

ADMINISTRATION

NUTRITION AND PHYSICAL FITNESS

Nutritional Content and Food Service Operations

The following guidelines shall be in effect:

- A. The sale of [foods of minimal nutritional value](#) must be prohibited in the food service area during meal periods. Only food or beverages that meet the minimal nutritional values, as defined by the USDA Child Nutrition Standards may be sold or served in the school prior to 30 minutes after the last lunch period. Such a provision specifically does not allow for the sale of carbonated beverages. Other non-carbonated beverages must be made with 100% fruit juice or be sweetened with sugar only (no artificial sweeteners or high fructose corn syrup) and cannot contain caffeine.
- B. This policy does not allow for the sale, prior to 30 minutes after the last lunch period, of confections defined by USDA as [foods of minimal nutritional value](#) such as hard candy made predominantly of sugar or corn syrup, licorice, marshmallow candies, jelly beans, fondant, spun candy and candy-coated popcorn.
- C. Foods sold or served in school should assist students to comply with the dietary guidelines for Americans, by providing a variety of whole grains, fruits, vegetables, foods low in saturated fat, trans fat free, low in cholesterol, sugars and salt as defined in the district Wellness Policy.
- D. Apple or other fresh fruit sales in vending machines or ala Carte are acceptable at all times.
- E. Food that is sold must meet the Chelan-Douglas 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.
- G. School staff should promote non-food alternatives as student rewards.

School Cafeterias

- H. Any student may eat in the school cafeteria or other place designated by the building principal.
- I. Meal prices will be established by the superintendent and food service director, with the approval of the board at the beginning of each year.
- J. Healthy option foods should be competitively priced.
- K. Meal prices will be posted in each cafeteria or designated meal area and on the WSD website.

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 the relationship of nutrition and food nutrients to physical performance and body composition; patterns of growth and development as well as issues surrounding body image; the concept of control and prevention of disease; how environmental factors affect health; the benefits of healthy eating in the context of essential nutrients and nutritional deficiencies; the principles of healthy weight management; the use and misuse of dietary supplements; the benefits of eating seasonally; the role of agriculture in their food choices and in our region, and cultural diversity related to food and eating;

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- B. Age-appropriate nutrition-related skills, including gathering and analyzing health information; using social skills to promote health and safety; understanding how emotions influence decision making; analyzing health and safety information; developing a health and fitness plan and a monitoring system, learning to plan and prepare a healthy meal, understanding and using food labels, critically evaluating nutrition information, misinformation, and commercial food and advertising; learning safe food preparation, handling, and storage; and
- C. How to assess one's personal eating habits, set realistic 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 USDA Nutritional Guidelines for Americans.
- C. Providing adequate time and space to eat meals in a pleasant and safe environment. Schools shall ensure:
 - 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. Staff visits to regional farms, which grow school foods, is encouraged.

Family and Community Involvement

Research shows that students who participate in school meal programs have increased intakes of key essential nutrients at lunch and over a 24 hour period. In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal is responsible for ensuring that:

- A. Nutrition education materials and meal menus are made available to parents;
- B. Parents are provided with current information promoting their child's participation in the school meals program. If their children do not participate in the school meal program, parents are provided with information stressing the importance of sending their children to school 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, learning about harvest of the month programs, etc.);

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- E. School staff are encouraged to participate in school garden related curriculum or 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 school garden plantings, 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 shall require students in grades one through eight to engage in physical education averaging 100 instructional minutes per week and all high school students shall 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 regardless of income or ethnicity 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 shall 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 staffs are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

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Advisory Committee

The District shall regularly convene the Healthier US Schools Challenge advisory committee to assist in development of the district wide nutrition and physical fitness policy. The committee shall include food service director and staff, parents, building level administrators, school board members, students, nutritionists, health care professionals, physical education staff, the public and interested community organizations.

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.

At the building level, principals will be responsible for monitoring and approving food-related fundraising and classroom activities to ensure such activities comply with district guidelines.

B. Health and Fitness Education:

District physical activity/health and fitness programs will be monitored and assessed regularly by the Healthier US Schools Challenge advisory committee 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.