

## Nutrition and Physical Fitness

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 in order to promote the well-being of students and develop an understanding of the relationship of food and physical activity to good health, it is the policy of the board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to these topics.

The superintendent will 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 will 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 professions in the development of the curriculum is encouraged.

Nutrition, health and fitness topics will 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.

The district will take a proactive effort to encourage students to make nutritious food choices. The superintendent will ensure that:

- A. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
- B. Schools will regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and
- C. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

### Nutrition

#### A. Access to Nutritious Food

Along with the responsibility to offer healthy food products to students, the District recognizes the need for schools to raise funds to support student activities and the need for cafeteria operations to break even financially. In order to meet these requirements the following policies apply to all food and beverages served or sold to students before and during school hours by vending machines, student stores, the PTSA or Booster Club and the school cafeteria. It does not apply to after-school functions or sporting events. School staff should encourage non-food alternatives as student rewards.

#### B. Cafeteria Operations

The District shall provide school breakfast and lunch programs which meet the nutritional standards required by state and federal school breakfast and lunch programs as described in the Child Nutrition Act and the Richard B. Russell National School Lunch Act. Fresh fruits and vegetables will be offered daily with seasonal produce provided by local farmers when possible.

Nutritional content information will be available for all products served on the serving

line at all secondary schools.

No more than 35% of a meal's total calories will come from fat; no more than 10% will come from saturated fat; and no more than 35% of a food's total weight will come from added sugar (does not apply to nuts, seeds, real cheese, cream cheese, fruit, vegetables, milk or 100% fruit juice.)

**C. Catering**

Catered events during the school day that involve students shall include only food meeting the cafeteria standards and will not include carbonated beverages.

**D. Classroom Celebrations**

Due to food safety issues, allergies and the rise of childhood obesity, teachers and parents are strongly encouraged to celebrate holidays and birthdays with healthy snacks or non-food items and activities.

**E. Vending Machines, Student Stores, Snack Bars**

With the exception of water vending machines, elementary schools shall not have vending machines accessible by students. In the 2005-06 school year, beverage vending machines and beverages to be sold in student stores at secondary schools must include at least 50% water, low or non-fat milk and/or juice products. Middle school vending machines or school stores that did not sell carbonated beverages in the 2004-05 school year may not add them in 2005-06.

Effective with the start of the 2006-07 school year, carbonated beverages, excluding those that contain 100% fruit juice or water, may not be sold in student stores or vending machines before school or during school hours. Beverage vending machines and student stores shall only sell 1% or non-fat milk products, water, sport drinks and/or 100% fruit juices. During the 2005-06 school year, schools shall work with students and vendors to identify alternative nutritionally acceptable beverages whose sales will support ASB fund-raising efforts.

Items sold in snack bars, student stores and vending machines will be limited to those that are nutritionally healthful. Products defined by USDA guidelines as "foods of minimal nutritional value" will not be sold. These include certain candies made predominately from sweeteners such as hard candy, breath mints, gum drops, "gummy" figures, licorice, fondant, spun candy, candy coated popcorn, marshmallow candies and water-ices unless made with real fruit juice.

Foods that do meet minimum nutrition standards include, but are not limited to, corn chips, beef jerky, popcorn, fruit, cheese and crackers, 100% fruit juices, peanuts, sunflower seeds, granola bars, low fat yogurt, pretzels, trail mix and low fat/non-fat milk products.

Individual food items shall not exceed 300 calories or portion sizes as follows: 1.5 ounce snacks and sweets; 2 ounce cookies and cereal bars; 3 ounce bakery items or frozen desserts; 8 ounce yogurt; 1 ounce nuts and seeds; 12 ounce beverages with the exception of water products or sport drinks. Vending machines and student stores meeting these criteria may be open during the regular lunch service.

Schools are encouraged to install fresh fruit vending machines and work with the ASB, DECA and Activity/Athletic Departments on healthy vending options.

In order to support student stores and parent groups such as PTSA and Booster Clubs, who may have a current inventory of items no longer meeting the required calorie or portion sizes, these groups will be allowed to sell down that inventory during the 2005-06 school year. However, no new items that do not meet the required calorie and portion standards may be ordered for sale before or during the school day.

#### **F. Nutrition Standards**

The district will provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs. Meals served in school before the end of the last lunch period will conform to the U.S. Dietary Guidelines for Americans.

The superintendent will establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches. Foods and beverages of minimal nutritional value, as defined by the U.S. Department of Agriculture, will not be sold or served on school premises until 30 minutes after the end of the last lunch period.

Any food sales of an occasional nature must have the prior approval of the principal. Vending machines will be limited to only those that dispense items which are nutritionally healthful. No food or drink items will be offered in vending machines unless they have been approved by the principal.

#### **G. Food Services Program**

The district supports the philosophy of the National School Lunch and Breakfast programs and will 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 will 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.

#### **H. Free And Reduced-Price Food Services**

The district will 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 will 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.

The district may provide free, nutritious meals to all children on test days, including students who do not qualify for free or reduced priced federal school meal benefits, however, the district is responsible for the cost of providing meals to students who are ineligible for free and reduced priced meals.

The board of directors may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from local, state and federal assistance (cash and food).

## I. Surplus Commodities

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

## Physical Education

### 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. Evaluation procedures will utilize classroom-based assessments or other strategies.

All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All high school students are required to complete two credits of health and fitness. High schools must consider offering a variety of health and fitness classes for each grade in the high school.

Suitable adapted physical education will be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district will provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The district is encouraged to provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Cross References:	Board Policy 4260	Use of School Facilities
Legal References:	RCW 28A.230.040	Physical Education – Grades 1-8
	28A.230.050	Physical Education in High Schools
	28A.235.120	Meal Programs — Establishment and Operation — Personnel — Agreements
	28A.235.130	Milk for children at school expense
	28A.623.020	Nonprofit program for elderly — Authorized — Restrictions
	69.04	Intrastate Commerce in Food, Drugs and Cosmetics
	69.06.010	Food and beverage service worker's permit — Filing, duration — Minimum training requirements
	69.06.020	Permit exclusive and valid throughout state — Fee

69.06.030                   Diseased persons — May not work —  
  Employer may not hire  
69.06.050                   Permit to be secured within fourteen  
  days from time of employment.  
69.06.070                   Limited duty permit

WAC 392-410-135           Physical Education – Grade school and  
  high school requirement.

WAC 392-410-136           Physical Education Requirement-Excuse

7 CFR, Parts 210 and 220

7 CFR, Part 245.5

Management Resources:   *Policy News*, February 2005   Nutrition and Physical Fitness Policy  
  *Policy News*, December 2004   Nutrition and Physical Fitness  
  Update