

Adoption Date: August 16, 2006 – WSD

NUTRITION AND FITNESS

I. Introduction

The purpose of this Procedure is to create a school environment which models and promotes healthy food choices and regular physical activity. To this end, the Procedure establishes guidelines that will provide students with nutritious food choices and opportunities for regular physical activity.

II. Nutritional Requirements during the School Day

As a part of establishing a healthy school environment, the following nutrition standards will apply to all food sold, served, or offered from all sources on school property prior to the start of school until the end of the regularly scheduled school day. No exceptions are allowed unless specifically noted in this Procedure.

A. Nutrition Standards

Controlling serving size, total calories, saturated fat, and sugar consumption are the key focus areas for these nutrition standards.

1. Serving sizes of ala carte food items sold or served outside of the USDA school meals program may not exceed 250 calories per portion. Note: A portion is the amount contained in a package/container.
2. Snack chips will be limited to 1.5 ounces.
3. Hard candy items (i.e., lollipops, mints, and jaw breakers), gummy items, licorice, marshmallows, popsicles, and other predominantly sweetened or artificially sweetened items are not to be sold or offered, unless noted in this Procedure.
4. Fat grams per ala carte item serving (or portion) size may not exceed 9 grams of fat, except nuts and seeds.
5. Whole fruits, whole vegetables, and whole grain products will be promoted and offered as a part of developing a healthy eating environment.

6. Sugared-sweetened drinks (i.e., soda pop, sports drinks, flavored drinks, teas and sweetened beverages) will not be sold or offered to students during the school day. The exceptions are those approved on the exemptions to competitive foods list provided by USDA.

7. Beverage serving size will be limited to 20 ounces for all beverages with the exception of waters and as those stated in the exemptions to the competitive foods list provided by USDA.

8. No beverages will be sold or offered that contain herbal or nutritive additives that are not recommended by the American Dietetic Association.

9. Allowable beverages sold, served, or offered prior to the start of school until the end of the regularly scheduled school day include:

- a. Water, no size limits.
- b. 100% juice product with no added sweeteners.
- c. Milk (1%, 2%, and skim). Flavored milks may not exceed 300 calories per container/portion.
- d. Flavored water, artificially sweetened, 20 ounces maximum serving size.
- e. Diet sodas, however, will not be offered in school cafeteria areas.

B. Nutrition Services:

1. All foods sold where USDA reimbursable meals are offered must comply with USDA school meal regulations.

2. Sweetened pastry items; i.e., cinnamon rolls, maple bars; will only be offered on a limited basis.

3. Trans-fat label information will be required by September 2007 for all menu items.

4. Fresh fruit and/or vegetables will be promoted and offered on a daily basis.

5. Potato Products: Baked french fries and/or potato tots will not be served more than 2 days each week. The portion limit for potato products will be 4 ounces at all school levels. Frying will not be done, with the exception of the once a month traditional Indian fry bread.

6. Treat and dessert items that do not comply with nutrition standards may be offered to students and staff if approved by the Principal and Food Services Department. These items may coincide with special school events.

C. Classroom:

1. Foods used in classes are an important part of the learning environment. Curriculum and activities that involve food should be handled in a safe environment and be appropriate for the students involved per Procedure 6700B. Foods produced as a part of a student learning experience will be exempt from the nutrition requirements in this Procedure, but healthy foods meeting current USDA Dietary Guidelines for Americans should be used. Food items sold or offered to students outside of the classroom must comply with both the nutrition standards in this Procedure and Procedure 6700B (Food and Beverages Sales and Sanitation Requirements).

2. Class Room Incentives/Rewards:

Food is discouraged from being used as a classroom reward or incentive. If incentives are included in a student's IEP, food may be used if all other options have been exhausted.

3. Snacks/Parties:

When food and/or beverages are offered to students in school or at classroom functions, healthy food options should be available. Classroom parties and celebrations should be held after the classroom lunch period to help ensure students eat a nutritious lunch.

III. Food Consumption in School Eating Environment

A. Cafeteria:

Creating an environment that provides students with sufficient time and a safe place to eat a healthy meal is important. Priority will be given to creating the physical space and scheduling meal periods that allows a seat for each student consuming a meal.

1. All schools should allow a minimum of 15 minutes for eating time when possible. This does not include time spent in line getting a meal.

2. It is recommended that the school Principal review the lunch schedule options and select the one that allows students to transition more effectively to the classroom and encourages better meal consumption.

3. In an attempt to prevent the spread of illnesses and exposure of students with life threatening allergies to hidden allergens, sharing food items at school should generally be discouraged.

IV. Food and Beverages Sold and/or Served in Schools

Procedure 6700B, Food and Beverage Sales and Sanitation Requirements, addresses all requirements for foods sold, served or offered on school property prior to the start of school until the end of the regular school day and should be followed by staff.

V. Physical Education

It is the District's position that all students have equal and equitable opportunities for physical activity and fitness education in our schools. The District's vision is that all children will have daily activity that creates life-long positive health habits.

- A. All schools will deliver a quality standards based articulated fitness and health curriculum for grades 1-10 that is aligned with Grade Level Expectations (GLE's).
- B. All schools will have qualified fitness and health teachers providing instruction.
- C. All schools will deliver quality physical education consistent with District and state standards.
- D. In order to balance the need for movement during the school day, elementary schools will provide breaks for students that allow for active free play.
- E. Waivers will be granted provided students complete a standards-based fitness and health plan provided by the Fitness and Health program that includes: current fitness measurements, weekly fitness activities in the target heart rate zone and classroom based assessment.
- F. Equivalency credits will only be allowed if the class can demonstrate the use of the required fitness and health standards; required individual fitness and health plans, including fitness measurements; classroom based assessments; and regular aerobic activity during which students are in their target heart rate zone for a minimum of 20 minutes per session. Students' high school physical fitness requirements may be met through equivalency credits (cross credits) upon compliance under WAC 180.51.025.
- G. Physical activity and the withholding of physical education class and/or other forms of physical activity as punishment or in lieu of completing other academic work is strongly discouraged. Occasional loss of recess and/or physical education may occur if the Principal concurs that it is academically beneficial to the student. Repeated loss over time of physical activity and/or physical education is not appropriate.
- H. Schools will encourage students to travel to and from school by walking and bicycling using safe routes and safe practices.

VI. Nutrition Education

The Director of Food Services will provide nutrition education that is coordinated with District fitness and health curriculum and staff wellness program. Nutrition education and wellness promotions will be provided to students, staff members, parents and the community.

VII. Monitoring and Evaluation

The Superintendent will appoint a Nutrition Physical Activity and Health Advisory Committee by October, 2006 to assist in implementation and ongoing monitoring of this Procedure. Key District and community stakeholders will be represented on the Advisory Committee, including District teaching staff. This Procedure will be reviewed and modified as necessary. The Committee will make an annual report to the Superintendent.

A. Nutrition

1. The Advisory Committee will review compliance with food sales and food products available in schools during the school day. Instruments will be developed to assess the effectiveness of this Procedure by June, 2007.

B. Physical Education

1. District physical activity/physical education programs will be monitored and assessed regularly in conjunction with other District academic and health-related programs using regular fitness and health academic unit assessments, fitness and health planning for middle and high school students, and Washington State Classroom Based Assessments. Results of the surveys and assessments will be reported to the board, school sites, parents and community on an annual basis.

2. The District will provide a routine review of the program strategies and methods to ensure that the latest research and best practices are being incorporated into the curriculum and overall program.

Adoption Date: August 16, 2006

School District Name: Wellpinit School District