

Tucson International Academy

Academia Internacional de Tucson

图森国际学校

WELLNESS POLICY

Setting Nutrition Education Goals

The Tucson International Academy (TIA) 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.

TIA supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. TIA 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.

TIA supports a work environment where employees are encouraged to embrace healthy lifestyle choices, educational resources are provided, and information about wellness activities is available so that employees can serve as good role models for students. TIA provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

Setting Physical Activity Goals

TIA provides physical education and physical activity opportunities for students:

- Physical education is the environment in which students learn, practice, and are assessed on motor skills, movement skills, health-related fitness, social skills in the physical activity environment and the knowledge of these skills and the components of a physically active lifestyle.
- Physical activity involves bodily movement that results in an expenditure of energy of at least a moderate intensity level and for a duration sufficient to provide a significant health benefit. Physical education and physical activity must be scheduled within the school plan.
- A quality physical education program will provide a portion of the essential physical activity and is a vital component for all students pre-Kindergarten through 12th grade.
- Physical activity must be included in a school's daily educational program for grades pre-Kindergarten through 11th grade. Physical activity can also include recess that encourages activity, recreational activities, intramurals, integrated curricular activities, physical activity clubs and interscholastic athletics which will allow students to accumulate at least 60 minutes of activity on all days of the school week. Specific individual student adaptations will be addressed through 504 Plans or Individual Education Plans.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

The entire school environment, not just the classroom, shall be aligned with goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of a dependence on revenue from high fat, high added sugar, low nutrient foods, and food and beverage sales in addition to meals to support school programs.

TIA supports and promotes proper dietary habits contributing to reducing childhood obesity and contributing to students' health status and academic performance. All foods and beverages available to students on school grounds during the instructional day, except public events, should meet the TIA regulations and guidance for Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure safe, nutritious foods, consideration of available foods and beverages should be based on national health initiatives, nutrient contribution, variety, appeal, safety, and packaging. Guidelines for reimbursable school meals will not be less restrictive than the regulations and guidance issued by the USDA.

Setting Goals in the School Meals Program

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, all school staff is encouraged to model healthy eating behavior as a valuable part of daily life. School leaders shall plan for healthy eating:

- A food service program that employs well-prepared staff who efficiently serve appealing choices of nutritious foods;
- An overall school environment that encourages students to make healthy food choices;
- Opportunities and encouragement for staff to model healthy eating habits.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

The nutrition education program shall focus on students' eating behaviors based on theories and methods proven effective by published research, and be consistent with the state's/district's health education standards/guidelines/framework. Nutrition education shall be designed to help students learn:

- Nutritional knowledge;
- Nutrition-related skills;
- How to assess one's personal eating habits, set goals for improvement and achieve those goals.

Physical Education will be taught daily for all students K-12, encouraging a lifestyle of exercise and active fun.

Setting Goals for Measurement and Evaluation

Tucson International Academy is committed to improve academic performance. Educators, administrators, parents, health practitioners and communities must consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and

where students have an opportunity for physical activity, a public awareness campaign that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn should be conducted.

Establish and maintain a TIA Wellness Committee with the purposes of:

- developing guidance to explicate this policy
- monitoring the implementation of this policy
- evaluating and reporting policy progress
- serving as a resource to school sites, (e.g. providing lists of healthy snacks for incentives, celebrations and physical activity initiatives, etc.), and
- recommending revisions to policy as necessary.

The Committee is appointed by the Superintendent and meets a minimum of annually with Committee membership including, but not limited to:

- TIA Food Service Director/Manager, Co-Chair
- TIA Health Clerk
- Committee members shall also include:
 - Physical Education Coach
 - Classroom Teacher
 - Parent Representative
 - Student Representative
 - Governing Board Member
 - Administrative Representative
 - School Food Authority
 - Public

Responsibilities of the TIA Wellness Committee may include, but not be limited to, oversight of the following:

- Implementation of TIA nutrition and physical activity standards.
- Integration of nutrition and physical activity in the overall curriculum.
- Assurance that staff professional development includes nutrition and physical activity issues.
- Assurance that students receive nutrition education and engage in moderate/vigorous physical activity.
- Development and/or revision of the Local Wellness Policy
- Promotion of healthful choices among all school venues that involve the availability and/or sale of food and beverages.

On each school campus, schools shall establish a plan for implementation including principal designation of one or more individuals to ensure implementation and compliance with standards of the TIA Wellness Policy. The principal of each school will report on the school's compliance to the Co-Chairpersons of the TIA Wellness Committee. The Director of Food Services will ensure compliance with the nutrition-related components of the policy within the school food service areas and will report to the TIA Wellness Committee on this matter.

Adopted: August 28, 2002

Revision: August 10, 2011

Review: August of 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011