

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

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