



T'iis Nazbas Community School
 Bureau of Indian Education
 P.O. Box 2001 Hwy 160 BIA Rd. N. 5114
 Teec Nos Pos, AZ 86514

Telephone: 928-656-3252 Fax: 928-656-3486
<https://sites.google.com/view/tncs-bie>

T'iis Nazbas Community School Wellness Policy SY 2025-2026

Wellness Policy Goals:

Goal for Nutrition Promotion: It is the goal of T'iis Nazbas Community School to promote student health and reduce childhood obesity. Foods sold and provided at no cost during the school day will comply with nutrition standards and Smart Snacks in School Standards. Reimbursable meals as defined by the United States Department of Agriculture will be sold and promoted in the cafeteria with an emphasis on fruit and vegetable consumption. Local foods and farm-to-school practices will be encouraged. Foods provided should align to nutrition education provided.

Goal for Nutrition Education: Age and culturally appropriate nutrition education will be provided across grade levels with emphasis on promoting positive behavior change when consuming meals and snacks. Hands-on experiences and experiential learning will be provided as often as possible. Possible topics include, but are not limited to, healthy food and beverage choices, agriculture, nutrition labels, specific nutrients, etc.

Goal for Physical Activity: Every student will be provided the opportunity to be physically active and develop skills for an active lifestyle. Physical activity will be encouraged across the curriculum as appropriate. Safe physical activity before, during, and after school is taught and encouraged. Safe routes to school will be supported.

Goal for other School-Based Activities that Promote Student Wellness:

School leadership will strive to create an environment promoting healthy choices related to physical activity and nutrition. Examples of these are:

- Biking Activities for students in KG to 8th grade. This begins with lessons on bike safety instruction.
- Athletic program that includes: Volleyball, Flag Football, Cross Country, Basketball, and Softball throughout the school year.
- SPARKS Program



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- BMI Monitoring at the beginning and the end of the school year. Invite Four Corners Regional Health Clinic for assistance.
- Recess Run/Walk activities for all students from Kinderarten to 8th grade. This also includes staff participation.
- Residential Program – Traditional focus on early morning running/walking, after dinner nature walks, hikes to the Waterfall at T'iiis Nazbas with 1st to 8th grade student population, and establishing a community garden.
- Positive health promotions for stakeholders, students and staff members.
- Run-Walk events throughout the school year – Red Ribbon, Walking for a Healthier Navajo Nation, and the Kids Shiprock Marathon, Daily/Monthly steps recording.
- Student Field Trips, Hiking at the National Monuments within the Four Corners area.
- Office of Dine' Youth – Visitations with the residential program to incorporate health, fitness, and healthy eating habits, including Navajo traditional foods.
- Utah Navajo Health Services (UNHS) -

Nutrition Standards

School Meals: The school meal program aims 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 within 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:

Competitive Foods and Beverages

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



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1. School cafeteria point of sale

Additional criteria the district has established for competitive foods:

1. All competitive foods sold must be approved by the District Nutrition Coordinator.

Celebrations and Rewards

Arizona Law (ARS 15-242) States that all food and beverages served to students in grades Kindergarten to 8th must meet the USDA's Smart Snack in School Guidelines.

Goods not meeting Smart Snack Standards may be provided but not sold to students during the school day in the event of a class celebration or student reward. These events should occur infrequently.

Fundraising

Fundraisers ideally should not be food sales. If a student organization would like to sell food as a fundraiser, foods sold should be Smart Snack compliant. If a student organization would like to sell foods that are not Smart Snack Compliant, a nutrition label should be available for said food item and a waiver should be signed by the nutrition coordinator.

School Wellness Committee

Committee Role and Membership

T'iis Nazbas Community School will convene a representative district Wellness Committee that meets to establish goals for and over see school health and safety policies and programs, including development, implementation and periodic review and update of this district level wellness policy.

T'iis Nazbas Community School Wellness Committee will meet at least once every academic quarter.

The Wellness Committee may be comprised of the following individuals: School lead cook, teachers, and administrator, parents/legal guardians of students, wellness teacher, counselor and support staff.



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Administrators, teachers, school nutrition staff, and school health professionals will be notified of their permission to join the Wellness Committee via district email. Parents/legal guardians will be notified and sent an invitation.

Leadership

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

The designated official for oversight of implementation at T'iis Nazbas Community School is the school principal and lead cook.

The designated official for convening the Wellness Committee is the T'iis Nazbas Community School Principal.

The person designated for informing the public about the wellness policy is the T'iis Nazbas Community School Clerk OA/Principal.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of the Wellness Policy

The lead cook with the help of the Wellness Committee will communicate all necessary policies with the school staff, students, parents and stakeholders.

The lead cook will make nutrition education opportunities known to all T'iis Nazbas Community School staff and assist in utilization of resources and opportunities.

Triennial Progress Assessment

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



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- T'iis Nazbas Community School will assess compliance and progress of their local Wellness Policy at least once every 3 years.
- T'iis Nazbas Community School will measure goals against the appropriate actions at school levels.
- The person responsible for this assessment is: the nutrition coordinator.

T'iis Nazbas Community School will review foods sold and provide to students, opportunity for physical activity at each school site, nutrition promotion and education provided at each school site.

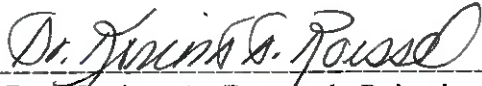
T'iis Nazbas Community School will assess and compare their Wellness Policy to other local and national districts. In review of the collected data the school will be able to make revisions according to what is working.

Revisions and Updating the Policy

T'iis Nazbas Community School will update or modify the Wellness Policy as appropriate to comply with current standards and research. This will be conducted as needed.

Notification of Wellness Policy, Policy updates and Triennial Assessment


T'iis Nazbas Community School 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.



Dr. Karina A. Roessel, Principal

7/14/2025

Date



Mrs. Janice Filfred, School Board President
TNCS SY 2025-2026

7/14/25

Date