

Nutrition and Physical Education

Nutrition and Physical Fitness

Children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive. The district acknowledges good health fosters student concentration, cognitive function and academic achievement. Research indicates children today spend much more time in sedentary activities and less time pursuing physical activity. With this knowledge, it is the intent of the Mead School District to be proactive in educating students and the community about the importance of nutrition and physical fitness.

NUTRITION

Nutrition Requirements

The following requirements shall be in effect:

- Any food sold in school will comply with the federal dietary guidelines.
- Food that is sold must meet the health department's standards in regard to storage, preparation and serving.
- Students and staff will have access to safe, fresh drinking water throughout the school day.
- School-based marketing will be consistent with nutrition education, health promotion and Smart Snack guidelines.

Smart Snacks (Student Stores, Vending, Ala Carte, Fundraisers)

This encompasses all foods and beverages sold to students from midnight to thirty minutes after the school day ends.

For all buildings and all ages:

- Water is available all day.
- Student stores are not open before school.
- All foods and beverages sold will meet federal guidelines (vending machines, fundraisers, ala carte).
- No energy drink (e.g. Red Bull, Monster) sales during the school day.
- Schools will encourage fundraising activities that promote physical activity.
- Booster clubs will offer healthy snack choices and will not sell energy drinks.

Elementary Students

- No snack food or soda vending machines available.
- Any food sold to students must meet Smart Snack federal guidelines.
- Water available throughout the day.
- Fundraising activities that sell food must meet federal guidelines (if selling food as a fundraiser it must meet federal guidelines, or cannot be sold to students during the school day).

Middle School Students

- All vending machines must meet the Smart Snack federal guidelines.
- Water vending machines will be on all day.
- Healthy snack food vending machines will only turn on 30 minutes after the school day ends.
- Student stores may be open during lunch and will meet the Smart Snack federal guidelines.
- The student store advisor will be responsible for documenting compliance with regulations. All products must meet Smart Snack requirements.
- Fundraising activities that sell food must meet federal guidelines (if selling food as a fundraiser it must meet federal guidelines, or cannot be sold to students during the school day).

High School Students

- All vending machines turned on during the school day must meet the Smart Snack federal guidelines.
- Water vending machines will be on all day.
- Healthy snack food vending machines that do not meet federal guidelines will turn on 30 minutes after the school day ends.
- Student stores may be open during lunch and will meet the Smart Snack federal guidelines.
- The student store advisor will be responsible for documenting compliance with regulations. All products must meet smart snack requirements.
- Fundraising activities that sell food must meet federal guidelines (if selling food as a fundraiser it must meet federal guidelines, or cannot be sold to students during the school day).

Adult Staff

- Model healthy choices for students.
- Staff will not purchase non-smart snack compliant products for students during the school day.

School / Classroom Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. While teachers/students/parents are permitted to bring commercial foods to school that do not meet the Smart Snacks standards on occasions such as birthdays and holiday celebrations, the district will encourage healthy food choices in all school operations.

- Each celebration should include no more than one food or beverage that does not meet the Smart Snacks standards.

School / Classroom Rewards

Schools or classrooms will not use foods or beverages as rewards for academic performance or good behavior.

Nutrition Education

Nutrition education provided at all levels of the district integrated curriculum will include the following essential components designed to help students learn:

- Age-appropriate nutritional knowledge, including understanding the relationship of nutrition and food nutrients to physical performance and body composition; recognizing patterns of growth and development; understanding the concept of control and prevention of disease; acquiring skills to live safely and reduce health risks; understanding how environmental factors affect health; learning the benefits of healthy eating; understanding essential nutrients; learning about nutritional deficiencies; and understanding the principles of healthy weight management.
- 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 and developing a health and fitness plan and a monitoring system, to plan and prepare a healthy meal; understanding and using food labels; and critically evaluating nutrition information, misinformation and food advertising.
- How to assess one's personal eating habits, set goals for improvement and achieve those goals.

Nutrition Promotion

Supporting healthy eating will be accomplished through nutrition promotion and marketing.

- School Nutrition Program will promote current USDA guidelines.
- District health and fitness instructional resources will promote good nutrition choices.

