

Port Townsend School District

Wellness Policy

Policy & Procedure 6700 Management Support

Nutrition and Physical Fitness

The Board recognizes that optimal nutrition is essential for lifelong health and optimal academic performance. The Port Townsend School District is committed to providing an environment that promotes healthful food choices in its lunch and breakfast programs and also encourages healthy choices in the school vending operations, student stores, fundraising sales, clubs, activities, organizations and any other foods available on campus both during and outside of the academic day.

The Board recognizes the link between nutrition education, the food served in schools, physical activity, and environmental education; and that wellness is affected by all of these. The Board also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

The Board recognizes that it is the district's role, as part of the larger community, to model and actively practice, through policies and procedures, the promotion of family health, physical activity, good nutrition, sustainable agriculture, and environmental stewardship. The Board also recognizes that a significant portion of students' daily calories are consumed at school. Therefore it is the policy of the Board to:

- A. Provide nutritious food to students;
- B. Provide opportunities for physical activity and developmentally appropriate exercise;
- C. Provide accurate information related to these topics, and
- D. Provide support and strategic planning to improve the district's ability to achieve these goals.

The superintendent shall develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts offering National School Breakfast and Lunch Programs. The superintendent shall 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.

The input of staff, students, parents and public health professions in the development of the curriculum is encouraged.

Nutrition, health and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every grade level, and coordinated with the district's nutrition and food services operation.

The district shall proactively encourage students to make nutritious food choices. The superintendent shall ensure that:

- A. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
- B. Schools regulate the sale or serving of foods or snacks high in fat, sodium or added sugars;
- C. Nutritious meals served by the district nutrition and food services operation complies with state and federal law, as well as the nutritional guidelines set by the Healthier US School Challenge (see attached); and
- D. The district shall make every effort to integrate a school garden program with nutritional education.

Nutrition

Nutrition Standards

The district shall provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs.

The district shall improve upon current USDA guidelines and recommends the sale and distribution of nutrient-dense food at all school meals, functions and activities. Nutrient dense foods are those that provide students with calories associated with high nutrient content.

The district seeks to serve fresh, whole and locally grown food and to minimize the use of highly processed foods. The use of foods containing high levels of sugars and simple carbohydrates, hydrogenated oils, and additives such as preservatives, artificial colors and flavors should be limited.

The superintendent shall establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches.

Foods and beverages of minimal nutritional value, as defined by the USDA, shall not be sold on school premises during regular school hours unless approved by the administration.

Any food sales of an occasional nature must have the prior approval of the principal. Vending machines shall be limited to those items which are nutritionally healthful. No food or drink items shall be offered in vending machines until approved by the principal.

Food Services Program

The district supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for its students. 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.

While welcoming donations of food, the Board recognizes the potential liability for the district, therefore the food services program shall retain the right to refuse donations of food without the approval of the superintendent. The superintendent shall establish inspection and handling procedures for food donations and determine that the provisions of all state and local laws have been met before incorporating or selling such food as part of school meals.

Targets for purchasing regionally produced and/or grown food shall be established by the superintendent and the Board. The Food Services Director shall report annually to the Board on the availability and cost of food available from local farmers.

Free and Reduced-Price Food Services

The district shall 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 shall inform parents of the eligibility standards for free or reduced-price meals. Reasonable efforts shall be made to protect the identity of eligible students. Parents have the right to appeal a decision regarding their application for free or reduced-price food services to the superintendent.

The district may provide free, nutritious meals to all children on test days, including students who do not qualify for federal school meal benefits. The district is responsible for the cost of providing such meals to students.

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).

Surplus Commodities

The district shall use food commodities available under the Federal Food Commodity Program for school menus in accordance with district guidelines for salt, sugar, fat and fiber.

Waste Management

Food and container waste should be addressed as part of operations management: (compost, recycling, and disposal of plastic and paper products). Students will be provided the opportunity to participate in composting and recycling as part of the educational program.

Physical Education

Health and Fitness Curriculum

The superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures may utilize classroom-based assessments or other strategies.

All students in grades 1-8 are required to complete an average of 100 instructional minutes per week of physical education. This includes age-appropriate instruction and practice in

basic movement and fine motor skills, progressive physical fitness, and wellness 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.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such students from participating in regular physical education instruction or activities.

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 shall 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 intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Measurement of Impact

To facilitate these goals, the Board establishes a standing Wellness committee whose charge shall include annual review of the programs, served foods, and other elements of this policy to monitor the overall effectiveness of the policy and its procedures and practices, monitor compliance with state and federal regulations and make recommendations to the Board and the superintendent for continued effective implementation of this policy. The Wellness Committee shall include representatives from staff, administration, parents, students, food services personnel, health care professionals and community. The superintendent shall have responsibility for the evaluative component of this policy.

PROCEDURES – recommendations for consideration to the superintendent

Access to an instructional food garden will be encouraged on school grounds or locally to provide students with hands-on experience in tilling, planting, growing, harvesting, preparing and consuming foods they have grown.

The district will develop and implement a plan to integrate local food into the meals served to our students. The plan will identify yearly, progressive benchmarks and goals to increase the use of local foods.

Beginning with the 2011-2012 school year, the district shall spend a minimum of 5% of the fresh fruit and vegetable food budget on food available from local farmers and this commitment will increase by 5% per year for 5 years, if the cost of the food is less than 20% higher than comparable food grown by farmers in Washington State and an adequate supply of local food is available to meet the requirements of the food service program.