

NUTRITION AND PHYSICAL FITNESS

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, 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.

The board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

The superintendent will 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 will adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with the Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

Nutrition, health, and physical education topics will be integrated within the sequential, comprehensive health and physical 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 will provide meals for students that meet the meal pattern requirements for the National School Lunch Program and School Breakfast Program.

All foods and beverages sold to students on campus during the school day (e.g., vending machines, DECA school stores, bake sales, and other school fundraisers) must meet USDA Smart Snacks standards. No food or drink items will be sold unless they have been approved

by the principal or school official responsible for oversight as designated in the Local School Wellness Plan (LWSP).

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.

Because of the potential liability of the district, the food services program shall 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 shall 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 lunch menu.

As a sponsor of the National School Lunch Program and School Breakfast Program, the district will provide free and reduced-price breakfasts and lunches to students who qualify in accordance with the program. The district will distribute the Letter to Households and Free and Reduced-price Meal Applications to all households at the beginning of each school year. The district will protect the identity of students eligible for free and reduced-price meals in accordance with USDA guidelines for confidentiality and disclosure of student eligibility for such meals.

On test days the district may provide free, nutritious meals to all students, including those who do not qualify for free or reduced priced federal school meal benefits. However, the district must use non-Federal funds to cover the cost of providing such meals.

The board of directors may set an adult meal price to allow teachers, administrators, and parents to demonstrate their support for school meal programs by occasionally eating with students. The price must be the price charged to students paying the full meal price plus the value of federal reimbursement for paid meals and the USDA Food Value.

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

Food Services Procurement

Open bid process

In all applicable cases, food, food products, supplies, and equipment purchased with school food service funds shall be procured in accordance with the process and procedures established in Policy 6220 in a manner that provides full and open competition consistent with the standards in applicable federal regulations.

Conflict of Interest

The following conduct will be expected of all persons who are engaged in the award and administration of contracts supported by School Food Services Program Funds:

1. No employee, officer, or agent of the district shall participate in selection or in the award or administration of a contract supported by Program funds if a conflict of interest, real or apparent, would be involved. Conflicts of interest arise when one of the following has a financial or other interest in the firm selected for the award:
 - a. District employee, officer, or agent;
 - b. Any member of his/her immediate family;
 - c. His/her partner;
 - d. An organization that employs or is about to employ one of the above.
2. District employees, officers, or agents shall neither solicit nor accept gratuities, favors, or anything of monetary value from contractors, potential contractors, or parties to sub-agreements.
3. The purchase during the school day of any food or service from a contractor for individual use is prohibited.
4. The removal of any food, supplies, equipment, or school property such as records, recipe books, and the like is prohibited.
5. The outside sale of such items as used oil, empty cans, and the like will be sold by contract between the district and the outside agency. Individual sales by any school person to an outside agency or other school person is prohibited.

Failure of any employee to abide by the above-stated code may result in disciplinary action, including but not limited to, a fine, suspension, or dismissal.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**Health and Physical Education Curriculum**

The superintendent shall adopt and implement a comprehensive health and physical education curriculum consistent with the Washington State K-12 Health and Fitness Learning Standards. The health and physical education curriculum will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

All students in grades one through eight shall be required to receive an average of one hundred instructional minutes per week of physical education per year. All high school

students are required to complete a minimum of .5 credits of health and 1.5 credits of physical education. The district shall offer a one credit course or its equivalent in physical education for each grade in the high school program (grades 9-12).

A physical education curriculum includes instruction and practice in a variety of motor skills and movement patterns; knowledge of concepts related to movement and performance; knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness; responsible personal and social behavior; and values physical activity for health and enjoyment.

All students will be provided equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow opportunity for equitable participation by all students and will reasonably 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.

