

Nutrition and Fitness

Introduction:

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

Nutritional Requirements During the School Day:

As a part of establishing a healthy school environment, the following nutrition standards will apply to all food serviced, 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.

Nutrition Standards:

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

Snack chips will be limited to 1.5 ounces.

Hard candy items (i.e., lollipops, mints, and jawbreakers), gummy items, licorice, marshmallows, popsicles, and other predominately sweetened or artificially sweetened items are not to be sold or offered, unless noted in this Procedure.

Fat grams per ala carte item serving (or portion) size may not exceed 9 grams of fat, except nuts and seeds.

Sugared-sweetened drinks (i.e., soda pop, sports drinks, flavored drinks, teas and sweetened beverages in the 12 ounce serving only) will be offered only during the last 15 minutes of lunch until the following day at 7:00 a.m. Vending machines will be off during 7:00 am through the first 15 minutes of lunch. The ration of total offerings of sugar-sweetened drinks will be $\frac{1}{4}$ to those drinks that are considered nutritionally sound (i.e., water, 100% fruit juices, milk) to students during the school day.

Flavored coffees and espresso drinks may be served only in 12 ounce form and decaffeinated only using 2%, skim, or non-fat milk, and to be served in the mornings (prior to classes starting) only. No sales during the school day.

Whole fruits, whole vegetables, and whole grain products will be promoted and offered as a part of developing a healthy eating environment.

Beverage serving size will be limited to 12 ounces for all beverages with the exception of waters, 100% fruit juices, and milk.

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

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

Water, no size limits

100% juice produce with no added sweeteners

Milk (1%, 2%, and skim). Flavored milks may not exceed 300 calories per container/portion.

Diet sodas may be offered in middle and high schools. Diet sodas, however, will not be offered in school cafeteria areas.

Note: Beverage requirements are further addressed in Procedure 6710.

Nutrition Services:

All Foods sold by Nutrition Services where USDA reimbursable meals are offered must comply with USDA school meal regulations.

Sweetened pastry items, i.e., cinnamon rolls, maple bars, will only be offered on the breakfast menu two days each week.

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

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

Potato Products: Baked french fries and/or potato tots will not be served more than 2 days each week on the elementary menu. Secondary schools may offer lowfat potato wedges 3 days each week, and French fries or potato tots can be served 2 days each week. The portion limit for potato products will be 3 ounces on all school levels. Frying will be phased out of all schools by September 1, 2007.

Side salads will be promoted as options to potato products.

Cookies and dessert options will only be menued 2 days each week.

Treat and dessert items that do not comply with nutrition standards may be offered to students and staff if approved by the Nutrition Serviced director or his/her designee. These items may coincide with special school events.

Classroom:

Foods used in chasses 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 6710. 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 6710 (Food and Beverages Sales and Sanitation Requirements).

Classroom 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.

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.

Food Consumption In School Eating Environment

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.

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.

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. Recess before lunch should be strongly considered.

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

Food and Beverages Sold and/or Served in Schools:

Procedure 6710, 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.

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 activities that help create life-long positive health habits.

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).

All schools will have qualified fitness and health teachers providing instruction.

All schools will deliver quality physical education consistent with District and state standards.

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.

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.

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 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 with the appropriate administrative Procedure approved by Policy 2410 and as allowed under WAC 180.51.025.

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.

Schools will encourage students to travel to and from school by walking and bicycling using safe routes and safe practices.

Nutrition Education:

The principal will provide nutrition education that is coordinated with the 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.

Monitoring and Evaluation:

The Superintendent will appoint a Nutrition Physical Activity and Health Advisory Committee by January 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.

Nutrition:

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.

Physical Education:

District physical activity/physical education programs will be monitored and assessed regularly in conjunction with other District academic and health-related programs using Mary Walker Public Schools fitness assessment, 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.

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.