

NUTRITION AND PHYSICAL FITNESS

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.

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.

Wenatchee School District Health and Fitness Standards

The Wenatchee School District's Wellness Policy advisory committee regularly convenes to maintain alignment between State and National Health and Fitness standards and USDA Child Nutrition Program requirements and to evaluate the policy's effectiveness. The committee shall include the school food service director and staff, parents, building level administrators, school board members, students, nutrition and health care professionals, physical education staff, the public, and ideally a representative from each school building. Wellness Policy resources are posted on the WSD Food Services website. **See Appendix One for detailed documentation of USDA nutrition standards.**

The Wenatchee School District recognizes that optimal nutrition is essential for lifelong health and optimal academic performance. The District is committed to providing an environment that promotes healthful food choices.

This commitment covers the two categories of food available in schools:

1. Federally-funded meal service—National School Lunch Program (NSLP), School Breakfast Program (SBP), After School Meals/Snacks, Summer Food Service; and
2. All other food and beverages in schools-- school vending operations, student stores, fundraising sales, and any other foods available on campus during the school day

Wenatchee School District Nutrition Standards – All Schools

Federally-funded School Meals will:

- comply with nutrition standards for all food sold in school (see appendix one).
- meet, at a minimum, the nutrition requirements established by federal statutes and regulations;
- be appealing and attractive to children;
- be served in clean and pleasant settings;

- incorporate seasonally available, locally grown fresh whole foods
- consider the cultural diversity of the student body in meal planning
- be described on menus, the Food Service website, on cafeteria placards, or other point-of-purchase materials;
- require that tutoring, club, or organizational meetings or activities which if scheduled during mealtimes, must permit students to eat school meal provided by the nutrition service department during such activities.
- provide students access to hand washing or hand sanitizing before they eat.
- provide access to drinking water during school meals and throughout the school day.

Other Considerations for Federally-funded Meals:

- Elementary schools will work towards scheduling lunch periods to follow recess periods.
- Schools will, to the extent possible, operate the School Breakfast Program and notify parents and students of the availability of the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.

All Other Food in Schools (competitive foods, foods sold in school stores and vending machines):

must:

- be a “whole grain-rich” grain product: or
- have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
- meet the following nutrient requirements:
 1. Calorie limits: Snack items < 200 calories // Entrée items < 350 calories
 2. Sodium limits: Snack items < 230 mg. // Entrée items < 480 mg.
 3. Fat limits: Total fat < 35% of calories
Saturated fat: < 10% of calories
Trans fat: zero grams
 4. Sugar limit is < 35% of weight from total sugars in foods

Nutrition Standards for Beverages:

The Vending and non-vending sales of soda pop to students will **not** be permitted at any time during the school day.

All schools may sell:

- plain water (with or without carbonation)
- unflavored low fat milk
- unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Middle and High Schools may sell:

- up to 12-ounce portions of milk and juice. There is no portion size for plain water.
- no more than 20-ounce portions of calorie-free, flavored water (with or without carbonation)
- no more than 12-ounce portions of beverages with < 40 calories per 8 fluid ounces, or < 60 calories per 12 fluid ounces

High Schools may sell:

- beverages and foods that contain caffeine as long as all other calorie requirements are met.

Other Requirements for All Other Foods and Beverages:

Fundraisers:

- The sale of food items that meet the above-listed nutrition requirements at fundraisers are not limited in any way under the standards.
- Schools will encourage fundraising activities that are healthy and promote physical activity. A list of healthy fund-raising activities is available on the WSD Food Services website.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- Any beverage or food sales of an occasional nature must have prior approval of the building principal.

School Stores:

- The sale of food items that meet the above-listed nutrition requirements including those in Appendix One in school stores are not limited in any way under the standards.
- Food marketing in schools will be consistent with nutrition education and health promotion.
- Sugar-free chewing gum is allowed.
- Dried whole fruits or vegetables and dehydrated fruits or vegetables with no added nutritive sweeteners are allowed.
- Vending and non-vending sales of candy to students will not be permitted on school grounds at any time during the school day. Candy is defined as any item that has added sugar, or that has 35% or more of its total weight composed of sugar, including brown sugar, corn sweetener, corn syrup, fructose, glucose [dextrose], high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar [sucrose], or syrup.

Accompaniments:

- such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Classroom Foods:

- are defined as snacks, treats or meals provided by the teacher or by parents and foods used as rewards for appropriate classroom behavior.

