

NUTRITION AND PHYSICAL FITNESS *(Local Wellness Policy Procedures)*

The importance of proper nutrition and physical activity and its relationship to lifelong health and academic success will be demonstrated and taught to students through food served in the school setting as well as through approved curriculums and appropriate classroom instruction. Nutrition standards for food and beverages sold in schools will be observed by all schools. The district will encourage healthy food choices in all school operations.

Nutrition and Physical Fitness Procedures will be consistent with district educational and budgetary goals and are designed to optimize students' ability to make health-promoting choices and fulfill the requirements of The Healthy, Hunger-Free Kids Act of 2010.

NUTRITION

Child Nutrition Services

In order to support the school's food and nutrition services operation as an essential partner in the educational mission of the district and its role in the district's comprehensive nutrition program, the superintendent or designee is responsible for:

- a. Encouraging all students to participate in the district sponsored meal programs;
- b. Providing varied and nutritious food choices consistent with the Dietary Guidelines for Americans;
- c. Providing students and staff access to safe, fresh drinking water throughout the school day;
- d. Providing adequate time and space to eat meals in a positive safe environment. Schools will ensure that:
 - Any student may eat in the school cafeteria or other designated place;
 - Appropriate supervision is provided;
 - Rules for safe and age-appropriate behavior are consistently enforced;
 - Seating is not overcrowded;
 - Adequate time should be promoted for eating breakfast and lunch (i.e. 10 minutes for breakfast and 20 minutes for lunch);

Nutritional Standards for Food and Beverages/Federal Competitive Food Rule

All foods served in school from midnight through thirty minutes after school dismissal will conform to The Healthy Hunger-Free Kids Act of 2010 and the Competitive Food Rule of 2013.

School Meals and Ala Carte Program

All district Child Nutrition Programs including the National School Lunch Program, the School Breakfast Program, the After School Snack Program, and the Summer Food Service Program will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; including but not limited to the USDA's Healthy Hunger Free Kids Act of 2010. Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menu development and planning will be supervised by the Director of Child Nutrition Services.

Free and Reduced-Price Meals

The district will provide free and reduced-price meals and snacks to students according to the terms of USDA Meal Program regulations and the laws and rules of the state. The district will inform parents of the eligibility standards for free or reduced-price meals. Schools will make every effort to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to their household application for free or reduced-price meals to the superintendent or designee.

USDA Foods Program

Food and Nutrition Services will utilize USDA Foods Entitlement made available under the USDA Foods Program and incorporate these agricultural commodities into school menus.

Qualifications for Food and Nutrition Staff

Qualified Nutrition Staff will administer the school meals programs. Child Nutrition Services will ensure that personnel meet the “Professional Standards” requirements for USDA sponsored school meals programs. Appropriate training will be provided for all Child Nutrition personnel including continuing education opportunities and certification training.

Competitive Foods and Beverages

Food sales that occur during the school day will comply with the USDA Nutrition Standards “All Foods Sold in School,” also designated as “Smart Snacks in Schools” rules. Clubs and organizations must demonstrate product compliance using the Alliance for a Healthier Generation’s “Smart Snacks Calculator”. Product labels for items sold will be kept on file for audit purposes as required by the Healthy Hunger-Free Kids Act of 2010.

Nutrition Standards for Foods Sold in South Kitsap Schools

All foods sold in schools must be one of the following:

- a. “Whole grain-rich”, containing 51% whole grain flours; or
- b. a fruit, vegetable, dairy product, or protein food as the first ingredient; or
- c. a combination food containing at least 1/4 cup of fruit and/or vegetable; or
- d. contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*
- e. Accompaniments contribute significant amounts of calories, fat, sugar, and sodium. Therefore, accompaniments (such as cream cheese with a bagel) must be included in the nutrient profile of the food item being sold.

