

## **NUTRITION AND PHYSICAL FITNESS**

### **POLICY:**

The Board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The Board supports increased emphasis on nutrition, as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the Board to:

- A. provide students access to and encourage consumption of nutrient-dense food;
- B. provide opportunities for physical activity and developmentally appropriate exercise;
- C. provide accurate information related to health, nutrition, and physical education;
- D. integrate nutrition education and nutrition promotion efforts, including other school-based activities that are designed to promote school wellness;
- E. assure that guidelines for reimbursable school meals and all competitive foods sold are not less restrictive than the regulations and guidance issued by the U.S. Department of Agriculture (USDA);
- F. involve parents, students, representatives of the school food authority, the Board of Directors, school administrators, and the public in developing the wellness policy; and
- G. plan for measuring how effectively the school wellness policy is being implemented, including designation of one or more persons at the district level or at each school with operational responsibility for ensuring that the schools are meeting the policy.

The Superintendent shall develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. To implement the program, the Superintendent shall adopt and implement a comprehensive curriculum on health, fitness, and nutrition consistent with the Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents, and public health professionals in the development of the curriculum is encouraged. Nutrition, health, and fitness topics shall be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the District's nutrition and food services operation.

- A. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events; and
- B. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

The Superintendent shall establish nutritional standards and guidelines for foods and beverages served to students during the school day.

## **NUTRITION**

### **A. Nutrition Standards**

The District shall provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs. All food sold on campus within the school day (defined as the period from the midnight before to 30 minutes after the end of the school day) should meet the minimum criteria as outlined in the USDA competitive food standards, "Smart Snacks in Schools." This includes all foods and beverages sold in school cafeterias as à la carte, in school stores, snack bars, and vending machines. Food and beverages not sold, but given away on campus, are not affected by the competitive foods rule.

### **B. Food Services Program**

The District supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for children in the District's schools. The Board authorizes the Superintendent to administer the Food Services Program, provided that any decision to enter into a contract with a private food service agency shall require the approval of the Board. Expenditures for food supplies shall not exceed the estimated revenues. Because of the potential liability of the District, the Food Services Program shall not accept donations of food other than as

provided in this policy without the expressed approval of the Board. Should the Board approve a food donation, the Superintendent shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school lunch menu.

### **C. Free and Reduced Price Food Services**

The District shall provide free and reduced price breakfasts, lunches, and milk to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the State. The District shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced-price food services to the Superintendent.

### **D. Surplus Commodities**

The District shall use food commodities made available under the Federal Food Commodity Program for school menus.

## **PHYSICAL EDUCATION/PHYSICAL ACTIVITY**

### **A. Health and Fitness Curriculum**

The Superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

#### Legal Reference:

The United States Department of Agriculture was granted authority in Public Law 108-265 (Child Nutrition and WIC Reauthorization Act 2004) to prescribe regulations regarding the creation of a Local Wellness Policy in each Local Educational Agency (LEA). Section 204 of Public Law 111-296 (Healthy, Hunger-Free Kids Act 2010) expands upon the previous Local Wellness Policy requirements.

## **NUTRITION AND PHYSICAL FITNESS**

### **PROCEDURES:**

#### **INTRODUCTION**

Poor nutrition affects children's health and their ability to learn. Schools are uniquely positioned to model and reinforce healthy eating behaviors by limiting access to high calorie, high fat, and high sugar food and beverages. This includes providing healthy choices that are consistent with nutrition education messages and maximizing participation in the school meal program.

The requirements of the procedures apply to all competitive foods, which are defined as any foods and beverages sold to all students other than what is served as part of the school meals programs. These procedures apply only during the school day, which includes the period from the midnight before to 30 minutes after the end of the official school day. The procedures apply whether the food or beverages are sold from vending machines, student stores, by parent groups, booster clubs, associated study body groups, al a carte sales in lunchrooms, by teachers, or by others. The procedures do not apply to meals and snacks brought by students for their individual consumption, classroom celebrations, or the Family Consumer Science Education program.