- Snacks served at school will make a positive contribution to children’s diet and health, with an emphasis on fruits and vegetables and whole grains 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. A list of healthful snack items is available on the WSD Food Services website.
- The use of candy as a classroom reward is strongly discouraged. All other foods given as rewards in the classroom must meet above-listed nutrient requirements.
- School staff should promote non-food alternatives as student rewards.
- A list of healthy party ideas to parents and teachers intending to include food as part of classroom celebrations is posted on the WSD Food Service website.
- Classroom parties serving food will not be scheduled during the school meal periods.
- All food served to students must meet Chelan/Douglas Health District’s sanitation standards in regard to storage, preparation, and service with particular attention to potentially hazardous foods that require proper hot and cold holding.

Application of this Policy

This policy applies to all food and beverages sold on school grounds during the course of the academic day. Schools are required to study these standards and develop a building policy that uses the District Nutrition Standards as minimum standards. Any food vending contracts must be reviewed to ensure that they result in sales in school buildings that meet the above outlined nutritional criteria. After such review, all food vending contracts must have Board approval before they can go into effect.

The superintendent or designee shall approve and support implementation of 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. 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, kindergarten through grade 12, and coordinated with the guidelines of this policy.

The superintendent shall encourage all students to participate in the school’s child nutrition meal program and ensure that:

- a variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events. Schools are encouraged to offer fresh and minimally processed fruits and vegetables from local sources to the greatest extent possible;
- schools shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars;
- meal prices are established in consultation with the food service director and the approval of the school board before the beginning of each year;
- meal prices are posted on school menus and on the WSD website;

- schools provide adequate time and space to eat meals so that seating is not overcrowded;
- rules for safe behavior at meal times are consistently enforced and appropriate supervision is provided;
- nutritious meals served by the school nutrition and food services operation comply with state and federal law;
- a periodic assessment of the school meal program is done with input from students, parents, and staff;
- district physical activity/health and fitness programs are monitored and assessed regularly;
- results of state approved fitness assessments are reported to the school board, school sites, and made available to parents and community on an annual basis;
- the school board-approved Wellness Policy is being implemented; and
- the public (including parents, students, and others in the community) is informed and updated about the content and implementation of the district wellness policy.

In each school, the principal or designee will ensure compliance with this policy and may be asked to report on the school's compliance to the Wenatchee School District's Wellness Policy advisory committee. The WSD Wellness Policy advisory committee will:

- serve as resources to school sites for implementing this policy;
- assess on-going progress in policy implementation and determine areas in need of improvement;
- make recommendations to the superintendent regarding policy effectiveness.

Nutrition Education

Nutrition education will be offered that emphasizes the recommendations of the Dietary Guidelines for Americans. School food service will work with school departments and with community partners to facilitate student understanding of fresh, locally grown, and minimally processed whole foods.

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 the relationship of nutrition and food nutrients to physical performance; patterns of growth and development as well as issues surrounding body image; the concept of control and prevention of disease; how environmental factors affect health; the benefits of healthy eating in the context of essential nutrients and nutritional deficiencies; the principles of healthy weight management; the use and misuse of dietary supplements; the benefits of eating seasonally; the role of agriculture in their food choices and in our region, and cultural diversity related to food and eating.
- 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; developing a health and fitness plan and a monitoring system, learning to plan and prepare a healthy meal, understanding and using food labels, critically evaluating nutrition information, misinformation, and commercial food and advertising; learning safe food preparation, handling, and storage.

Family and Community Involvement

Research shows that students who participate in school meal programs have increased intakes of key essential nutrients at lunch and over a 24 hour period. In order to promote family and community

involvement in supporting and reinforcing nutrition education in the schools, the school principal is responsible for ensuring that:

- nutrition education materials and meal menus are made available to parents;
- parents are provided with current information promoting their child's participation in the school meals program. If their children do not participate in the school meal program, parents are provided with information stressing the importance of sending their children to school with healthy snacks/meals;
- families are invited to attend exhibitions of student nutrition projects or health fairs; school meals, and Farm to School events;
- school staff are encouraged to participate in school garden related curriculum or to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
- school staff consider the various cultural preferences in development of nutrition education programs, school garden plantings, and food options.

Food Services Program

The district supports the philosophy of the USDA Child Nutrition 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. Expenditures for food supplies shall not exceed the estimated revenues.

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 school 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.

Ongoing in-service and professional development training opportunities for staff in the area of food nutrition will be encouraged. WSD Food Services engages in a cooperative relationship with local farms in a Farm to School program which sources local food for school meals and offers agricultural and nutrition education opportunities through cafeteria events, school gardens, and field trips. Staff visits to regional farms, which grow school foods is encouraged.