Foods must also meet the following nutrient requirements:

	<u>Calorie Limit</u>	<u>Sodium Limit</u>
Snack Items	≤ 200 Calories	≤ 230 mg**
Entrée Items	≤ 350 Calories	≤ 480 mg
** Snacks ≤ 200 mg effective 7/1/16		

Fat Limits	
Total Fat	≤ 35% of calories
Saturated Fat	< 10% of calories
Trans Fat	Zero grams
Sugar	≤ 35% of weight from total sugars in foods

Beverages	Elementary School	Middle School	High School
Water (plain or plain carbonated)	-	-	-
Low fat Milk (unflavored)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Fat Free Milk (flavored or unflavored)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% fruit/vegetable juice	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% fruit/vegetable juice diluted with water (with or without carbonation, no added sweeteners)	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Other flavored and/or carbonated beverages (containing ≤ 5 kcal / 8 oz or ≤ 10 kcal / 20 oz)	N/A	N/A	N/A
Other flavored and/or carbonated beverages (containing ≤ 40 kcal / 8 oz or ≤ 60 kcal / 20 oz)	N/A	N/A	N/A

*After July 1, 2016, foods may not qualify using the 10% DV criteria

**On July 1, 2016, snack items must contain < 200 mg sodium per item

School-Based Enterprises (ASB, PTA, DECA and Vending Machine Food Sales)

School-based marketing will be consistent with nutrition education and health promotion. Schools and Associated Student Bodies (ASB) will increase availability of nutritious foods and beverages available through vending machines, DECA stores, and other ASB-sponsored events, to provide students with healthy choices. All foods sold to students during the school day will comply with “Smart Snacks in Schools” rules as published by USDA. Child Nutrition Services will provide training on “Smart Snacks in Schools” to ASB, PTA, DECA, and Culinary Arts Programs.

Occasional Food Sales Fundraising

The district understands that organizations such as booster clubs, Bethel Recreation, and other groups with ties to the district (referred to as partner groups) may ask to raise funds through food sales to the students and community. Occasional food sales to be consumed on site during the school day must meet “Smart Snacks Standards”, should be limited, and are at the discretion of the building administrator. Standards do not apply to fundraisers during non-school hours, on weekends and at off-campus fundraising events.

To support children’s health and school nutrition-education efforts, partner groups are strongly encouraged to seek healthy choice nonfood-related activities (i.e. Walk-a-thon, Jump-a-thon, gift wrap and clothing sales, talent shows, auctions, etc.) to raise funds, and to meet with administrators during fundraiser planning.

Partner groups operating food sales offered to students and/or the general public on district property shall follow health department regulations regarding safe food handling and storage. Partner groups operating food sales during district sponsored events or during the school day are strongly encouraged to use Child Nutrition Services whenever possible. When the school kitchen is used child nutrition personnel must be present.

Special Events

The district strongly encourages healthy choices, however on special occasions such as birthday and holiday celebrations, and at the discretion of the building administrator, students and/or parents are permitted to bring commercially prepared foods to school that do not meet “Smart Snacks Standards”.

Food Safety

Food that is sold must meet the health department’s standards in regard to storage, preparation and service. All food service equipment and facilities meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety. In accordance with The Healthy Hunger-Free Kids Act of 2010, Child Nutrition Services follows a food safety program for the preparation and service of school meals based upon Hazard Analysis and Critical Control Point (HACCP) principles, and trains staff accordingly.

Farm to School Program

Food and Nutrition Services may purchase fresh fruits and vegetables from local farms in order to serve the freshest produce and support the local economy when practical.

Student meal prices will be established by the Food and Nutrition Services Director, in accordance with USDA’s “Equity in School Meal Pricing” formulas and with the approval of the board.

The board of directors maintains a program whereby school meals may be sold to non-student patrons. Pricing for these meals is determined by adding the price of a secondary student meal to an amount that represents the sum of the federal reimbursement rate for a paid student lunch, the federal meal pattern certification reimbursement rate, and the Planned Assistance Level (PAL) for USDA Foods Entitlement.

Meal prices will be posted on the district website.

Family and Community Involvement

In order to promote family and community involvement, reinforce nutrition education in schools, the principal/designee is responsible for encouraging that:

- a. Nutrition education materials and school menus are made available to parents/guardians;
- b. Parents/guardians provide their children with healthy snacks/meals;
- c. Families attend exhibitions of student nutrition projects or health fairs;
- d. Nutrition education curriculum may homework that students can do with their families (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc);
- e. School staff use non-food alternatives as student rewards;
- f. School staff cooperate with other agencies and community groups to provide opportunities for nutrition education and student projects related to nutrition, as appropriate; and
- g. School staff consider the various cultural preferences in development of nutrition education programs and food options.