Cross References:	Board Policy 2410	High School Graduation Requirements
	Board Policy 4260	Use of School Facilities
Legal References:	RCW 28A.230.040	Physical Education – Grades 1-8
	28A.230.050	Physical Education in High Schools
	RCW 28A.230.095	Essential Academic Learning Requirements and Assessments – Verification Reports.
	28A.235	Food Services
	28A.235.120	Meal Programs Establishment and Operation Personnel Agreements
	28A.235.130	Milk for children at school expense
	28A.623.020	Nonprofit meal program for elderly — Authorized — Restrictions
	69.04	Intrastate Commerce in Food, Drugs and Cosmetics
	69.06.010	Food and beverage service workers permit Filing, duration. Minimum training requirements
	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 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

7 CFR 3016.36

Procurement

Healthy, Hunger-Free Kids Act of 2010

Adopted: 07/19/05

Revised: 09/06/16

Nutrition and Physical Fitness

Local School Wellness Plan (LSWP)

The District will convene an advisory committee to assist in development of the district-wide LSWP. The committee will include parents, students, representatives of the school food authority, the school board and school administrators, teachers of physical education, school health professionals and the public in developing, implementing, periodically reviewing and updating the LSWP.

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/cnd/governance/legislation/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.

1. Celebrations and Rewards

All foods offered on school grounds will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

- a. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
- b. Classroom snacks brought by parents. The district will provide to parents a list of foods and beverages that meet Smart Snack nutrition standards; and
- c. Rewards and incentives. The district will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

2. Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards may be sold through fundraisers on the school campus during the school day. The district will make available to parents and teachers a list of healthy fundraising ideas.

3. Water

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 where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

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 approval of the board, at the beginning of each year;
3. Healthy foods should be competitively priced; and
4. Meal prices will be conspicuously posted in each cafeteria or designated meal area.

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:

1. Encouraging students to participate in the school meal programs;
2. Providing varied and nutritious food choices consistent with the applicable school meal program guidelines; and
3. Providing that:
 - a. Students have adequate time to eat their entire meal;
 - b. Seating for meals is uncrowded and occurs in a pleasant and safe environment;
 - c. Rules for mealtime behavior are consistently enforced;
 - d. Mealtime supervision is appropriate; and

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 schools, the school principal is responsible for ensuring:

1. Nutrition education materials and breakfast and lunch menus are made available to parents;
2. Parents are encouraged to promote their child's participation in the school meals program. If their children do not participate in the school meals program, parents should provide their children with healthy snacks/meals;
3. Families are invited to attend exhibitions of student nutrition projects or health fairs;

4. 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.);
5. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
6. School staff consider the various cultural preferences in development of nutrition education programs and food options.

Nutrition Education

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

Food as Incentives or Rewards

School staff should encourage non-food alternatives as student incentives/rewards including but not limited to classroom reward or incentive. Foods used in classes are an important part of the learning environment. Curriculum and activities that involve food should be handled in a safe environment and be appropriate for the students involved.

Snacks for Parties

When food and /or beverages are offered to students in school or at classroom functions, healthy food options should be available. Classroom parties and celebrations should be held after the classroom lunch period to help ensure students eat a nutritious lunch.

Physical Education and Physical Activity

Health and Physical Education Curriculum

It is the district's position that all students have equal and equitable opportunities for health and physical education in our schools. The District's K-12 curriculum shall be in alignment with the Washington State K-12 Learning Standards. The goals of the district are:

A physical education curriculum includes instruction and practice in a variety of motor skills and movement patterns; knowledge of concepts related to movement and performance; knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness; responsible personal and social behavior; and values physical activity for health and enjoyment.

Physical Activity

1. All students, (K-12), will participate in a Comprehensive School Physical Activity Program.
A Comprehensive School Physical Activity Program (CSPAP) is a multi-component

approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement.

2. Physical activity during the school day (including but not limited to recess, brain boosters/energizers, or physical education) will not be used or withheld as punishment for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

Recess

Each school will offer physically active daily recess opportunities that align with state and national recess recommendations 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:

1. Physical education activity ideas are sent home with students;
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 health fairs;
4. Physical education curriculum includes homework that students can do with their families;
5. School staff consider the various cultural preferences in development of physical education programs; and
6. School staff are 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 all youth in the community to participate in quality physical activity, fitness, sports, and recreation programs.