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 students receiving such meals. A parent has the right to appeal any decision with respect to his/her 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 free or reduced priced federal school meal benefits, however, the district is responsible for the cost of providing meals to students who are ineligible for free and reduced priced meals. The school board 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 made available under the Federal Food Commodity Program for school menus at the discretion of the Food Services Director.

Summer Food Program

When academic summer programming is offered by the District, every effort will be made to provide meals to participants and the community via the Summer Food Service Program.

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 health and fitness goals of the Wenatchee School District are:

- all K-12 students will participate in a daily, quality, standards-based physical activity/fitness education program;
- all schools will have certified physical education teachers providing instruction; and
- all schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

Schools will comply with state mandated requirements, including:

- all students in grades one through eight will complete an average of one hundred instructional minutes per week of physical education;
- physical education includes instruction and practice in basic movement and gross motor skills, progressive physical fitness, and wellness activities through age-appropriate activities;
- all high school students will 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 student's participation 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. Schools shall prohibit punishment that withholds physical activity or physical education class.

The district is encouraged to:

- provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs;
- promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours;
- provide access to school sites 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;

- make available additional fitness opportunities for all youth in our communities regardless of income or ethnicity to participate in quality physical activity, fitness, sports and recreation programs;
- 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.

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. Working towards a Comprehensive School Physical Activity Program is recommended. Fitness evaluation procedures will utilize assessments generated by the State CBA for Health/Fitness by 5th, 8th, and 10th grades with results reported to the District along with other strategies directed by the State or approved by the District to assess fitness for elementary school and for secondary school students.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing physical education in schools, the school principal is responsible for ensuring that:

- 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;
- school staff considers the various cultural preferences in development of physical education programs; and
- school staff are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

Cross References: Board Policy 2100 Instructional Program Offerings
 Board Policy 4330 Use of School Facilities
 Legal References: RCW 28A.230.040 Physical Education – Grades 1-8
 28A.230.050 Physical Education in High School
 28A.235 Surplus or Donated Food Commodities for
 School Hot Lunch Programs
 28A.235.120 Lunchrooms — Establishment and operation
 — Personnel for — Agreement for
 28A.235.130 Milk for children at school expense
 28A.623.020 Nonprofit meal program for elderly —
 Authorized — Restrictions
 69.04 Food, Drugs, Cosmetics, and Poisons
 69.06.010 Food service worker permit
 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 180-50-135 Physical Education – Grade school and high school requirement.

WAC 180-51-085 Physical Education Requirement-Excuse
7 CFR, Parts 210 and 220

7 CFR, Part 245.5

Management Resources: *Policy News*, December 2004 Nutrition and Physical Fitness Update

***Policy News*, February 2005 Nutrition and Physical Fitness Policy**

Wenatchee School District

Adopted Date: July 12, 2005

Revised: Formerly Policy No. 8230; Updated and Revised 3/11/15; Revised 8/09/16

Nutrition Standards for All Foods Sold in School

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <ol style="list-style-type: none"> (1) meet all of the proposed competitive food nutrient standards; and (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; <i>or</i> (3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); <i>or</i> (4) be a combination food that contains at least ¼ cup fruit and/or vegetable; or (5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food. <p>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</p>	<ul style="list-style-type: none"> • Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards. • Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards. • Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.
NSLP/SBP Entrée Items Sold A la Carte.	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard. • Nuts and seeds and nut/seed butters are exempt from the total fat standard.

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard. • Seafood with no added fat is exempt from the total fat standard. <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Saturated Fats	Acceptable food items must have < 10% calories from saturated fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard. • Nuts and seeds and nut/seed butters are exempt from the saturated fat standard. • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard. <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Trans Fats	Zero grams of trans fat as served (≤ 0.5 g per portion).	
Sugar	Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.	<ul style="list-style-type: none"> • Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard. • Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.
Sodium	<p>Snack items and side dishes sold a la carte: ≤ 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: ≤200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤480 mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤350 calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.
Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	
<i>Beverages</i>		
Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> Plain water or plain carbonated water (no size limit); Low fat milk, unflavored (≤8 fl oz); Non fat milk, flavored or unflavored (≤8 fl oz), including nutritionally equivalent milk alternatives as permitted by the 	

Food/Nutrient	Standard	Exemptions to the Standard
	<p>school meal requirements;</p> <ul style="list-style-type: none"> • 100% fruit/vegetable juice (≤8 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤8 fl oz). <p>Middle School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤12 fl oz); • Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤12 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz). <p>High School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤12 fl oz); • Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤12 fl oz); • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz); <ul style="list-style-type: none"> • Other flavored and/or carbonated beverages (≤12 fl oz) that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz. 	