

NUTRITION AND FITNESS

I. INTRODUCTION: NUTRITION AND HEALTHY LIVING

The board believes that children who eat well-balanced meals and participate in regular physical fitness activities are more prepared to learn in the classroom. The board further believes that emphasizing positive nutrition and physical activity in our schools can significantly enhance the well being of district youth.

A. Therefore, it is the policy of the school board to:

1. Provide students access to nutritious food.
2. Provide opportunities for physical activity and developmentally appropriate exercise.
3. Provide accurate information related to these topics.

B. To implement the school board's policies, the superintendent will:

1. Develop and implement a comprehensive nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program.
2. Adopt and implement a comprehensive curriculum on health, fitness, and nutrition consistent with the state's Essential Academic Learning Requirements (EALRS) and coordinated with the district's food service operation.
3. Encourage input from staff, students, parents and public health professionals in the development of the curriculum.

C. To implement the school board's policies, educators will:

1. Provide developmentally appropriate instruction in health, nutrition, and fitness for students in grades K-12 consistent with the district-adopted.
2. Evaluate the effects of the curriculum and instruction utilizing classroom-based assessment and/or other approved evaluation strategies.

II. NUTRITION

The board believes that the school district's nutrition policies, food services operations, and comprehensive nutrition education program are essential elements of the overall educational mission of the organization.

A. School Meal Program

1. Regarding the nutritional content of district-sponsored food services 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 thirty (30) minutes after the last lunch period.
 - b. Food that is sold or served in school should assist students to comply with the dietary guidelines for Americans, by providing when possible, a variety of whole grains, fresh fruits, and vegetables, foods low in saturated fat, trans fat, cholesterol, sugars and salt.
 - c. Food that is sold must meet the Health Department's standards in regard to storage, preparation and serving.
 - d. Students and staff shall have access to safe, fresh drinking water throughout the school day.
2. Regarding the school cafeteria, or other location where district-sponsored food services operations occur, the following guidelines shall be in effect:
 - a. Meal prices will be established by the superintendent and food service supervisor, with the approval of the board at the beginning of each year, and will be conspicuously posted in each cafeteria or designated meal area.
 - b. Healthy option foods will be competitively priced.
 - c. The cafeteria, or other designated eating place, will be pleasant and safe.
 - d. Any student will be allowed to eat in the school cafeteria or other designated eating place.

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B. Foods Available Beyond the School Meal Program

1. In addition to its commitment to foster healthy attitudes about food and eating, the district recognizes that some students have food allergies and/or special diets. Therefore, the district will ensure that any food provided beyond the regular meal program is carefully monitored according to the following guidelines:
 - a. No consumable food items will be distributed to students at school during the instructional day except (1) food brought from home for an individual student's use, or (2) food provided by staff according to the guidelines spelled out in this policy.
 - b. Staff who wish to distribute food during the school day must ensure that the food is:
 - In accordance with each student's Individual Health Care/504/IEP/behavioral/or other health-related plans.
 - Educationally significant.
 - Packaged commercially with listed ingredients.
 - Aligned with district's nutrition policy.
 - c. Elementary and middle school staff must obtain principal approval prior to distributing food to students that meets the above standards. High school staff may distribute food to students if it meets the above standards.
 - d. Parents and/or community members who wish to distribute food to students during the school day must also obtain principal approval and meet the above standards. They are encouraged to purchase packaged food and to open it at the time of consumption in order to maximize food safety.
 - e. The Food Services Department will provide a list of suggested food items for distribution by staff, parents, and/or community members.
 - f. Food items sold for the purpose of fundraising, including those available in the student store:
 1. Shall not be available at a time that competes with district food service meal times.
 2. Shall meet the nutrition and size standards per FDA guidelines if they are to be sold during the school day or thirty (30) minutes before or after school.

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3. May differ from the standards if they are intended to be consumed outside of the school day, are sold outside of the school day, or sold away from the school grounds.
2. It is understood that this policy will be enforced to the maximum extent during the instructional day, but there may be situations (e.g. community rental of district facilities or athletic events) that are beyond full control by the district.
3. The principal will provide all staff and any impacted parent groups with annual notification about this policy including information about the nutrition standards and food distribution guidelines. Any concerns should be brought to the attention of the principal for resolution.