PHYSICAL FITNESS

It is the district's position that all students have equal and equitable opportunities for physical activity and fitness education in our schools. The superintendent or designee is encouraged to review and consider implementing physical activity and fitness education program improvements. The goals of the district are:

1. All children, from pre-kindergarten through grade 12, will be offered quality, standards-based physical activity/fitness education program;
2. All schools should have certificated physical education teachers providing instruction; and
3. All schools should have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

Schools shall require that students in grades one through eight to engage in physical education averaging 100 instructional minutes per week and all high school students shall complete 1.5 physical education (fitness) credit(s) and .5 health credit.

Additional opportunities will be promoted and made available for all youth in our communities to participate in quality physical activity, fitness, sports, and recreation programs. This will be accomplished by providing access to school sites to community youth sports groups, and by forming partnerships with youth organizations and community colleges. This will be consistent with the district's facilities use policy.

Schools are encouraged to identify safe and active routes to school and promote alternative methods for children to travel to and from school, such as walking and bicycle programs.

Family and Community Involvement

In order to promote family and community involvement and reinforce physical education in schools, the principal/designee is responsible for encouraging that:

- a. Physical education activity ideas that can be done with their families are sent home with students;
- b. parents/guardians set limits around sedentary activities (i.e. video games, TV time, and computer time as recommended by the American Academy of Pediatrics).
- c. parents/guardians promote their child's participation in the school's physical education programs and after school activities;
- d. families attend and participate in physical education activity programs and health fairs;
- e. school staff consider the various cultural preferences in development of physical education programs; and
- f. school staff cooperates with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

Waivers for Physical Education

Two health and fitness credits are required (.5 credit health education; 1.5 credits fitness/physical education). Students may be excused from the fitness requirement under RCW [28A.230.050](#). Such excused students will be required to demonstrate proficiency/competency in the knowledge portion of the fitness requirement, in accordance with written district policy.

A physical education waiver is defined as:

- Released from physical education class (not taking physical education at all);
 - Not receiving credit; and
 - Accountable for the knowledge portion of physical education, per statute.
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- A student may only waive .5 credit of physical education per semester and student must demonstrate competency/proficiency on a fitness assessment and/or Fitness Plan/Portfolio. Waiver application forms are to be completed and returned to the appropriate designee (*example, 10 days prior to the start of the semester*). Applications received after the deadline for the applicable semester will be denied.
 - Allowable reasons for requesting a physical education waiver (RCW 28A.230.050):
 - 1. Physical Disability – Attach verification from doctor or health care professional indicating that participation in a physical education class will be detrimental to student's health.
 - 2. Employment* – Attach verification from employer including dates and times of employment.
 - 3. Religious Belief – Attach a note from parent/guardian if religion does not allow for participation in physical education.
 - 4. Directed Athletics* – Participation in school district extra-curricular athletic program. Student must complete the full season in good standing.
 - 5. Military Science & Tactics*
 - 6. Other Good Cause*
 - *Exclusions that do not meet the criteria for a physical education waiver:
 - Position as a Teacher's Aide or Office Assistant
 - Use of an Open Period (e.g., late arrival, early dismissal)
 - Previous failure of a high school physical education class
 - Rationale – Meeting a high school graduation requirement has

Advisory Committee

The District shall convene a Nutrition and Physical Fitness advisory committee to assist in the evaluation and implementation of the district wide nutrition and physical fitness policy. The committee should include Child Nutrition directors and staff, parents/guardians, building level administrators, school board members, students, nutritionists, health care professionals, health and physical education staff, and the public and interested community organizations.

Program Evaluation

The superintendent and/or designee provide oversight to the implementation of the Nutrition and Physical Fitness Policy. The principal or designee at each school provides oversight and monitors activities for compliance in their school. Child Nutrition Services administrators will monitor and report as needed compliance with nutrition policies within school food services areas. In addition, they will report on the OSPI review and recommendations.

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Revised: August 21, 2007; June 11, 2014; August 17, 2016