

**NUTRITION- STUDENT NUTRITION AND PHYSICAL ACTIVITY**

**AR 5040 (a)**

**PLANNING AND PERIODIC REVIEW; REPORTING**

The superintendent or designee will provide an annual report to the School Board detailing progress toward reaching nutrition and physical activity goals and compliance with all physical education, physical activity and nutrition policies. Barriers to compliance, where and when they are encountered will be detailed in the annual report. A brief description of planning processes, including entities engaged in planning, will also be provided at that time.

**NUTRITION**

Schools will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate, as much as possible, the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.

~~Schools will limit food and beverage marketing to the promotion of foods and beverages that meet nutrition standards established by this administrative regulation from one half (1/2) hour before school, during, and until one half (1/2) hour after school.~~

~~Schools will not use unapproved foods or beverages as rewards for academic performance or good behavior.~~

~~Schools will not withhold food or beverages as a punishment.~~

Traditional cultural foods may be exempted from the nutritional requirements when offered free of charge or for educational purposes. Traditional cultural foods offered for sale or as part of the school breakfast or lunch program must meet nutritional requirements. food standards described below for educational and/or special school events.

~~Food and beverages (including but not limited to vending, concessions, a la carte, student stores and fundraising), served from one half hour before the start of the school day until one half hour after the end of the school day, must meet the following food and beverage nutrition standards:~~

**BEVERAGE STANDARDS**

~~Water approved for sale is: Plain or carbonated water that does not contain added sweeteners (natural or artificial, including sucralose and aspartame); vitamins; caffeine; or herbal supplements. Water may be sold in any size.~~

~~Juice or juice/water blends approved for sale are: 100% fruit or vegetable juice, or juice/water blends, plain or carbonated that do not add sweeteners (natural or artificial); caffeine; or herbal supplements. Maximum size allowed for sale is 12 oz.~~

~~Milk approved for sale are: 2%, 1% or fat free (skim) milk. Maximum size allowed for sale is 16 oz.~~

~~Enriched rice, nut or soy milk (may be "low fat"). Maximum size allowed for sale is 16 oz. Rice, soy or nut milks must be enriched with calcium, per 8 oz. serving, to at least 30% of the Daily Value set by the U.S. Food and Drug Administration.~~

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~~Flavored milk may contain no more than 55 grams of sugar total per 16 oz. (27 grams of sugar per 8 oz.) including both naturally occurring and added sweetener. Maximum size allowed for sale is 16 oz.~~

~~Sports Drinks approved for sale are: Beverages that contain less than 30 grams of sugar per 16 oz. serving. Maximum size allowed for sale is 16 oz.~~

~~Milkshakes and smoothies will follow the Food Standards listed below. Soda pop does not meet the beverage standards for the District Wellness Policy~~

~~Other Beverages must be approved by the NSBSD Wellness Advisory Committee.~~

### **FOOD STANDARDS:**

~~1. Have 30% or less of total calories from fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low-fat salad dressings, cheese and butter);~~

~~2. Have 10% or less of total calories from saturated plus trans fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low-fat salad dressings, cheese and butter);~~

~~3. Have no more than 35% total sugar by weight including naturally occurring and added sugars (except for sugars that occur naturally in a dairy product, fruit or vegetables);~~

~~4. Be limited to the following maximum portion sizes:~~

~~a. One and one-quarter ounces for chips, crackers, popcorn, cereal, or jerky~~

~~b. Two and one-half ounces for trail mix, nuts, seeds or dried fruit;~~

~~c. Two ounces for cookies or cereal bars;~~

~~d. Three ounces for bakery items~~

~~e. Three fluid ounces for frozen desserts, including, but not limited to, ice cream;~~

~~f. Eight ounces for non-frozen yogurt~~

~~Exceptions to these administrative regulations for food and beverage may be made for individual products which have sufficient nutritional value to offset sugar or fat content, or other requirements, or to prohibit the sale of individual products which are deemed inappropriate for sale to students despite meeting these guidelines. Nutritional information, along with samples of the product in question (when possible) shall be provided to the superintendent's designee in charge of nutrition services for approval before products are placed in schools.~~

### **Nutrition Guidelines:**

All foods and beverages provided through the National School Lunch or School Breakfast Programs shall meet nutritional requirements of the National School Lunch Act. To the extent practicable, all schools in the district will participate in available federal school meal programs.