Active Transport

The district will identify safe and active routes to and from school to promote alternative transport methods for children, such as walking and bicycle programs. The district will encourage this behavior by engaging and promoting activities such as:

1. Designation of safe or preferred routes to school;
2. Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week;
3. Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area);
4. Instruction on walking/bicycling safety provided to students;
5. Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper;
6. Use of crossing guards;
7. Ensuring crosswalks exist on streets leading to schools, and
8. Creation and distribution of maps of the school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.).

Program Evaluation and Assessment

A plan for periodically measuring and making available to the public, including students, parents and the community (e.g., as part of the district's Annual Report) an assessment on the implementation of the LSWP including:

1. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
2. The extent to which the District's wellness policy compares to the model Wellness School Assessment Tool; and
3. A description of the progress made in attaining the goals of the District's wellness policy.

Negative Balance Procedures for the School Lunch Program

In order to provide students and parents in the Aberdeen School District with the best possible service, clarity, and accountability surrounding the school lunch program, the following procedures regarding student lunch account balances will be implemented effective June 1, 2016.

1. The Aberdeen School District is committed to providing meals to students who choose to participate in the program. However, there is a responsibility on the part of the students and parents to satisfy all financial obligations to the lunch program in a timely manner.
2. The Aberdeen School District Food Services Department encourages parents to pre-pay meals for their children, thereby eliminating situations that could develop during lunchtime over negative balances. Pre-payments for lunch and breakfast can now be made through the www.aberdeen.revtrak.net website. Cash and check payments are also accepted at each school; however, payments made through www.aberdeen.revtrak.net or by check are preferred.
3. Students wanting a lunch and not having money to purchase a lunch will be allowed to charge a maximum of three (3) lunches. Adult lunches may not be charged.
4. Negative account balance letters of more than \$10 will be forwarded to each student/family/guardian.
5. Parents are strongly encouraged to monitor their students' breakfast/lunch account activity through Skyward Family Access. This system can be used to confirm payments have been received, make payments, and monitor account activity. Family Access also has the ability to automatically email balance alerts to parents as their students draw down from their accounts. To register, click on the Skyward link on the district homepage.

Free/Reduced Lunch Applications

1. Parents/guardians are strongly encouraged to submit free/reduced lunch application forms annually as well as when their household information or income changes. Applications can be submitted at any time and are available during registration or through individual schools.

Beverage, Food and Snack Guidelines

Beverage Guidelines

The following beverages may be sold or served at elementary schools:

- 100% fruit or vegetable juices that do not contain added sweeteners in 8 oz. servings or smaller.
- Water – portion sizes for water are not limited.
- Flavored or unflavored non-fat milk (and milk alternatives).
- Unflavored low-fat milk.
- Smoothies made with 100% fresh or frozen fruits, vegetables, water, low-fat plain and flavored yogurt and/or milk. Portion sizes for smoothies must be 8 fluid ounces.

The following beverages may be sold or served at secondary schools:

- 100% fruit or vegetable juices that do not contain added sweeteners in 12-ounce servings or smaller.
- Water – Portion sizes for water are not limited.
- Flavored or unflavored non-fat milk (and milk alternatives).
- Unflavored low fat milk.
- Low-calorie sports drinks.
- Smoothies made with 100% fresh or frozen fruits, vegetables, water, low-fat plain and flavored yogurt and/or milk. Portion sizes for smoothies must be 12 fluid ounces.
- Caffeinated beverages are allowed in moderation at the high school level only.

The following beverages do not meet the nutritional guidelines:

- Sugar-sweetened soft drinks.
- High-calorie sports drinks.
- Energy drinks.

Food and Snack Item Guidelines.

Food and snack items will meet the following guidelines.:

- Under 200 calories for snack items.
- Under 350 calories for food items.
- Have 35 percent or less of its total calories from fat.
- Have 10 percent or less of its total calories from saturated fat.
- Have 0 grams of trans fat.
- Have 35 percent or less of its weight from sugars, excluding sugars occurring naturally in fruits, vegetables and dairy products.
- Under 230 grams of sodium for snack items.
- Under 480 grams of sodium for food items.
- Foods must contain 50 percent or more whole grains.

Implemented: 09/06/16