

NUTRITION AND PHYSICAL FITNESS

The board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. 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, 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.

Wenatchee School District Health and Fitness Standards

The Wenatchee School District's Healthier US Schools Challenge advisory committee (HUSSC) regularly convenes to maintain alignment with State and National Health and Fitness standards, HUSSC criteria, and USDA Child Nutrition Program requirements and to evaluate the policy's effectiveness. These [standards](#), as well as how families can support students toward these standards, is communicated through the Wenatchee School District website, Food Service website and other media.

Wenatchee School District Nutrition Standards – All Schools

The Wenatchee School District recognizes that optimal nutrition is essential for lifelong health and optimal academic performance. The District is committed to providing an environment that promotes healthful food choices. This environment includes the District Food Services Program and also school vending operations, student stores, fundraising sales, and any other foods available on campus during the school day. The District requires the sale or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide students with calories associated with high nutrient content. In an effort to support the consumption of nutrient-dense foods in the school setting, the District has adopted the following nutrition standards governing school meals and the sale or distribution of beverages, food, and candy on school grounds during the academic day.

School Meals

Every meal served through the National School Lunch and School Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, [nutrition requirements](#) established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;

- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
 - ensure that half of the served grains are whole grain
 - incorporate seasonally available, locally grown fresh whole foods
 - consider the cultural diversity of the student body in meal planning
1. Such information (above bullet points) will be made available on menus, a website, on cafeteria menu boards, placards, or other point-of purchase materials.
 2. Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
 3. Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
 4. Elementary schools will work towards scheduling lunch periods to follow recess periods.
 5. Schools will, to the extent possible, operate the School Breakfast Program and to notify parents and students of the availability of the School Breakfast Program.
 6. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.

Beverages

1. The Vending and non-vending sales of pop will not be permitted until 30 minutes after the last meal period. Vending and non-vending sales of pop will be gradually decreased at Wenatchee High School and Westside High School with a goal of elimination of such sales by 2013.
2. Vending and ala Carte sales of 100% fruit/vegetable juice, nonfat or low fat flavored milk and flavored water can be sold prior to and throughout the instructional day.
 - 2.1 Vending and ala Carte sales of non-carbonated beverages such as ice teas, sports drinks and lemonades will be permitted at the secondary schools throughout the instructional day as long as they do not contain caffeine and are not sweetened artificially or by high-fructose corn syrup.
3. Wenatchee School District has decided that it will no longer sell or offer flavored milk in any of its USDA Child Nutrition programs.
4. Any food sales of an occasional nature must have prior approval of the building principal.

Food

Vended and “ala Carte” foods must meet the following criteria:

1. Under 200 calories per unit/package.
2. Under or equal to 35% calories from fat (excluding nuts, nut butters, eggs, and reduced-fat cheese).
3. Under 10% calories from saturated fat (excluding reduced-fat cheese or eggs).
4. Trans-fat free.
5. Under or equal to 35% sugar by weight (fruits are exempt).
6. Yogurt and cheese products should be made with 2% or lower fat milk.
7. Food choices should be a good source of several nutrients, including phytonutrients (nutrients found in plant based foods).

Candy

1. Generally, candy is defined as any item that has added sugar, or that has 35% of its total weight composed of sugar, (including brown sugar, corn sweetener, corn syrup, fructose, glucose [dextrose], high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar [sucrose], or syrup).
2. Vending and non-vending sales of candy will not be permitted on school grounds until 30 minutes after the last meal period.
3. Candy given as a classroom reward is strongly discouraged and will no longer be allowed by September 2013.

Guidelines for Classroom Foods

1. Classroom foods include snacks or treats provided by the teacher or by parents and foods used as rewards for appropriate classroom behavior.
2. Snacks served at school will make a positive contribution to children's diet and health, with an emphasis on fruits and vegetables and whole grains as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers and parents.
3. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.
4. Using food as classroom rewards for academic performance or good behavior is strongly discouraged and alternative suggestions will be disseminated to teachers.
5. The district will disseminate a list of healthy party ideas to parents and teachers intending to include food as part of classroom celebrations.
6. Classroom parties serving food will not be scheduled during the school meal periods.

Guidelines for Foods and Beverages Sold in School Stores or as School Fundraisers

1. School stores must meet all criteria detailed in this policy and associated procedure.
2. To support children's health and school nutrition-education efforts, school fundraising activities if they involve food will use only foods that meet the above outlined nutrition standards for foods and beverages and integrate locally grown produce where appropriate.
3. Schools will encourage fundraising activities that promote physical activity.
4. The district will make available a list of ideas for acceptable fundraising activities.
5. Food marketing in schools will be consistent with nutrition education and health promotion.

Application

This policy applies to all food and beverages sold on school grounds during the course of the academic day. Schools are required to study these standards and develop a building policy that uses the District Nutrition Standards as minimum standards.

Any food vending contracts must be reviewed to ensure that they result in sales in school buildings that meet the above outlined nutritional criteria. After such review, all food vending contracts must have Board approval before they can go into effect.

The superintendent or designee shall approve and support implementation of 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. The superintendent shall 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 shall be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the guidelines of this policy

The district shall take a proactive approach to encourage students to make nutritious food choices.

The superintendent shall 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; Schools are encouraged to offer fresh and minimally processed fruits and vegetables from local sources to the greatest extent possible;
- B. schools shall 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 comply with state and federal law;
- D. the public (including parents, students, and others in the community) is informed and updated about the content and implementation of the district wellness policy.

In each school, the principal or designee will ensure compliance with this policy and may be asked to report on the school's compliance to the Healthier US Schools Challenge advisory committee.

The Healthier US Schools Challenge advisory committee will:

- A. serve as resources to school sites for implementing this policy;
- B. assess on-going progress in policy implementation and determine areas in need of improvement;
- C. make recommendations to the superintendent regarding policy effectiveness.

Nutrition

Nutrition Standards

The district shall provide school breakfasts and lunches, which meet the nutritional standards required by USDA Child Nutrition Programs. Nutrition education will be offered that emphasizes the recommendations of the US Dietary Guidelines for Americans. School food service will work with school departments and with community partners to facilitate student understanding of fresh, locally grown, and minimally processed whole foods. The superintendent shall establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches as outlined in the above document. Any food sales of an occasional nature or sold in vending machines must have the prior approval of the building principal.

Food Services Program

The district supports the philosophy of the USDA Child Nutrition programs and shall 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 shall 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.

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 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).

Surplus Commodities

The district shall use food commodities made available under the Federal Food Commodity Program for school menus at the discretion of the Food Services Director.

Summer Food Program

When academic summer programming is offered by the District, every effort will be made to provide meals to participants and the community via the Summer Food Service Program.

Physical Education**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 assessments generated by the State CBA by 5th, 8th, and 10th grades with results reported to the District and will utilize other strategies that have been in place since the end of the 2008-2009 school year.

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 encourages all high schools 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.

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 shall 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 2100 Instructional Program Offerings

Board Policy 4330 Use of School Facilities

Legal References: RCW 28A.230.040 Physical Education – Grades 1-8

28A.230.050 Physical Education in High School

28A.235 Surplus or Donated Food Commodities for
School Hot Lunch Programs

28A.235.120 Lunchrooms — Establishment and operation

— Personnel for — Agreement for

28A.235.130 Milk for children at school expense

28A.623.020 Nonprofit meal program for elderly —

Authorized — Restrictions

69.04 Food, Drugs, Cosmetics, and Poisons

69.06.010 Food service worker permit

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 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 Policy**

Wenatchee School District

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