

NUTRITION AND PHYSICAL FITNESS

Policy No. 6700

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

I. PHYSICAL EDUCATION

The superintendent shall adopt and implement a comprehensive, health and fitness curriculum consistent with the state Essential Academic Learning Requirements.. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

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. The district will strive to offer a variety of health and fitness classes for each grade in the high school.

Suitable adapted physical education shall 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.

The District will encourage student involvement in co-curricular physical activity programs, will promote the use of school facilities for physical activity programs, and will promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

II. 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. Meals served in school before the end of the last lunch period shall conform to the USDA Dietary Guidelines for Americans.

The superintendent shall establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches. Vending machines shall include items which are nutritionally healthful. Foods of minimal nutritional value (FMNV) shall not be sold in the food service area during meal periods. Any food sales of an occasional nature must have the prior approval of the principal.

III. FOOD SERVICE PROGRAM

The district supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious student meals that are consistent with federal guidelines.

The food services program shall not accept donations of food other than as provided in this policy without the approval of the superintendent. The superintendent shall establish inspection and handling procedures for donated food and determine that the provision of all state and local laws have been met before selling the food as part of the school lunch menu.

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 food service director or designee.

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).

Surplus Commodities

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

IV. ASSESSMENT

The superintendent shall ensure that regular monitoring and evaluation is done on the nutrition, physical activity and student wellness programs, to determine program effectiveness and to assure that district policy is being followed.

V. ADVISORY COMMITTEE

The District shall organize an advisory committee to assist in the review and development of the district nutrition, physical fitness and student wellness policy. The committee should include district staff, administration, students, board members, parents and related health professionals and community groups

Cross References:

Board Policy 2100 Instructional Program Offerings
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 School

KAHLOTUS SCHOOL DISTRICT POLICY MANUAL
MANAGEMENT SUPPORT

SERIES 6000

- 28A.235 Surplus of Donated Food Commodities for School Hot Lunch Programs
 - 28A.235.120 Lunchrooms-Establishment and operation
 - 28A.235.130 Milk for children at school expense
 - 28A.623.020 Nonprofit meal program for elderly
 - 69.04 Food Drugs, Cosmetics, and Poisons
 - 69.06.010 Food service worker permit
 - 69.06.020 Permit exclusive and valid throughout state
 - 69.06.030 Diseased persons
 - 69.06.050 Permit to be secured
 - 69.06.070 Limited duty permit
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- WAC 180-50-135 Physical Education-Grade school and high school requirement
 - WAC 180-51-085 Physical Education Requirement-Excuse
 - 7 CFR, Parts 210 and 220
 - 7 CFR, Part 245.5

Management Resources:

- Policy News, December 2004 Nutrition and Physical Fitness Update
- Policy News, February 2005 Nutrition and Physical Fitness Update

NUTRITION AND PHYSICAL FITNESS

Procedure No. 6700P

Nutritional Content and Food Service Operations

The following guidelines will 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;
- 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, peanuts, sunflower seeds, granola bars, low fat yogurt, pretzels, trail mix, lowfat 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, and foods low in saturated fat, trans fat, cholesterol, sugars and salt;
- D. Apple or other fresh fruit machines are acceptable at all 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; and
- G. School staff should encourage non-food alternatives as student rewards.

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 approval of the board, at the beginning of each year;
- C. Healthy option foods should be competitively priced; and
- 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.

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; and
- C. Providing adequate time and space to eat meals in a pleasant and safe environment. Schools will ensure that:
 - 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.

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;
- 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.

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 will require students in grades one through eight to engage in physical education averaging 100 instructional minutes per week and all high school students will complete two credit(s) of health and fitness.

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.

Schools will 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 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, 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.