

NUTRITION PHYSICAL FITNESS AND WELLNESS

POLICY

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 District to:

- Provide students access to nutritious food;
- Provide opportunities for physical activity; and
- Provide accurate information related to these topics.

Parents; students; administrators in the District's Nutrition Services department; school administrators and staff; and the PTSA wellness committee and their community consultants were involved in the development and review of this policy prior to adoption by the Board of Directors.

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.

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.)

Catering

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

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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.

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

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do not meet the required calorie and portion standards may be ordered for sale before or during the school day.

Opportunities for Physical Activity and Health Information

The District believes that all students in grades K-12 should have the opportunity to participate in a physical education and fitness curriculum based on the Washington State Essential Academic Learning Requirements (EALRS) and National Health Education Standards. This K-12 health education curriculum shall include nutrition, health and fitness information appropriate to the developmental level of students.

Elementary aged students shall participate in a regular activity-based physical education instructional program in addition to daily recess for supervised active play. Elementary school health education instruction shall include information on health, fitness and nutrition. Middle school students shall complete one semester of physical education instruction in 6th, 7th and 8th grades and one semester of health education in middle school which includes information about the relationship of nutrition and exercise to good health. Intramural sports are available to middle school students. High school students are required to complete two credits of physical education. In addition to basic physical education instruction, a number of physical education electives are offered. Also required is one semester of health education which includes information about nutrition and physical activity. Interscholastic sports are available to high school students.

Individual students may be excused from participating in physical education in accordance with RCW 28A.230.040-050.

Implementation of This Policy

It shall be the responsibility of each school principal to annually review the implementation of this policy to ensure that his or her school meets the requirements herein. It shall be the responsibility of the Director of Support Services to ensure that the food services operations of the District meet the requirements of this policy. It shall be the responsibility of the Assistant Superintendent for School Administration/Curriculum and Instruction to ensure that the physical education and health education curriculum of the District meets the requirements of this policy.

Reference: RCW 28A.230.040-050

Previous Revision: 20 October 1987
4 November 2003
23 August 2005