#### **NUTRITION**

All food and beverages sold in schools to students must meet the following Nutrition Standards:

##### **Beverage Standards**

Beverage: Water

Elementary: no size limit, Middle: no size limit, High: no size limit

Must meet one of the following:

- Plain water
- Plain water with carbonation

Beverage: Milk

Elementary: 8 oz or less, Middle: 12 oz or less, High: 12 oz or less

Must meet one of the following:

- Plain low fat milk

- Plain or flavored fat free milk
- Plain or flavored fat free milk alternatives permitted by School Food Services (i.e. Soy Milk)

Beverage: Juice

Elementary: 8 oz or less, Middle: 12 oz or less, High: 12 oz or less

Must meet one of the following:

- 100% Fruit Juice
- 100% Vegetable Juice
- 100% Fruit or Vegetable Juice diluted with water (with or without carbonation), and no added sweeteners.

Beverage: No Calorie

Elementary: not allowed, Middle: not allowed, High: 20 oz or less

Must meet one of the following:

- Calorie free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain:  
5 calories or less per 8 fluid oz; or  
10 calories or less per 20 fluid oz

Beverage: Lower Calorie

Elementary: not allowed, Middle: not allowed, High: 12 oz or less

Must meet one of the following:

- 8 oz: 40 calories or less
- 12 oz: 60 calories or less

Caffeinated Beverages:

\*Trace amounts naturally occurring are allowed.

Elementary: caffeinated beverages not allowed, Middle: caffeinated beverages not allowed, High: beverages may contain caffeine.

## **Food Standards**

All Schools must meet one of the following:

- Whole grain rich; first ingredient
- Fruit, Vegetable, Dairy product or Protein food; first ingredient
- Combination Food with at least 1/4 cup fruit or vegetable

Exempt from Standards:

- Fresh Fruits and Vegetables with no added ingredients, except water
- Canned or frozen fruits packed with water, 100% juice, extra light syrup or light syrup
- Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable

Calories

- Ala Carte: 200 calories or less
- Entrée: 350 calories or less

Sodium

- Ala Carte: 230 mg or less {Effective July 2016: 200 mg or less}
- Entree: 480 mg or less

Total Fat

- Ala Carte: 35% of calories or less
- Entree: 35% of calories or less

Exempt from Standards:

- Nuts, Seeds,
- Nut/Seed Butters
- Reduced Fat Cheese and Part-Skim Mozzarella

Saturated Fat

- Ala Carte: Less than 10% of calories
- Entree: Less than 10% of calories

Exempt from Standards:

- Nuts, Seeds,
- Nut/Seed Butters
- Reduced Fat Cheese and Part-Skim Mozzarella

Trans Fat

- Ala Carte: 0 gram
- Entrée: 0 gram

Sugar

- Ala Carte: < 35 % calories or < 35 % calories by weight
- Entrée: < 35 % calories or < 35 % calories by weight

Exempt from Standards:

- Dried whole fruits or vegetables; and dehydrated fruits or vegetables with no added nutritive sweeteners.
- May be required for processing and/or palatability purposes (i.e. dried cranberries, blueberries, etc.)

**Operation of Vending Machines, Student Stores, and Fundraisers in All Schools**

- A. Sales of competitive foods and beverages are permitted during the time when the school breakfast and lunch programs are serving food;
- B. At all schools, the sale of all foods are permitted on school grounds during the school day, which includes the period from the midnight before to 30 minutes after the end of the official school day;
- C. Sales in all schools must meet nutrition and portion standards and shall be approved for compliance with the nutrition and portion standards by the principal or designee;
- D. Foods sold in school should assist students to comply with dietary

- guidelines by providing a variety of whole grains, fruits, vegetables, foods low in saturated fat, trans-fat, cholesterol, sugars, and salt;
- E. Foods sold must meet the Health Department's standards concerning storage, preparation, and serving;
  - F. At all schools, vending machines that contain beverage and food items that do not meet the nutritional or portion standards shall remain locked or be rendered inoperative until 30 minutes after the end of the official school day;
  - G. All beverages, except milk, shall be priced higher than the price for bottled water for the same size serving;
  - H. Apple or other fresh fruit machines are acceptable at all times; and
  - I. School stores and group fundraising activities will not involve food or will use only foods that meet the above nutrition standards for foods and beverages sold. Schools will encourage fundraising activities that promote physical activity. Students may permit the sale of food items that do not comply with nutritional and portion standards if the sale takes place off school campus and/or sales take place at least 30 minutes after the end of the school day.

