
NUTRITION AND PHYSICAL FITNESS

The Orient School District's Board of Directors recognizes that healthy eating habits and regular physical activity are essential for students to optimize their physical and mental health and achieve their full academic potential. Healthy eating and physical activity also contribute to lower rates of youth being overweight and obese, and can reduce the risk of chronic disease and early mortality linked to childhood obesity. School, parents and the community share the responsibility in promoting lifelong healthy eating habits and encouraging physically active lives amongst young people.

It is the policy of the Orient School District to:

- A. Develop and implement a fitness and health curriculum that includes nutrition education that teaches students the fundamental components required for a fit and healthy way of life. Students will have an opportunity to apply these health and fitness concepts through participation in regular physical activities and dietary practices.
- B. Develop and implement nutrition standards that provide healthy food choices in the school environment. The key focus of these standards is to improve the nutritional value of foods offered to students in the school setting and reduce the calories, sugar and fat made available to students. In addition, the following type of food and beverages should be provided whenever feasible and cost effective:
- C. Comply with all program requirements of the United States Department of Agriculture's school meal program.
- D. Review, on an ongoing basis, compliance and progress on the health, fitness and nutrition components of this policy and procedure. The Superintendent shall establish a Nutrition and Physical Fitness Advisory Committee to review compliance and progress and make recommendations for adjustments and improvements, as appropriate.

The Superintendent shall establish Procedures promoting proper nutrition, fitness and health for students to implement this Policy.

Related Procedures

#2010P – Procedure for Nutrition and Physical Fitness

Policy Legal References

Child Nutrition and Women Infants and Children (WIC) Reauthorization Act of 2004
Healthy, Hunger-Free Kids Act of 2010

Resources

Healthy Hunger Free Kids Act

http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm

The Center for Disease Control (CDC) <http://cdc.gov/HealthyYouth>

Healthy Schools Washington – Wellness Policy Information

http://healthyschools.ospi.k12.wa.us/waschool/wellness_policies/wellness_policies.html

Policy History

Action:	Date:
Approved by the Board	21 July 2015
Revised	
Revised	

Procedure for Nutrition and Physical Fitness

Introduction to Procedure

The purpose of this procedure is to create a school environment that provides healthy food choices and regular physical activity. To this end, the Procedure establishes guidelines that shall integrate food and nutrition issues and activities into academic curriculum and link health education and physical education efforts.

Nutrition Requirements During the School Day

As a part of establishing a healthy school environment, the following nutrition standards will apply to all food sold, served, or offered from all sources on school property prior to the start of school until the end of the regular scheduled school day. No exceptions are allowed unless specifically noted in this Procedure.

Over the next two school years, the district will strive to implement the following standards:

A. Nutrition Standards:

Controlling serving size, total calories, saturated fats and trans-fat and sugar consumption are the key focus for these nutrition standards.

1. Whole fruits, whole vegetables and whole grain products will be promoted and offered as part of developing a healthy eating environment.
2. Hard candy items (i.e., lollipops, mints, and jaw breakers), gummy items, licorice, marshmallows, popsicles, and other predominantly sweetened or artificially sweetened items are not to be sold or offered, unless noted in this Procedure.
3. Sugar-sweetened drinks (i.e., soda pop, flavored drinks, teas and sweetened beverages) will not be sold or offered to students during the school day.
4. Allowable beverages sold, served, or offered prior to the start of school until the end of the regular scheduled school day include:
 - a. Water, no size limit
 - b. 100% juice product with no added sweeteners
 - c. Sports drinks
5. Beverage serving size will be limited to 12 ounces for all beverages with the Exception of waters.
6. No beverages will be sold or offered that contain herbal or nutritive additives that are Not recommended by the American Diabetic Association.

B. Nutrition Services:

1. All foods sold by Nutrition Services where USDA reimbursable meals are offered Must comply with USDA school meal regulations.
2. Sweetened pastry items (i.e., cinnamon rolls, maple bars), will be offered on the menu On a limited basis.

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3. Fresh fruit and vegetables will be promoted and offered on a daily basis depending on Availability.
 4. Cookies and dessert options will only be offered on a limited basis.

C. Classroom:

1. 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. Foods produced as part of a student learning experience will be exempt from the nutrition requirements in this policy. Food items sold or offered to students outside of the classroom must comply with the recommended nutritional standards of this policy and procedure.
2. Snacks/Parties: When food and/or beverages are offered to students in school or in The 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 nutritional lunch.

Food Consumption in School Eating Environment

A. Cafeteria:

Creating an environment that provides students with sufficient and a safe place to eat a healthy meal is important.

- All schools should allow a minimum of 15 minutes for eating time when possible. This does not include time spent in line getting a meal.
- It is recommended that the school principal review the lunch schedule options and select the one that allows students to transition more effectively to the classroom and encourages better meal consumption.
- In an attempt to prevent the spread of illness and exposure of students with life-threatening allergies to hidden allergens, sharing food items at school should generally be discouraged.

Physical Education

It is the Orient School District's position that all students have equal and equitable opportunities for physical activity and fitness education in our school. The District's vision is that all children will have daily activity that creates lifelong positive health habits.

- The school will deliver a quality standards based articulated fitness and health curriculum for grades K – 8 that is aligned with Grade Level Expectations (GLE's).
- The school will deliver quality physical fitness education consistent with District and State standards.

- In order to balance the need for movement during the school day, elementary students will have breaks provided to allow for active free play.
- Physical activity and the withholding of physical education class and/or other forms of physical activity as punishment or in lieu of completing other academic work is strongly discouraged. Occasional loss of recess and/or physical education may occur if the principal or teacher feels that it is academically beneficial to the student. Repeated loss over time of physical activity and/or physical education is discouraged.
- The school will encourage students to travel to and from school by walking and bicycling using safe routes and safe practices.

Nutrition Education

Nutrition education is covered in the Health and Fitness Essential Academic Learning Requirements (EALR).

Monitoring and Evaluation

The Nutrition and Physical Fitness Advisory Committee will assist in implementation and ongoing monitoring of the procedure. Key district and community stakeholders will be represented on the Advisory Committee, including district teaching staff. This procedure will be reviewed and modified as necessary. The Committee will make reports to the Superintendent as needed. The principal of the school shall have the operational responsibility to ensure his/her site is meeting the requirements of this policy.

Nutrition

The Advisory Committee will review compliance with food sales and food products available in the school during the school day. Instruments will be developed to assess effectiveness of this procedure.

Physical Education

District physical activity/physical education programs will be monitored and assessed regularly.

The District will provide a routine review of the program strategies and methods to ensure that the latest research and best practices are being incorporated into the curriculum and overall program.

Supporting Documentation

'School Wellness Policy Best Practices' - OSPI Child Nutrition Services

Document History

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New	21 July 2015
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