NUTRITION AND PHYSICAL FITNESS

NUTRITION

School Meal Programs and Competitive Foods

The district will follow the USDA meal patterns for the National School Lunch Program, School Breakfast Program, and Smart Snacks in School standards for all food and beverages sold to students on school campus during the school day. These are available at http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf

While students/parents/guardians 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. The district will provide parents a list of food and beverages that meet Smart Snack nutrition standards for classroom snacks and food and beverages sold through fundraisers during the school day. The district will make available to parents a list of healthy party ideas for celebrations and parties. The district will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will be limited in their use as a reward, and will not be withheld as punishment, such as for performance or behavior.

To promote hydration, free, safe, and unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available whenever school meals are served. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Additional information with regards to USDA standards can be found at the following websites:

http://www.cnpp.usda.gov/DietaryGuidelines

http://fnic.nal.usda.gov/


https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

School Cafeterias

1. Any student may eat in the school cafeteria or other designated place.
2. Meal prices will be established by the superintendent and food service supervisor, with the approval of the board at the beginning of each year.
3. Healthy foods should be competitively priced.
4. Meal prices will be conspicuously posted in each cafeteria or designated meal area, as appropriate.

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 Lighthouse for Public Education in Our Community:
Ensuring No Child Is Lost    Creating Lifelong Learners    Inspiring High Achievement    Nurturing Responsible Citizenship
ANACORTES SCHOOL DISTRICT #103

Procedure No. 6700-P
Management Support

- Encouraging all students to participate in the school's child nutrition meal program.
- Providing varied and nutritious food choices. Variety may be determined based upon input solicited from students, as long as food choices are consistent with the applicable school meal program guidelines.
- Supporting the district's goal to provide more scratch cooking for school meals.
- Providing that:
  - students have adequate time to eat their entire meal;
  - seating for meals is uncrowded and occurs in a pleasant and safe environment;
  - rules for safe behavior are consistently enforced;
  - mealtime supervision is appropriate;
  - elementary student recess held in conjunction with the lunch period occurs prior to, not immediately following, the lunch period, as individual building schedules allow; and,
  - buses arrive in time for students to participate in the School Breakfast Program.

Food sales during before and after school events are encouraged to follow nutritional guidelines, when possible.

**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 school principal is responsible for ensuring:

- Nutrition education materials and meal 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, as available;
- 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, etc) as appropriate and consistent with other curricular areas;
- School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
- School staff considers the various cultural preferences in development of nutrition education programs and food options.

**Nutrition Education**

The district's K-12 nutrition education curriculum shall be in alignment with the Washington State K-12 Learning Standards. 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:

- Age-appropriate nutritional knowledge, including:
  - Understand the relationship of nutrition and food nutrients to physical performance and body composition;
  - Learn the benefits of healthy eating;
  - Understand essential nutrients;
Learn about nutritional deficiencies;
- Understand the principles of healthy weight management;
- Understand the use and misuse of dietary supplements;
- Learn safe food preparation, handling, and storage; and
- Appreciate cultural diversity related to food and eating;

- Age-appropriate nutrition-related skills, including:
  - Gather and analyze health information;
  - Analyze nutrition information to plan and prepare a healthy meal
  - Understand and use food labels;
  - Evaluate nutrition information, misinformation, and commercial food and advertising; and
  - Assess one’s personal eating habits, set goals for improvement, and achieve those goals.

The district encourages the integration of hands-on learning opportunities with classroom nutrition education.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

**Health and Fitness**

It is the district’s position that all students have equal and equitable opportunities, as facilities allow, 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 districts K-12 curriculum shall be in alignment with the Washington State K-12 Washington State Learning Standards. The goals of the district are:

- All students will participate in a quality, standards-based physical activity/fitness/health education program;
- OSPI-developed assessments or other strategies will be used in Health and Fitness/Physical Education, formerly known as classroom-based assessments (CBA’s);
- The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. The district will ensure that any student eligible for special education will be provided appropriate physical education services.
- All schools will have certificated teachers providing physical education instruction;
- All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards; and
- Integrate movement into classes, school programs and events.

**Recess**

Each elementary school will offer physically active daily recess opportunities and maintain safe and age-appropriate equipment to use during recess. Recess monitors or teachers will encourage students to be active. Recess will complement, not substitute for physical education class.

**Staff Development**

Ongoing in-service and professional development training opportunities for staff in the area of health education, physical education and physical activity will be encouraged.
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:

- Physical education activity ideas are sent home with students;
- Parents are encouraged to promote their child’s participation in the school’s physical education programs and after school activities;
- Families are invited to attend and participate in physical education activity programs and health fairs;
- Physical education curriculum may include homework that students can do with their families or family activity ideas;
- School staff consider the various cultural preferences in development of physical education programs; and
- School staff is encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

School District Facilities

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 youth in our communities to participate in quality physical activity, fitness, sports and recreation programs.

To the extent possible, school physical activity spaces and facilities, especially outdoor facilities such as sports fields and tracks, shall be available to young people before, during, and after the school day, on weekends, and during summer and other vacations. The district encourages the expansion and support of extra-curricular programs that promote physical activity.

Active Transport

Schools should identify safe and active routes to school and promote alternative methods for students to travel to and from school, such as walking and bicycle programs. The district will encourage this behavior by engaging and promoting such activities as:
- Designation of safe or preferred routes to school;
- Promotional activities such as participation in National Walk and Bike to School Week, or other similar programs
- Secure storage facilities for bicycles and helmets;
- Instruction on walking/bicycling safety provided to students;
- Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper;
- Use of crossing guards;
- Ensuring crosswalks exist on streets leading to schools; and
- Creative and distribution of maps of the school environment (e.g. sidewalks, crosswalks, roads, pathways, bike racks, etc.)

Schools shall prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.
Nutrition and Physical Fitness Policy

The district will convene an advisory committee to assist in development of the district wide Nutrition and Physical Fitness Policy. The committee will include food service directors and staff, parents, building level administrators, school board members, students, nutritionists, school health care professionals, physical education staff, the public and interested community organizations. The committee will convene at least annually to review the districts evaluation of the program’s effectiveness.

Program Evaluation

- **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.

- **Physical Education:**
  District physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with other district academic and health-related programs. Results of these surveys and assessments will be reported to the board, school sites, and made available to parents and community.