions on a case by case basis, working with parents and medical professionals to determine student's physical education needs.
7. The district encourages before and after school physical activity for all students through interscholastic sports, After-school programs and Community use of school facilities, with share use agreements.

## **Wellness Promotion and Marketing:**

1. School staff should set the example for students. CSD encourages staff to model healthy eating/drinking behaviors and not model unhealthy behaviors. All Breakfast in the Classroom School offer a free healthy breakfast for classroom teachers. All staff are eligible to participate in bi-annual staff wellness campaigns.
2. School staff should set the example for students. CSD encourages staff to model healthy physical activity behaviors. All staff are eligible to participate in bi-annual staff wellness campaigns.
3. Food should never be used as a reward for students. Physical activity should never be used as either a reward or as a punishment for students. Physical activity should never be withheld as a punishment.
4. School based marketing will be consistent with nutrition education and health promotion. Such as, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. Examples of marketing techniques include the following: logos and brand names on/in vending machines, food or beverage cups or containers, food displays, racks, coolers, trash or recycling containers, books or curricular textbook covers, and other educational materials both printed and electronic, school supplies, signs, scoreboards, school buildings and sports equipment, educational incentive programs that provide food as a reward, programs that provide schools with supplies when families buy low-nutrition food products, free samples or coupons and food sales through fundraising activities. As well as advertisements in school publications, on school radio stations, in school television, computer screen savers and/or school sponsored internet sites or announcements on the public announcement (PA) system. Marketing activities that promote healthful behaviors and are therefore allowed include: vending machine covers

promoting water, price structures that promote healthy options in meal or a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.

### **Implementation, Evaluation and Communication:**

1. The Superintendent or designee shall appoint an ongoing district wellness committee to assess, plan, implement and improve the nutrition and physical activity environment within district.
2. The wellness committee will include community members and school representatives including; school nurses, physical education teachers, parents, Principals, administrators and food service personal.
3. The District Wellness Administrator will develop a summary progress report every three years on district wide compliance/implementation with the district established nutrition and physical activity wellness policies, based on input from schools within the district and the district wellness committee. The report will be provided to the school board and also distributed to all school health councils, parent teacher organizations', site administrators and school health services personal in the district as well as posting it on districts website.
4. Progress reports will ensure transparency by including; a description of each school's activities and progress towards meeting wellness goals, contact details for committee leadership and information on how to join the committee. Posted at [csd83.org](http://csd83.org)
5. The District will when necessary update policies based on best practices.
6. Wellness teams will communicate to the public by using district website, newsletters, and presentations at parent meeting or other events.
7. The district will engage families to provide information and/or solicit input to meet district wellness goals through district website, newsletters, and presentations at parent meeting or other events.

### **Nutrition Education Goals**

#1 The Cartwright School District schools will engage students, parents, teachers, food service professionals, health professionals, and other interested community members to support healthy eating by all students of all ages.

#2 The Cartwright School District schools will encourage and provide resources for nutrition education for all students K-8.

### **Physical Education Goals**

#1 Cartwright School District schools will provide opportunities for students to maintain and participate in physical activities.

#2 Cartwright School District schools will adopt or exceed the Arizona State standards for physical activity.

### **Nutrition Standards**

Goal #1 Cartwright School District schools will Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The district offers reimbursable school meals that meet the USDA Nutritions Standards.)

Goal #2 Cartwright School District schools will comply with the current USDA Dietary Guidelines for Americans to adhere to the following restrictions.

\*A SCHOOL MAY OPT TO BE MORE RESTRICTIVE

- A la carte
- Vending machines
- Fund raisers

- Class parties
- Others

### **Nutrition Promotion**

The Cartwright School District will promote healthy food and beverage choices for all students through out the school campus, as well as encourage participation in school meal programs. This promotion will occur at least:

- Implementing at least 3 or more evidence-based healthy food promotion techniques through the school meal program using Smarter Lunchroom Techniques, Alliance for a Healthier Generation, etc.; and
- Ensuring 100% of food and beverages promoted to students meet USDA Smart Snacks in School nutrition standards.

### **Other School Related Activities**

- #1 Cartwright School District schools will create a total school environment that is conducive to being healthy and physically active.
- #2 Cartwright School District will encourage and offer resources/support for schools to create a total school environment that is conducive to being healthy and physically active outside of the normal school day.

### **Nutrition Education Guidelines**

- #1 The Cartwright School District schools will engage students, parents, teachers, food service professionals, health professionals, and other interested community members to support healthy eating by all students of all ages.
- #2 The Cartwright School District schools will encourage and provide resources for nutrition education for all students K-8.

#### **Guidelines:**

- Schools will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- Nutrition Education will be offered that can be used as part of not only health education classes, but also classroom instruction in subjects such as Math, Science, Language Arts, Social Studies and elective subjects.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- School will promote enjoyable, developmentally and culturally appropriate participatory activities.
- Schools will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.
- School cafeterias will comply with current USDA Dietary Guidelines for Americans and Arizona Department of Education Special Dietary Needs Manual.