All other foods and beverages made available on school campus (including, but not limited to vending, franchise vendors, concessions, a la carte, student stores, classroom parties and fundraising) during the school day, between the hours of 12:00 AM and 30 minutes after the conclusion of the instructional day, shall meet nutritional requirements of the National School Lunch Act, Nutrition Standards for All Foods Sold in Schools, also known as Smart Snacks in

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School. For the purpose of this policy, the school campus is defined as all property under the jurisdiction of the school district that is accessible to students.

### Nutrition and Dining Environment Goals

- a) Schools shall provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- b) Schools shall encourage and facilitate access to handwashing before and after meals.
- c) Schools shall provide adequate time for students to enjoy eating healthy foods with friends in school; a minimum of 20 minutes of eating time, after being served, for lunch and 10 minutes for breakfast.
- d) The school district shall work to provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
- e) The district supports and encourages the creation of school gardens and integrated food system education that provides hands-on learning experiences linking the cafeteria with the classroom and core curriculum, such as math, science and language arts.

### **PHYSICAL EDUCATION**

Student achievement shall be assessed based on physical education standards, and a written physical education grade shall be reported for students according to the grading schedule of the district. A fitness assessment shall be performed using a valid and reliable tool and used to track student progress. Physical education classes shall have a pupil-teacher ratio comparable to that in the core classes. Waivers, exemptions, substitutions, and/or pass-fail options for physical education are discouraged. Accommodations will be made for those with medical, cultural, or religious considerations. To the extent practicable:

- a) Physical education shall be taught by a certified/endorsed physical education teacher.
- b) Physical education teachers shall receive annual professional development specific to physical education content.
- c) Physical education equipment shall be age- appropriate, inviting, and available in sufficient quantities for all students to be able to participate. Equipment shall be inspected regularly for safety and replaced when needed.
- d) At least 50% of physical education class time should be spent in moderate to vigorous physical activity.

### **PHYSICAL ACTIVITY OPPORTUNITIES**

Schools shall strive to allow students the opportunity for moderate physical activity each day to include time before, during, and after school. Intramural programs will be offered after school at all sites.

~~Schools will encourage students to walk or bike to school where feasible as a way to promote physical activity.~~

~~Schools will discourage extended periods of inactivity.~~

### **Physical Activity Goals**

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The primary goals for physical activity are to: build knowledge and skills through physical education (PE) programs that enable all students to participate in a variety of lifetime physical activities; promote safe and appropriate physical activity opportunities for all students; increase the amount of movement for students throughout the school day, while decreasing sedentary time; and promote a physically active lifestyle for all community members, including students, staff, and families. To the extent practicable:

- a) Schools shall encourage families to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- b) Schools shall provide adequate training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
- c) Schools shall encourage, promote and conduct physical activities that involve families, students, school staff and the community, including safe walking or biking to school.

### **OTHER SCHOOL-BASED ACTIVITIES**

~~Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education, physical activity breaks) as punishment during and after the school day, except when safety is an issue.~~

~~Schools should provide, at a minimum, one indoor and one outdoor physical activity facility for community, student and school staff use.~~

The primary goal for other school-based activities is to create a total school environment that is conducive to student well-being. This includes, but is not limited to the following:

#### **Communication Goals**

- a) The school district shall encourage and provide opportunities for parents, staff, teachers, school administrators, students, nutrition service professionals and community members to serve as role models in practicing healthy eating and being physically active, both in the school environment and at home.
- b) The district, to the extent possible, shall provide information and outreach materials about community food programs and other Food and Nutrition Service (FNS) programs such as Food Stamps, the Child Nutrition Program, and Women, Infants and Children (WIC) to students and parents.
- c) Schools shall seek to limit commercial influence and exposure to advertising as it relates to nutrition, wellness and physical activity, consistent with Board policy and federal regulation.

### **STUDENT NUTRITION AND PHYSICAL ACTIVITY**

~~Schools are encouraged to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep school spaces and facilities available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations.~~

~~(cf. 1330 – Community use of school facilities)~~

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### Legal References:

#### UNITED STATES CODE

~~Section 204 of PL 109-265—June 30, 2004~~

#### Child Nutrition and WIC Reauthorization Act of 2004

~~(a) IN GENERAL—Not later than the first day of the school year beginning after June 30, 2006, each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for school under the local educational agency that, at a minimum—~~

~~1) Includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;~~

~~2) Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;~~

~~3) Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9 (f) (1) and 17 (a) of the Richard B Russell National School Lunch Act (42 U.S.C. 1758 (f) (1), 1766 (a)), as those regulations and guidance apply to schools;~~

~~4) Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with the operational responsibility for ensuring that the school meets the local wellness policy; and~~

~~5) Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.~~

*Adopted 10/06*

*Revised* */26*