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 (or designee) is responsible for:

- Encouraging students to participate in the school's meal program;
- Providing varied and nutritious food choices consistent with the applicable school meal program guidelines and supporting the purchase of local products and farm-to-school programs; and
- Providing that:
 - students have adequate time to eat their entire meal;
 - seating for meals is uncrowded and occurs in a safe environment;
 - mealtime supervision is appropriate;
 - elementary student recess held, in conjunction with the lunch period, should occur prior to, not immediately following, the lunch period (best practice).
- Establish meal prices with the Superintendent (or designee) and Director of Food Services, upon approval of the Board, at the beginning of each year.

Staff Development

Ongoing in-service and professional development training opportunities for staff in the area of food nutrition will be encouraged.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools:

- The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities.
 - The district/school will provide nutrition information for families.
 - Schools will promote non-food or Smart Snack compliant fundraisers.
- Nutrition education materials and menus are made available to parents.
- Parents are encouraged to promote their child's participation in the school meals program.
- Families are invited to attend exhibitions of student nutrition projects or health fairs.
- Nutrition education curriculum may include homework that students may do with their families (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc).
- School staffs are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate.
- School staffs are encouraged to consider various cultural preferences in the development of nutrition education programs 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 (or designee) is encouraged to review and consider implementing physical activity and fitness education program improvements. The goals of the district are:

- All children, from kindergarten through grade 12, will participate in a quality, standards-based, physical activity/fitness education program.
- For posted physical education positions, or transfers of assignment within the building, principals may give consideration to those teachers who are endorsed in health/fitness along with other content areas and/or training/experience in the most current WA State Health and Fitness Standards. Note: At the high school level it is an OSPI requirement that teachers be endorsed in Health and Fitness or have a non-expiring Continuing Elementary and Secondary Teacher certificate (aka Standard Teaching Certificate).
- All schools will have appropriate class sizes, facilities, equipment and supplies needed to deliver quality physical education consistent with national standards.
- In recognizing the value of physical activity in a child's brain/conceptual development, physical activity during the day (including but not limited to physical education class, recess, physical activity breaks, etc.) will not be withheld unless

an alternative option is not deemed feasible by the building principal or classroom teacher.

Evaluation procedures will identify student progress. Students in grades 4-12 in activity-based classes will be pre and post-tested using federal/district approved fitness assessments annually.

Schools will require students in grades 1-8 to engage in physical education averaging 100 instructional minutes per week and all high school students will complete two credits of health and fitness.

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.

Integrating Physical Activity

The district recognizes that students are more attentive and ready to learn if provided with periodic brain boosts where they can be physically active. For students to receive the nationally recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. These physical activity breaks will complement, not substitute for physical education class or recess. Toward that end:

- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Family and Community Involvement

The district/school will support parent efforts to provide daily physical activity for their children.

- The district/school will provide information about physical education and other school-based physical activity opportunities before, during and after the school day and support parent efforts to provide their children with opportunities to be physically active outside of school.
 - Such supports may include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.
- 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 to participate in quality physical activity, fitness, sports and recreation programs.

Program Evaluation & Public Notification

The district School Health Advisory Committee (SHAC) will review and evaluate the policy on nutrition and physical fitness on a yearly basis. It is recommended the SHAC

include the Director of Food Services, parents, administrators, board members, students, nutritionists, health care professionals, physical education staff, teachers and interested community and government organizations.

- The district will inform the public of compliance results regarding the nutrition and physical fitness policy.
- The Superintendent (or designee) 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.
- 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 Youth 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 the community on an annual basis.

Adopted: July 20, 2005

Revised: June 13, 2016

Nutrition and Physical Education

The board recognizes that children need healthy foods and should be physically active in order to grow, learn and thrive. It is also recognized that good health fosters student concentration, cognitive function and academic achievement.

