

Nutrition and Physical Fitness

Nutritional Content and Food Service Operations

Ephrata School District seeks to follow the federal minimum guidelines for selling or serving foods or beverages during the school day. Foods that do not meet (see A) the minimum nutritional values are not sold in the cafeteria or school during mealtimes. Such foods of little or no nutritional value are included on the "No Sale During Mealtimes List" which is posted and maintained in the high school student store. However, such foods on the "No Sale During Mealtimes List" may be sold before and after school whether by the school store or by vending machine (if available).

Foods and beverages that meet the minimal nutritional values (see B), as defined by the Food and Nutrition Service of U.S. Department of Agriculture, may be sold or served during the school day and before and after school.

- A. Foods that DO NOT MEET minimum nutritional values and will not be served during school day hours include, but are not limited to: carbonated beverages, juice (unless made with real fruit juice), candy, candy-coated popcorn/fruits/nuts, cookies, cake, cupcakes, pie, donuts, etc.
- B. Foods that DO MEET minimum nutritional values and may be served during school day hours include, but are not limited to: fruit, vegetables, milk, water, real fruit juice, meat, cheese, pretzels, popcorn, trail mix, granola bars, yogurt, foods with grains, etc. Furthermore, foods should be low in saturated and trans fat, cholesterol, sugar and salt.
- C. Apple or other fresh fruit machines are acceptable at all times.
- D. Food that is sold must meet the health department's standards in regard to storage, preparation and serving.
- E. Students and staff will have access to free, potable drinking water wherever meals are served and throughout the school day.
- F. School staff should encourage non-food alternatives as student rewards and incentives.
- G. Celebrations/parties including food must meet the minimal nutritional values. Celebrations related to cultural lessons and state standards are excluded from meeting the minimal nutritional values.

School Cafeterias

- A. Any student may eat in the school cafeteria or other designated place.
- B. Meal prices will be established by the superintendent and food service supervisor, with the approval of the board at the beginning of each year.
- C. Healthy option foods should be competitively priced.
- D. Meal prices will be conspicuously posted in each cafeteria or designated meal area.

Nutrition Education

Nutrition education at all levels of the district's integrated curriculum should include, but not be limited to, the following essential components designed to help students learn:

- A. Age-appropriate nutritional knowledge, including understanding the relationship of nutrition and food nutrients to physical performance and body composition; recognizing patterns of growth and development; understanding the concept of control and prevention of disease; acquiring skills to live safely and reduce health risks; understanding how environmental factors affect health; learn the benefits of healthy eating; understand essential nutrients; learn about nutritional deficiencies; understand the principles of healthy weight management; understand the use and misuse of dietary supplements; learn safe food preparation, handling, and storage; and appreciate cultural diversity related to food and eating;
- B. Age-appropriate nutrition-related skills, including gathering and analyzing health information; using social skills to promote health and safety; understand how emotions influence decision making; analyze health and safety information and develop a health and fitness plan and a monitoring system, to plan and prepare a healthy meal, understand and use food labels, and to critically evaluate nutrition information, misinformation, and commercial food and advertising; and
- C. How to assess one's personal eating habits, set goals for improvement, and achieve those goals.

It is the policy of Ephrata School District to review annually the compliance and progress on the health, fitness, and nutrition components of this Policy and accompanying Procedure and to inform the public of these findings. The Superintendent shall establish a Wellness Policy Collaboration Team to:

1. Review policy and procedures for compliance and,
2. Monitor progress and make recommendations for adjustments and improvements as appropriate.

Nutrition and Food Services Operation

In order to support the school's nutrition and food 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 is responsible for:

- A. Encouraging all students to participate in the school's child nutrition meal program.
- B. Providing varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans.
- C. Providing adequate time and space to eat meals in a pleasant and safe environment. Schools shall ensure:
 - 1) Seating is not overcrowded;
 - 2) Rules for safe behavior are consistently enforced;
 - 3) Appropriate supervision is provided.

Staff Development

Ongoing in-service and professional development training opportunities for staff in the area of food nutrition will be encouraged.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal is responsible for ensuring:

- A. Nutrition education materials and meal menus are made available to parents by posting on website;
- B. Parents are encouraged to promote their child's participation in the school meals program. If their children do not participate in the school meals program, parents should provide their children with healthy snacks/meals;
- C. Families are invited to attend exhibitions of student nutrition projects or health fairs;
- D. Nutrition education curriculum may include 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 are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
- F. School staff consider the various cultural preferences in development of nutrition education programs and food options.
- G. Grades K-6 Student Nutrition Instruction Cooperative with Grant County Extension Service
Ephrata School District engages in a cooperative relationship with the Grant County Extension Service to provide annual Grades K-6 nutrition education through the Supplemental Nutrition Assistance Program. The no cost program is intended to educate students about fruits, vegetables, and healthy foods to encourage healthy choices in their diets.
- H. Farm to School Connection
Ephrata School District engages in a cooperative relationship with local farms utilizing the Farm to School program. Farm to School is the practice of sourcing local food for schools or early learning providers and supplying agriculture, health and nutrition education opportunities (school gardens, field trips, cooking lessons, etc.). Farm to School improves the health of children and communities while supporting local and regional farmers.

Physical Education

Health and 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 is encouraged to review and consider implementing physical activity and fitness education program improvements. The goals of the district are:

- A. All children, from kindergarten through grade 12, will participate in a daily, quality, standards-based physical activity/fitness education program;
- B. All schools will have certificated physical education teachers providing instruction; and

- C. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

Schools shall require students in grades one through eight to engage in physical education averaging 100 instructional minutes per week and all high school students shall complete two credit(s) of health and fitness. Ephrata School District requires and continuously encourages all students to participate in daily physical activity.

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the district's facilities use policy, community college and municipal joint use agreements and partnerships with youth organizations so additional opportunities are available for all youth in our communities to participate in quality physical activity, fitness, sports and recreation programs.

Schools should 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. Safe Walking Routes for the building of attendance are given to those students annually.

Schools shall prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school principal is responsible for ensuring:

- A. Physical education activity ideas are sent home with students;
- B. Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities;
- C. Families are invited to attend and participate in physical education activity programs and health fairs;
- D. Physical education curriculum includes homework that students can do with their families;
- E. School staff consider the various cultural preferences in development of physical education programs; and
- F. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

Program Evaluation

- A. Nutrition

In order to evaluate the effectiveness of the school nutrition program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, it is the policy of Ephrata School District to review annually the compliance and progress on the health, fitness, and nutrition components of this Policy and accompanying Procedure through the "Wellness Policy Collaboration Team" and to inform the public of these findings. Information may be gathered and summarized through appropriate surveys, review of policy/procedures, and discussion. The Superintendent shall establish a Wellness Policy Collaboration Team to review compliance and progress and make recommendations for adjustments and improvements as appropriate.

- B. Physical Education

District physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with other district academic and health-related programs using tools like the Physical Best Program, Healthy Kids Survey, CDC School Health Index or an OSPI approved assessment. Results of these surveys and assessments will be reported to the board, school sites, and made available to parents and community on an annual basis.