



## **PPEP TEC HIGH SCHOOL WELLNESS POLICY**

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### **Preamble**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke and diabetes are responsible for two-thirds of deaths in the United State, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Choose MyPlate for Healthy Eating guidelines.

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Portable Practical Education Preparation School District policy is committed to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measurable goals and outcomes are identified within each section below

## **I. Wellness Policy Goals**

***Goal for Nutrition Promotion:*** Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

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

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

***Goal for Nutrition Education:*** The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

**Goal for Physical Activity:** For students to receive the nationally recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education classes. Towards that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- all students will be provided equal opportunity to participate in physical activity before, during and after school.
- where possible opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Goal for Other School-Based Activities that Promote Student Wellness:** The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in current curricula, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC\*.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate

## **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.

- a. All children enrolled in our District can eat for free and there is no application required.
- b. All schools in the district will participate in the National School Lunch Program.
  - I. *School Breakfast*
  - II. *National School Lunch*
  - III. *Afterschool Snack*
- c. All meals will, at a minimum, meet the New Meal Pattern requirements.
- d. Free, potable water will be available to all students during meal periods.

### ***Competitive Foods and Beverages***

- e. 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:
  - I. *Alice S. Paul*
  - II. *Celestino Fernandez*
  - III. *Cesar Chavez*
  - IV. *Colin L. Powell*
  - V. *Jose Yopez*
  - VI. *Raul H. Castro*
- f. **Homemade Lunch.** To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are brought by the student to school premises will meet or exceed USDA Smart Snacks nutrition standards <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.
  - I. The District will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.
  - II. **FAST FOOD NOT ALLOWED.**

### ***Celebrations and Rewards***

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

- g. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
- h. Classroom snacks brought by parents; The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards that are allowable.
- i. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*. The District will make available to parents and teachers a list of healthy fundraising ideas [*examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)*].

- j. Allowable exempt fundraising events; Should be single events of duration not exceeding five consecutive days and no more than 2 times per scholar year, with the previous approval of the designated representative of the school to submit the waiver in this case the NSLP District Coordinator.
- k. Request for exempt fundraising events must be submitted at least 3 weeks prior the event.

### ***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.

- l. Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

### **III. School Wellness Committee**

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

The District will convene a representative district wellness committee that meets semiannually 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. The District Wellness Committee membership will represent and include (to the extent possible), but not be limited to: parents and legal tutors; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school administrators (e.g., superintendent, principal, vice principal), school board members; and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.
- b. The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of District Wellness Committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content, implementation, and updates to the wellness policy, as well as how to get involved and support the policy.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### **Leadership**

The Superintendent, the NSLP District Coordinator and the Student Service Coordinator will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The designated officials for oversight are The Superintendent or The Director of Business Operations at 1840 E Benson Hwy, Tucson, AZ 85714. (520) 294-6997.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):

<b>Name</b>	<b>Title / Relationship to the School or District</b>	<b>Email address</b>	<b>Role on Committee</b>
Wayne Tucker or Designee	Superintendent	<a href="mailto:wtucker@ppep.org">wtucker@ppep.org</a>	Oversee
Eva Ybarra or Designee	Director of Business Operations	<a href="mailto:eybarra@ppep.org">eybarra@ppep.org</a>	Oversee
Anabel Robles	NSLP District Coordinator	<a href="mailto:arobles@ppep.org">arobles@ppep.org</a>	Facilitator
Jeffrey Mace	Student Service Coordinator	<a href="mailto:jmace@ppep.org">jmace@ppep.org</a>	Facilitator
Angelica Sanchez or Designee	Lead Teacher @ Cesar Chavez LC	<a href="mailto:asanchez@ppep.org">asanchez@ppep.org</a>	Member
Gloria Rodriguez or Designee	Lead Teacher @ Jose Yopez LC	<a href="mailto:grodriguez@ppep.org">grodriguez@ppep.org</a>	Member
Keith Greer or Designee	Lead Teacher @ Alice S. Paul LC	<a href="mailto:kgreer@ppep.org">kgreer@ppep.org</a>	Member
Steve Purkiss or Designee	Lead Teacher @ Celestino Fernandez	<a href="mailto:spurkiss@ppep.org">spurkiss@ppep.org</a>	Member
Anthony Reed or Designee	Lead Teacher @ Colin L. Powell LC	<a href="mailto:areed@ppep.org">areed@ppep.org</a>	Member
Will Fisher or Designee	Lead Teacher @ Raul H. Castro	<a href="mailto:wfisher@ppep.org">wfisher@ppep.org</a>	Member

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

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

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

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at:

<http://www.ppeptechs.org/wp-content/uploads/2015/08/PPEPTEC-WELLNESS-POLICY.pdf>

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

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- a. A description of the progress made in attaining the goals of the District's wellness policy.
- b. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- c. The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and

The Superintendent, the NSLP District Coordinator and The Student Service Coordinator will be responsible for managing the triennial assessment and contact information is:

1840 E Benson Hwy.  
Tucson, AZ 85714  
(520) 294-6997

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The School will actively notify households/families of the availability of the triennial progress report

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

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

- d. The District will update or modify the wellness policy: 1 time per year/end of school year

### ***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.

- e. The District will make the wellness policy available to the public: By request via email/ letter/ enrollment packet.
- f. The annual progress reports and updates can be found at:  
<http://www.ppeptechs.org/enrollment-packet-student-handbook>
- g. The District will make the Triennial Assessment available at:  
<http://www.ppeptechs.org/enrollment-packet-student-handbook>

### ***Glossary:***

**DWC** - District Wellness Policy.

**SWC** - School Wellness Policy.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years

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