### **Class Parties and/or Celebrations**

Occasional class parties and celebrations are exempt from the above guidelines; however, providing healthy options is strongly encouraged.

### **School-Sponsored Events Such as Athletic Events, Dances, or Performances**

It is suggested that foods and beverages sold at school-sponsored events outside the school day meet the nutritional standards for meals or for foods and beverages sold individually. Efforts to serve fruits and vegetables as the primary snacks and water as the primary beverage will be made during the school day or in after-school extended learning programs.

### **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 the Food & Nutrition Services Supervisor, with the approval of the Board;
- C. Healthy option foods should be competitively priced; and
- D. Meal prices will be conspicuously posted in each cafeteria or designated meal area.

### **Nutrition Promotion**

Nutrition promotion is encouraged at all schools to ensure that students receive consistent nutrition messages throughout schools, classrooms,

hallways, and cafeterias.

- A. Participatory activities such as healthy school contests, nutrition education promotions, focus groups, taste testing, farm to school programs, or experience working in school gardens are encouraged;
- B. School breakfast and lunch menus will be posted on the school district website;
- C. Nutrition, health, and wellness information will be posted on the school district website.

### **Nutrition and Health Education**

Nutrition and Health 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. High School Requirement for graduation is .5 credit of health.

- 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; learning the benefits of healthy eating; understanding essential nutrients; learning about nutritional deficiencies; understanding the principles of healthy weight management; understanding the use and misuse of dietary supplements; learning safe food preparation, handling, and storage; and appreciating 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; understanding how emotions influence decision making; analyzing health and safety information and developing a health and fitness plan, a monitoring system to plan and prepare a healthy meal; understanding and using food labels; and critically evaluating 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.

### **Nutrition and Food Services Operation**

In order to support the schools' 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:

- Encouraging all students to participate in the schools' child nutrition meal



- program;
- Providing varied and nutritious food choices consistent with the applicable federal government; and
- Providing adequate time and space to eat meals in a pleasant and safe environment.

Schools shall ensure:

- Seating is not overcrowded;
- Rules for safe behavior are consistently enforced;
- Appropriate supervision is provided; and
- It is suggested that if recess is held in conjunction with the lunch period, recess should be scheduled prior to the lunch period for elementary students.

### **Staff Development**

Ongoing in-service and professional development training opportunities for staff in the area of food and 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 principals are responsible for ensuring:

- Nutrition education materials and meal menus are made available to parents;
- Parents are encouraged to promote their children's participation in the school meals program. If their children do not participate in the school meal program, parents will be encouraged to provide their children with healthy snacks/meals;
- Families are invited to attend exhibitions of student nutrition projects or health fairs;
- 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.);
- School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
- School staff to consider the various cultural preferences in development of nutrition education programs and food options.

### **PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

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

- All children, from kindergarten through grade 12, are encouraged to participate in a daily, quality, standards-based physical activity, and physical education program;
- All schools will have certificated physical education teachers providing instruction;
- Students in grades one through eight are required to engage in physical education activity averaging 100 minutes per week and all high school students shall complete two credits of health and fitness (.5 credit health and 1.5 credits fitness. One (1) fitness credit may be waived in accordance with current district procedures.);
- Teachers are encouraged to incorporate opportunities for physical education in the classroom whenever possible;
- 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; and
- Staff members are encouraged to participate in and model regular physical activity as part of a healthy daily life.

### **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:

- Physical education activity ideas are sent home with students;
- Parents are encouraged to promote their children's participation in the school's physical education programs and after-school activities;
- Families are invited to attend and participate in physical education activity programs and health fairs;
- Physical education curriculum includes homework that students can do with their families;
- School staff consider the various cultural preferences in development of physical education programs; and
- School staff is encouraged to cooperate with other agencies and community

groups to provide opportunities for students to participate in physical activity programs.

### **ADVISORY COMMITTEE**

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

### **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 and/or designated Advisory Committee Member(s) is responsible for evaluating and assessing whether the board policy and procedures are implemented, including a periodic building assessment of the school meal program, including programs or venues that sell competitive foods during the school day. This information will be made available to the public. Continued input from students, parents, and staff is encouraged; and
  
- B. Physical Education: The 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 the community on an annual basis.

Nutrition Standards Source: Federal Regulation USDA Interim Final Rule 7CFR Parts 210 and 220.