

BISMARCK PUBLIC SCHOOL DISTRICT NO. 1 BISMARCK, NORTH DAKOTA, 58501	Descriptor Code:	Issued Date:
	JGCF-R	7/1/2006
ADMINISTRATIVE RULE: Physical Activity and Nutrition	Rescinds:	Issued:

In support of the Bismarck Public School District policy, the following administrative rules are put in place:

I. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives and;
- work toward the goal of ensuring that half of the served grain products are 100% whole grain, by September, 2007.

The school foodservice program will work to engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. The school foodservice program will share information about the nutritional content of meals with parents and students via menus, website, on cafeteria menu boards or other point-of-purchase materials.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- notify parents and students of the availability of the School Breakfast Program;
- to the extent possible, utilize methods to serve school breakfasts that encourage participation;
- encourage parents to provide a healthy breakfast for their children at home or school through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school mealsⁱ.

Summer Food Service Program. Schools in which more than 50% of students are eligible for free or reduced-price school meals may sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year.

Meal Times and Scheduling. Schools:

- will schedule meal periods at appropriate times and will normally provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes,

unless students may eat during such activities;

- are encouraged to schedule lunch periods to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified professionals will administer the school meal programs; a licensed, registered dietitian will be part of the team. Continuing professional development, including, but not limited to the Department of Public Instruction's *Pathways* courses, will be encouraged and made available to all school foodservice staff according to their levels of responsibility.

Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold outside of reimbursable school meals

(i.e., vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.)

Meals and drinks from competitive, commercial eating establishments will not be allowed in school cafeterias for consumption or sale.

Elementary Schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, water, fruit juices, non-fried vegetables, and sandwiches.

Middle and High Schools. In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards for foods and beverages:

Food Standards:

- Less than 35% total fat (excluding nuts or seeds).
- 30g or less total carbohydrate.
- Limit portion sizes of foods and beverages sold individually to:
 - 2 ounces for chips, crackers, popcorn, cereal, trail mix, dried fruit, or jerky
 - 1 ounce for nuts, seeds
 - 1 ounce for cookies
 - 2 ounces for cereal bars, granola bars, muffins, bagels, and other bakery items
 - 4 fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
 - 8 ounces for non-frozen yogurt
 - 12 fluid ounces for beverages, excluding water
 - The portion size of a la carte entrees and side dishes will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.
- Sugar not listed as first ingredient.
- Nuts and seeds are allowable; candy is not allowable.
- Fruits and vegetables shall be offered at any location where food is sold.
- Choose reduced sodium food items as available.

Beverage Standards:

- Schools may sell 100% reduced-fat milk, 100% fruit/vegetable juice, or 100% zero-calorie flavored or unflavored water at any time before, during, or after the school day.

- The sale of carbonated or sweetened beverages (including but not limited to soda pop, sports drinks, and fruit drinks that are less than 100% juice) will not be allowed.
- Beverages sold will have less than or equal to 35% of calories from fat per serving.

A la Carte BPS Food Service Department, in cooperation with the School Health Council (SHC) and individuals, will over the course of 1 year from adoption of this rule, address improvements to the a la carte foods sold in the middle schools and high schools to meet the district nutrition standards. Foods sold a la carte in the elementary schools will be limited to additional servings of milk, juice, and/or second servings of sandwiches.

Snacks Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and fruit/vegetable juice, milk or water as the primary beverages. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The SHC will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. Schools that meet eligibility requirements that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Celebrations Schools should normally limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The SHC will disseminate a list of healthy party ideas to parents and teachers.

Fundraising Foods sold for fundraising purposes shall not be sold while Food Service meals are being served. BPS supports fundraising projects that meet district nutrition standards.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day are not restricted under this policy. However, foods and beverages that make a positive contribution to children's diets and health will be encouraged.

Rewards Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,ⁱⁱ and will not withhold food or beverages (including food served through school meals) as a punishment.

II. Nutrition and Physical Activity Education, Promotion and Food Marketing

Nutrition Education and Promotion. The Bismarck Public School District aims to teach, encourage, and support healthy eating. Schools are encouraged to provide nutrition education and engage in nutrition promotion that:

- is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;

- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as media time;
- opportunities for physical activity are to be encouraged as a part of other subject lessons; and
- classroom teachers are encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. Schools are encouraged to provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).ⁱⁱⁱ School-based marketing of brands promoting predominantly low-nutrition foods and beverages^{iv} is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

III. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-6 All students in grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, should normally receive physical education (or its equivalent) for a minimum of 60 minutes/week for students in grades 1-3 and 90 minutes/week for students in grades 4-6 for the entire school year. All physical education will be taught by a certified physical education teacher.

Physical Education (P.E.) 7-12 All students in grades 7-12, including students with disabilities, special

health-care needs, and in alternative educational settings, should normally receive physical education (or its equivalent) for a minimum of 4500 minutes/year. At the middle schools, an ad hoc team will review how to work with block scheduling to enable physical education for more than one quarter of the school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess All elementary school students will have at least 20 minutes a day of supervised recess. Weather permitting, it is preferred that recess be held outdoors, and schools should encourage moderate to vigorous physical activity and provide the space and equipment to do so.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School All elementary, middle, and high schools (directly or in cooperation with another local provider) will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools should normally offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs should normally provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

IV. Staff Wellness

The Bismarck Public School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school district will establish and maintain a staff wellness committee that could include staff members, school health council members, local hospital representatives, dietitians or other health professionals, recreation program representatives, union representatives, and an employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

V. Monitoring and Policy Review

Monitoring The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee as requested. A BPS wellness committee will distribute its plan to the SHC annually.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent as requested. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The superintendent or designee will develop a summary report every three years on district-wide compliance

with the district's established nutrition and physical activity wellness policies, based on input from the SHC, BPS Wellness measurement team, and schools within the district. That report will be provided to the Board, school principals, and school health services personnel in the district. A summary of the progress and findings will be reported to the community.

Policy Review To help with the initial development of the District's wellness policies, the District's SHC will conduct a baseline assessment of the District's existing nutrition and physical activity and policies environments (School Health Index). The results of this District assessment will be used to identify and prioritize needs and to make recommendations to the Board or administration as deemed necessary.

Assessments will be repeated every three years at a minimum to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

ⁱ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

ⁱⁱ Unless this practice is allowed by a student's individual education plan (IEP).

ⁱⁱⁱ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

^{iv} Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.