

# **Management Support**

## **Policy No. 6700**

### **NUTRITION AND PHYSICAL FITNESS**

The board supports emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. 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.
- D. Encourage students to make nutritious food choices.

The superintendent shall develop and implement 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. To implement the program, the superintendent shall adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with the Essential Academic Learning Requirements (EALRs).

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 district's nutrition and food services operation.

## **Nutrition**

### **Nutrition Standards**

The district shall provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs. Meals served in school before the end of the last lunch period shall conform to the U.S. Dietary Guidelines for Americans.

### **Food Services Program**

The district supports the philosophy of the National School Lunch and Breakfast 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.

### **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.

## **Physical Education**

### **Health and Fitness Curriculum**

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.

### **Monitoring**

This policy will be monitored regularly and annually assessed by the superintendent or designees. Involvement of parents, students, representatives of school food authority, administration and the public will review the policy before August 2006.

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|-------------------|---|--|
| Cross References: | Board Policy 2100<br>Board Policy 4260  | Instructional Program Offerings<br>Use of School Facilities  |
| Legal References: | RCW 28A.230.040<br>28A.230.050<br><br>28A.235<br><br>28A.235.120<br><br>28A.235.130<br>28A.623.020<br><br>69.04 | Physical Education – Grades 1-8<br>Physical Education in High<br>School<br>Surplus or Donated For<br>Commodities for School Hot<br>Lunch Programs<br>Lunchrooms — Establishment<br>and<br>operation — Personnel for —<br>Agreement for<br>Milk for children at school expense<br>Nonprofit meal program for<br>elderly — Authorized —<br>Restrictions<br>Food, Drugs, Cosmetics, and |

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|--------------------------|--|
|                          | 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

Nutrition and Physical Fitness

**Nutritional Content and Food Service Operations**

The following guidelines shall be in effect:

A. Only food or beverages that meet the minimal nutritional values, as defined by the Food and Nutrition Service of the U.S. Department of Agriculture may be sold or served in the school until 30 minutes after the last lunch period. Such a provision specifically precludes the sale of carbonated beverages, water-ices unless made with fruit juice, licorice, marshmallow candies, chewing gum, candies, fondant, spun candy and candy-coated popcorn.

B. Foods that meet the minimum nutrition values include, but are not limited to, corn chips, beef jerky, popcorn, fruit, cheese & crackers, 100% fruit juices, peanuts, sunflower seeds, granola bars, low fat yogurt, pretzels, trail mix, lowfat and nonfat milk.

C. Foods sold or served in school should assist students to comply with the dietary guidelines for Americans, by providing a variety of grains, fruits, vegetables, foods low in saturated fat, trans fat, cholesterol, sugars and salt.

D. Apple or other fresh fruit machines are acceptable at all times.

E. Food that is sold must meet the 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.

## **School Cafeterias**

- A. Any student may eat in the school cafeteria or other designated place.
- B. Meal prices will be established by the superintendent and food service supervisor, with the approval of the board at the beginning of each year.
- C. Healthy option foods should be competitively priced.
- D. Meal prices will be conspicuously posted in each cafeteria or designated meal area.

## **Nutrition Education**

Nutrition education at all levels of the district's integrated curriculum should be in alignment with Washington State GLE's.

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.

## **Monitoring**

The policy will be monitored regularly and annually assessed by Superintendent or designees.

District physical activity/health and fitness programs will be monitored and assessed regularly 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.