

NUTRITION AND PHYSICAL FITNESS

The district recognizes that optimal nutrition is essential for lifelong health and optimal academic performance. The Port Angeles School District is committed to providing an environment which promotes healthful food choices. The Port Angeles School District strongly encourages the sale or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide students with calories associated with high nutrient content. In an effort to support the consumption of nutrient-dense foods in the school setting, the District has adopted the following nutrition standards governing the sale or distribution of beverages, food, and candy on school grounds during the academic day.

Food and Beverage Sales

The importance of proper nutrition and physical activity to lifelong good health will be demonstrated and taught to students through food served in the school setting as well as through appropriate classroom instruction. These nutrition standards for food and beverages sold in schools will be observed by all schools.

Nutrition Standards for Food and Beverages Sold in Schools

All food and beverages provided to students before, during and immediately after the regular school day in district schools and facilities will meet the following nutrition standards unless otherwise regulated by the United States Department of Agriculture (USDA).

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

Food that is sold must meet the health department's standards in regard to storage, preparation and serving.

School staff should encourage non-food alternatives as student rewards.

Size, Variety of Food Offered

Main dishes (entrees):

The portion size for main dishes (entrees) will not exceed the size of similar items provided as part of the school lunch program.

Fruits and Vegetables:

Fruits and vegetable products must be available when snacks, sweets or side dishes are sold. These products can be fresh, dried or canned. Canned fruit must be served in juice or a light syrup rather than heavy syrup.

Elementary Nutrition Standards:

A. General Meal Recommendations

1. Fat content: No more than 30% of calories will be derived from fat with the exception of nuts, seeds, and dairy products.
2. Saturated and trans fat content total: No more than 10% of combined calories will be derived from saturated fat and trans fat
3. Sugar content: No more than 35% added weight from sugar will be allowed with the exception of fresh, dried or canned fruits and vegetables.
4. Portion sizes will be determined by the USDA standards and guidelines.

B. Beverages – Type and Size Allowed

1. 100% fruit juice with no additional sweeteners, 12 oz. maximum
2. Water, no portion size limit
3. Low fat and non fat milk, no portion size limit
4. Non fat chocolate milk only a choice at lunch

Portion Sizes

Limit to single serving size as defined in federal nutritional fact labels.

Middle and High Schools

In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, student stores, or fundraising activities) during the school day and 30 minutes prior to and following the school day will meet the following nutrition standards:

Beverages – Type and Size Allowed

- A. Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
1. Sports Drinks: Sports drinks containing not more than 15 – 18 grams of carbohydrate per 8 fluid ounces, 20 oz. maximum portion.
- B. Not Allowed: soft drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

A. A food item sold individually:

1. Will have no more than 30% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters, and dairy products) and 10% of its calories from saturated and trans fat combined;
2. Will have no more than 35% of its weight from added sugars

3. A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes

Limit to single serving size as defined by federal nutritional fact labels.

School Cafeterias

- A. Any student may eat in the school cafeteria or other designated meal area(s) as determined by the principal.
- 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(s).

Nutrition Education

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:

- A. 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; 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;
- B. Age-appropriate nutrition-related skills, including gathering and analyzing health information; using social skills to promote health and safety; understand how emotions influence decision making; analyze health and safety information and develop a health and fitness plan and a monitoring system, to plan and prepare a healthy meal, understand and use food labels, and to critically evaluate nutrition information, misinformation, and commercial food and advertising; and
- C. How to assess one's personal eating habits, set goals for improvement, and achieve those goals.

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. Encouraging all students to participate in the school's child nutrition meal program.
- B. Providing varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans.
- C. Providing adequate time and space to eat meals in a pleasant and safe environment. Schools shall ensure:
 - 1. Seating is not overcrowded;
 - 2. Rules for safe behavior are consistently enforced;
 - 3. Appropriate supervision is provided; and
 - 4. It is encouraged that recess be scheduled prior to the lunch period for elementary students whenever 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:

- A. Nutrition education materials and meal menus are made available to parents;
- B. Parents are encouraged to promote their child's participation in the school meals program. If their children do not participate in the school meal program, parents should provide their children with healthy snacks/meals;
- C. Families are invited to attend exhibitions of student nutrition projects or health fairs;
- D. 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.);
- E. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
- F. School staff considers the various cultural preferences in development of nutrition education programs and food options.

All Levels K – 12

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers and after school program personnel.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

Deviations from Nutrition Standards

A. Annual, school-wide events

Food and beverages sold at school-wide events such as field day and campus day will meet nutritional standards unless an exception to the nutrition standards has been granted by the superintendent or designee.

B. After-school, weekend events

The nutrition standards do not apply to food and beverages provided at after-school functions such as art, drama, music and athletic events.

C. Food sold to raise funds

When a fund-raising event involves food that will be consumed on campus, the food must meet the nutrition standards. The nutrition standards do not have to be met:

1. When a fund-raiser has food as a minimal and secondary part of the event; or
2. When the food being sold is not intended for consumption on the school site.

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 is encouraged to review and consider implementing physical activity and fitness education program improvements. The goals of the district are:

- A. All children, from kindergarten through grade 12, will participate in a quality, standards-based physical activity/fitness education program;
- B. All schools will have certificated physical education teachers providing instruction; and
- C. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

Schools shall require students in grades one through eight to engage in physical education averaging 100 instructional minutes per week with a minimum of 60 minutes taught by a certificated physical education teacher, and all high school students shall complete two credit(s) of health and fitness pursuant to RCW 28A.230.050. Minutes taught by certificated physical education teachers will increase as time, fiscal resources and facilities within the district allow. All certificated teachers who are requested to teach physical education will receive annual professional development.

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.

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

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:

- A. Physical education activity ideas are sent home with students;
- B. Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities;
- C. Families are invited to attend and participate in physical education activity programs and health fairs;

- D. Physical education curriculum includes homework that students can do with their families;
- E. School staff consider the various cultural preferences in development of physical education programs; and
- F. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

Advisory Committee

The District shall convene a Nutrition and Physical Activity advisory committee to assist in development of the district wide nutrition and physical fitness policy. The committee shall include food service directors and staff, parents, building level administrators, school board members, students, nutritionists, health care professionals, physical education staff, the public and interested community organizations.

Program Evaluation

A. 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.

B. 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 using tools like the Healthy Kids Survey, CDC School assessments, NASPE Stars (National Association of Sports and Physical Education) 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 community on an annual basis.

C. Program Evaluation

Each school will report their physical education plan annually to the Board through their CSIP (Continuous School Improvement Plan), documenting their planned use of the required 100 instructional minutes of physical education.

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