The board supports increased emphasis on nutrition and physical activity at all grade levels to enhance the well-being of district youth now and in the future. The Mead School District is committed to providing school environments that promote and protect children's health and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Mead School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities to be physically active on a regular basis.
- Foods and beverages sold at school will meet the nutrition requirements of the USDA (United States Department of Agriculture) and will be monitored for compliance by the site administrator.
- Qualified child nutrition professionals will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students. They will also provide clean, safe and pleasant settings as well as adequate time for students to eat. The purchase of local products and farm-to-school programs is supported.
- To the maximum extent possible, all district schools will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to help foster lifelong habits of healthy eating and physical activity.
- A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events.

The Superintendent (or designee) will develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements. The Superintendent (or designee) will adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with health and fitness standards. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

NUTRITION

Nutrition Standards

The district will provide school breakfasts and lunches which meet the nutrition regulations required by state and federal school breakfast and lunch programs, including free water available at all times during the day.

The Superintendent (or designee) will establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches.

All vending machines and food sales, including fundraisers, must meet federal guidelines and have the prior approval of the principal.

Food and Beverage Marketing

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the federal nutrition standards. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

Food Services Program

The district supports the philosophy of the National School Lunch and Breakfast programs and will provide wholesome and nutritious meals for children in district schools. The board authorizes the Superintendent (or designee) to administer the food services program, provided that any decision to enter a contract with a private food service receives board approval.

Because of the potential liability to the district, the food services program will 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 (or designee) will 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 meal program.

The district will 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 will inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts will 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.

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).

USDA Foods

The district will use food commodities made available under the Federal Food Distribution Program for school meal programs.

Nutrition Education

The district will integrate nutrition education as a part of the health/fitness curriculum and as applicable in other subject areas.

Nutrition Promotion

The district's school nutrition program and health and fitness curriculum will promote nutrition.

Physical Education

Health and Fitness Curriculum

The Superintendent (or designee) will adopt and implement a comprehensive health, nutrition and fitness curriculum consistent with the state standards. The curriculum will be articulated and coordinated for grades K-12. Evaluation procedures will identify student progress. Students in grades 4-12 in activity-based classes will pre and post-test using federal/district approved fitness assessments annually.

All students in grades 1-8 are required to complete an average of one hundred (100) instructional minutes per week of physical education (RCW 28A.230.040). 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.

Suitably adapted physical education will be included as part of Individual Education Plans (IEP) for students with chronic health problems, other disabling conditions, or other special needs that preclude said student's participation in regular physical education instruction or activities. Schools will implement consistent measures for students in both middle and high school requesting to have PE classes waived.

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 will 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 intermural programs and physical activity clubs and promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Compliance/Public Notification

The district's School Health Advisory Committee (SHAC) will annually review and evaluate compliance with the Nutrition and Physical Fitness policy. In addition, each school administrator will ensure compliance at the school level. The district will inform the public of compliance results in accordance with USDA regulations.

Cross References: Board Policy 2410 Graduation Requirements
Board Policy 6113 Use of School Facilities

Legal References: RCW 28A.230.040 Physical Education – Grades 1-8
RCW 28A.230.050 Physical Education in High Schools
RCW 28A.235.120 Meal Programs — Establishment and Operation — Personnel — Agreements
RCW 28A.235.130 Milk for children at school expense
RCW 28A.623.020 Nonprofit program for elderly — Authorized — Restrictions
RCW 69.04 Intrastate Commerce in Food, Drugs and Cosmetics
RCW 69.06.010 Food and beverage service worker’s permit — Filing, duration — Minimum training requirements
RCW 69.06.020 Permit exclusive and valid throughout state — Fee
RCW 69.06.030 Diseased persons — May not work — Employer may not hire
RCW 69.06.050 Permit to be secured within fourteen days from time of employment.
RCW 69.06.070 Limited duty permit
WAC 392-410-135 Physical Education – Grade school and high school requirement.
WAC 392-410-136 Physical Education Requirement-Excuse
7 CFR, Parts 210 and 220
7 CFR, Part 245.5

Management Resources: 2014 - February Issue
OSPI, January 2013 Wellness Policy Best Practices
Policy News, February 2005 Nutrition and Physical Fitness Policy
Policy News, December 2004 Nutrition and Physical Fitness Update

Adopted: July 20, 2005
Revised: June 13, 2016