

## **Nutrition and Physical Fitness**

### **Nutritional Content and Food Service Operations**

The following guidelines shall be in effect:

- A. Only food or beverages that meet the minimal nutritional values, as defined by the Food and Nutrition Service of the U.S. Department of Agriculture may be sold or served in the school until 30 minutes after the last lunch period. Such a provision specifically precludes the sale of carbonated beverages, water-ices unless made with fruit juice, licorice, marshmallow candies, chewing gum, candies, fondant, spun candy and candy-coated popcorn.

***Additionally any food or beverages identified by the school wellness team and adopted by the school board, as having limited/compromising nutritional value, or having extremely high sugar, fat, saturated fat, trans fat, cholesterol, or sodium content will not be sold or served.. Including, but not limited to: Strawberry Milk.***

- B. Foods that meet the minimum nutrition values include, but are not limited to, corn chips, beef jerky, popcorn, fruit, cheese & crackers, 100% fruit juices ***with significant nutritional value (vitamins, minerals,)*** peanuts, sunflower seeds, granola bars, low fat yogurt, pretzels, trail mix, ***1%*** low fat and nonfat milk.
- C. Foods sold or served in school should assist students to comply with the dietary guidelines for Americans, by providing a variety of grains, fruits, vegetables, foods low in saturated fat, trans fat, cholesterol, sugars and salt.
- D. Apples or other fresh fruits are acceptable at ***designated times***.
- E. Food that is sold must meet the health department's standards in regard to storage, preparation and serving.
- F. Students and staff will have access to safe, fresh drinking water throughout the school day. Fluoridated or bottled water should be made available for purchase by staff and students. ***Students will be encouraged to use a water bottle in the classroom and in Physical Education classes.***
- G. School staff should encourage non-food alternatives as student rewards, ***and model healthy lifestyles in the classroom.***
- H. ***School staff will encourage parents to bring healthy options for parties and special events and designate times that do not compete with the school lunch program. (Not before lunch is served.)***
- I. ***School staff will encourage parents who choose to send lunch with their students to school to provide them with a healthy lunch similar to the schools own standards.***
- J. ***Carbonated beverages and cola's of minimal nutritional value will not be acceptable in the cafeteria.***
- K. ***Students choosing to participate in the school lunch program will be excluded from bringing additional food items from home (excluding fruit and vegetables) to supplement the school lunch without permission from the school food service authority.***

### **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.

***The district shall have a classroom-based assessment or other strategies in place for health and fitness by the end of the 2004-2005 school year.***

### **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; and
  4. For recess held in conjunction with the lunch period, recess should be scheduled prior to the lunch period for elementary students ***as scheduling allows.***

### **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. ***The food service authority will explore options to provide nutritional content information with meal menus.***

- B. Parents are encouraged to promote their child's participation in the school meals program. If their children do not participate in the school meal 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 includes 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. *School staff shall hold parent lunches periodically during the school year.*
- H. *School staff shall provide a "birthday lunch" the last school day of each month to recognize students holding birthdays in that month.*
- I. *Parents will be encouraged to consider healthier options when bringing or sending food for parties. Alternatives will be provided through a newsletter at the beginning of each year.*

### **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 *Pre-school through grade 7*, will participate in a *regular*, quality, standards-based physical activity/fitness education program *that aligns with national and state standards (NASPE, and state GLE draft). This program will have a scope and sequence that provides children with the opportunity to succeed in movement, and develop lifelong wellness goals.*
- B. All schools will have certificated physical education teachers providing instruction; *or provide trainings to support staff in this teaching assignment on an annual basis.*
- C. All schools will have appropriate class sizes, facilities, equipment, and supplies needed (annual appropriate budget) to deliver quality physical education consistent with national standards.
- D. *Student grading will never be based on national norms, but will include a student's individual fitness level, personal goals, and their improvement.*

Schools shall require students in grades one through *four* to engage in physical education averaging 100 instructional minutes per week. *For grades five through seven students shall receive a minimum of 120 minutes a week of physical activity, including a minimum of twenty minutes each class of which is aerobic activity in the student's target heart rate zone.*

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

*Teachers will encourage students to choose physical activity as an alternative to misbehavior.*

*Teachers will encourage students to choose physical activities (vs. classroom) during recess times.*

### **Family and Community Involvement**

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school principal *will encourage*:

- 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.
- G. *School staff will hold regular all-school walk days and invite parents/community to participate.*
- H. *School staff will hold parent child activity nights periodically throughout the year.*

### **Advisory Committee**

The District shall convene a Nutrition and Physical Activity advisory committee to assist in development of the district wide nutrition and physical fitness policy. The committee shall include food service directors and staff, parents, building level administrators, school board members, students, nutritionists, health care professionals, physical education staff, and the public and interested community organizations. *This committee will convene annually...*

### **Program Evaluation**

#### **A. Nutrition:**

In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the superintendent is responsible for evaluating and assessing whether the board policy and procedure are implemented, including a periodic assessment of the school meal program with input from students, parents and staff.

#### **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, *Health and Fitness WASL*, *Fitness Gram Software*, 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 *through the school report card*.