



Wellness Committee Progress Report

Dr. Steve Chestnut – Exec. Director of Support Services

Patty Bilbrey – Director of Nutrition Services



Wellness Policy Requirement

- Established by federal legislation in 2004, 2010 and 2016.
- Required of school districts participating in National School Lunch or Breakfast Programs.



SUSD Governing Board Policy JL – Student Wellness

- Adopted 5/13/14
- “A District Wellness Committee . . . is responsible for establishing and measuring the implementation of the District’s Wellness Policy.”
- “The . . . Superintendent’s designee(s) will continue to develop administrative regulations to implement this policy . . .”
- “An annual report shall be made to the Board . . .”



Regulation JL – Physical Activity

- Students will be given opportunities for physical activity during the school day through daily recess periods, physical education classes, walking programs, and the integration of physical activity into the academic curriculum
- K-5 schools have implemented the new recess law (SB 1083) requiring at least two recess periods during the school day



Regulation JL – Food Sold for Fund-raising Activities

- The District will encourage non-food items to be sold as part of school-sponsored fund-raising activities.
- No foods of minimal nutritional value will be sold on the school campus during the school day.
- Concession stands run by booster and other parent organizations during non-school hours are encouraged to offer healthy alternatives within their food and beverage selections.



Regulation JL – Healthy Classroom Parties and Celebrations

- The District recognizes that classroom parties and celebrations are a tradition at school
- School staff and parents are encouraged to provide healthy food offerings at school parties and events to support a healthy environment throughout the District



Regulation JL – Food Used as a Reward or Punishment

- Teachers and other school and community personnel will not use food as a reward or punishment for students.
- School staff will be provided with suggestions for alternatives to using food as a reward.
- Policy JL and this regulation does not exclude classroom celebrations for achieving a goal but staff is encouraged to utilize District Nutritional Services as provider for such celebrations.



Regulation JL – Physical Activity Used as Punishment

- During the normal school day, students may be restricted from non-instructional physical activity as related to academic remediation or behavior management strategies.
- Coaches of extracurricular sports teams will use discretion in dispensing physical activity penalties



Committee Members

Steve Chestnut and Patty Bilbrey - Facilitators

Natasha Anderson – Desert Mountain High School Teacher

Chris Asmussen – Mohave Middle School Principal

Anya Barry – Chaparral High School Parent

Maria Baumann – Desert Canyon Elementary Parent

Tammy Clow-Kennedy – Tonalea K-8 Counselor/Teacher

Neha Dubey – Chaparral High School Student

Jennifer Flory – Pueblo Elementary Parent

Maria Fossler – Cochise Elementary Teacher

Karen Gifford – Pueblo Elementary Parent

Margaret Lehn – Saguaro Parent

Susan Leonard – Ingleside Middle School Teacher

Shea Najafi – Pueblo Elementary Parent

Elizabeth Schnall – U of A Health Educator

Leslie Sharp – Mohave Elementary Nurse

Renee Tosto – Anasazi Elementary Nurse



Topics Reviewed

- ADE Webinar
- ADE, USDA and CDC Documents
- Governing Board Policy and Regulation JL
- Wellness Policy Activity and Assessment Tool
- Student Resolution Concerning Safety and Mental Health
- Pueblo Nutrition Initiative
- Healthy Schools Network/School Health Index
- ADE Model Wellness Policy
- Alliance for a Healthier Generation Model Wellness Policy
- Wellsat Assessment



Wellness Policy/Wellness Guidelines Document

1. Goals: nutrition promotion, nutrition education, physical activity/physical education, other school based activities
2. Policies: school meal standards, competitive foods and beverages, foods served on campus, fundraising, marketing of foods and beverages
3. Descriptions: public involvement, public notifications, leadership, evaluation plan



The SUSD Wellness Committee is using guidance from the Alliance for a Healthier Generation and adapting it for use in SUSD

ALLIANCE FOR A
**HEALTHIER
GENERATION**



**SCOTTSDALE UNIFIED
SCHOOL DISTRICT**



The SUSD Wellness Committee is using the Whole School, Whole Community, Whole Child model from the Center for Disease Control and adapting it for use in SUSD





Next Steps

1. Wellness Committee resumes meeting schedule (August – September)
2. Stakeholder review of draft Wellness Guidelines (August – September)
3. Wellness Committee reviews stakeholder input (October)
4. Cabinet develops plan for publicizing final Wellness Guidelines (October)
5. Wellness Committee finalizes Wellness Guidelines (October)
6. Publicity plan implemented (November – December)
7. Updated Wellness Guidelines implemented (January)



Questions?