C. Nutrition Education

Nutrition education at all levels is aimed at developing healthy food sense. To this end, nutrition education shall include the following essential components:

1. Age-appropriate nutrition-related knowledge, including but not limited to: (1) the relationships between food nutrients, physical/ mental performance, and body composition; (2) the impact of nutrition on patterns of growth, development, and general health; (3) the ingredients of a healthy diet; (4) the benefits of healthy eating; (5) the principles of healthy weight management; and (6) the fundamentals of safe food preparation, handling, and storage.
2. Age-appropriate nutrition-related skills, including but not limited to: (1) analyzing nutrition and health information; (2) reading food labels; (3) evaluating nutrition information and misinformation; (4) developing healthy eating plans and monitoring systems; (5) planning and preparing healthy meal(s); and (6) using social skills to promote healthy and safe nutrition.
3. Assessment of personal eating habits and goal setting based on the results of assessment.
4. Professional development opportunities for staff aimed at increasing their nutrition knowledge and skills in teaching the same.

D. Family and Community Involvement in Nutrition and Nutrition Education

Students' healthy nutrition habits are enhanced when they are supported and reinforced by family and community members. To encourage family and community involvement in nutrition education in the schools, principals and /or other school leaders will ensure that:

1. Nutrition education materials and meal menus are made available to parents.
2. Parents are encouraged to promote their child's participation in the school meals program or to provide their children with healthy meals/snacks for consumption during the school day.
3. Families are informed of and/or invited to participate in nutrition-related educational programs such as projects, exhibitions, and/or homework they can complete with their families.
4. Schools and staff consider various cultural preferences in the development of nutrition education programs and food options.
5. When appropriate, schools and staff collaborate with other agencies and community groups to provide opportunities for students to increase their nutrition knowledge and/or skills.

III. HEALTH AND FITNESS

The board believes that physical activity is essential to students' healthy growth, development, and learning. Therefore the board charges the superintendent with ensuring that all students are provided with regular opportunities for physical activity and health education.

A. School-Based Physical Fitness Program

1. All children, kindergarten through grade 12, should be encouraged to participate in a quality, standards-based physical activity/fitness education program.
2. All schools should employ certificated physical education teachers to provide fitness instruction.
3. All schools should maintain appropriate facilities, equipment, supplies, and class sizes to deliver quality physical education consistent with national standards.

B. Promotion of Fit and Healthy Lifestyles

1. The district should identify safe walking paths and biking routes where possible and promote these active methods for children to travel to and from school.

C. Use of Physical Activity as Discipline

1. Because the district views appropriate physical activity as a positive part of each child's learning plan, schools and staff should avoid using physical activity as a negative disciplinary consequence.
2. Because the district views physical activity as an essential part of each child's learning plan, schools and staff should avoid withholding physical activity as a negative disciplinary consequence.

D. Family and Community Involvement in Fitness and Physical Education

Students' fitness and physical habits are enhanced when they are supported and reinforced by family and community members. To encourage family and community involvement in fitness education in the schools, principals and/or other school leaders will ensure that:

1. Physical education activity ideas are shared with parents.
2. Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities.
3. Families are invited to attend and participate in physical education activity programs and/or health fairs.
4. Physical education curriculum includes homework projects that students can do with their families.
5. Schools and staff consider various cultural preferences in the development of physical education programs.
6. When appropriate, schools and staff collaborate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

IV. PROGRAM OVERSIGHT AND EVALUATION

A. Advisory Committee

The district shall convene a Nutrition and Fitness Advisory Committee.

1. The purpose of the Advisory Committee will be (1) to assist in the development of procedures to accompany this policy and (2) to plan the implementation of district-wide nutrition and physical fitness programs consistent with this policy.

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2. The composition of the committee shall include the food service director, staff, parents, building level administrators, school board member(s), nutritionist(s), health care professional(s), physical education teacher(s), and interested community organizations.

B. Program Evaluation

1. The superintendent will regularly evaluate the effectiveness of school programs designed to promote healthy eating and, based on evaluation results, implement program changes to increase effectiveness. The superintendent's evaluation will include, but not be limited to:
 - a. An assessment of the degree of implementation of this policy.
 - b. Input from students, parents and staff.
2. The superintendent will regularly monitor and evaluate the district's physical activity, health, and fitness programs using an OSPI-approved assessment strategy or tool. Results of these evaluations will be reported to the board and to school sites and made available to parents and community members on an annual basis.

Cross References:

Board Policy 2110	Instructional Program Offerings
Board Policy 4330/9400	Use of School Facilities

Legal References:

RCW 28A.230.040	Physical Education – Grades 1-8
RCW 28A.230.050	Physical Education in High School
RCW 28A.235	Surplus or Donated Food Commodities for School Hot Lunch Programs
RCW 28A.235.120	Lunchrooms - Establishment and Operation, Personnel for, Agreement for
RCW 28A.235.130	Milk for children at school expense
RCW 28A.230.040	Nonprofit meal program for elderly – Authorized – Restrictions
RCW 69.04	Food, Drugs, Cosmetics, and Poisons
RCW 69.06.010	Food service worker permit

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