

NONINSTRUCTIONAL OPERATIONS

Nutrition and Physical Fitness

Snohomish School District will encourage, promote, and teach healthy living habits for all students. This policy will encompass nutrition education, physical education, and food and beverage sales for all schools and all students in grades K-12.

HEALTH, FITNESS AND WELLNESS CURRICULUM:

Snohomish shall implement a comprehensive health and fitness curriculum consistent with the Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies.

Our goal is for our students to develop good health and safety principles which lead to a lifetime of healthy practices, resulting in more productive, active, and successful lives.

All students grades K-12 will be encouraged to participate in physical fitness education. The curriculum will provide opportunities for developmentally appropriate instruction. Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities. Evaluation procedures will utilize classroom-based assessments or other strategies.

All students in grades 1-6 are required to complete an average of 70 instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. This will include instruction regarding nutrition, healthy eating decisions, and the benefits of a healthy lifestyle. 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 periods for elementary students, featuring time for unstructured but supervised active play.

The District encourages secondary schools to offer a variety of co-health and fitness classes and physical fitness opportunities. Students in middle school are encouraged to participate in two quarters of P.E. and complete one credit of health and fitness instruction. These requirements may be waived at the discretion of the principal. High school students must participate in two years of health and physical fitness to graduate.

The District is encouraged to provide adequate co-curricular physical activity programs, 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.

NUTRITION STANDARDS FOR FOOD AND BEVERAGE SALES AND OFFERINGS:

Snohomish School District believes that food and beverages provided at school should promote healthy eating among students and teach lifelong positive eating behaviors. The District further believes that proper nutrition will support students' readiness to learn while at school.

The importance of proper nutrition and physical activity to lifelong good health will be demonstrated and taught to students through food served in the school setting as well as through appropriate classroom instruction. Nutrition standards for food and beverages sold in schools will be observed by all schools.

Standards for Food and Beverages:

All food and beverages provided to students before, during, and immediately after the regular school day in District schools and facilities will meet the following nutrition standards unless otherwise regulated by the United States Department of Agriculture (USDA). The following standards apply to all groups, clubs, and vendors who sell food and/or beverages to students on campus during the instructional school day.

School Lunch and Breakfast:

The District shall offer meals in compliance with all USDA and State regulations as applicable to the National School Lunch and School Breakfast programs.

Main Dishes/Entrees:

The portion size for main dishes will not exceed the size of similar items provided as part of the school lunch program.

Fruits and Vegetables:

Fruits and vegetable products must be available when snacks, sweets, or side dishes are sold. These products can be fresh, dried, frozen or canned.

Foods of Minimal Nutritional Value (FMNV):

Foods of Minimal Nutritional Value (FMNV) are recognized by the USDA as providing little to no health benefit and/or to cause nutritional detriments to students. Therefore, these items will not be offered anytime during the instructional school day. In general, FMNV include candied items, gum, mints, fondants, and spun candies.

Snacks and Beverages Sold During the Instructional School Day:

Water will be offered at a competitive price whenever other beverages are offered.

All snacks and beverages sold to students during the instructional school day shall comply with USDA regulations regarding nutritional standards.

Deviations from the Nutrition Standards: After-school, weekend events:

The nutrition standards do not apply to food and beverages provided at after-school functions such as art, drama, music, and athletic events. However, healthy options are highly encouraged.

Food sold to raise funds:

When a fundraising event involves food that will be consumed on campus during the instructional day, the food must meet all nutrition standards. Fundraisers which occur after the instructional day are exempt from the nutritional standards.

Staff Lounges:

Principals may choose to allow a vending machine in the staff lounge that deviates from these standards as long as students have no access to the machine or to its contents. Schools are highly encouraged to provide healthy options for staff whenever possible.

Classroom parties and events:

Teachers are encouraged to promote healthy eating at these events. However, the nutrition standards do not need to apply to food brought in for occasional celebrations.

This exception only applies to foods that are donated for special classroom celebrations and are not sold to students. Note that donated food must be commercially produced and packaged and not home-made. Water should be offered at all events.

Staff and administrators are encouraged to consider physical activity and community involvement when planning special events. The District will make every effort to invite parent and community involvement in encouraging wellness for our student

Food as Rewards:

As part of our nutrition education policy, teachers and administrators are discouraged from offering food or candy as a reward for students.

Policy Oversight:

The Executive Director for Business Services will be responsible for oversight of this policy. The District recognizes that this policy should be periodically reviewed to ensure it is up-to-date and that it provides for the best learning environment possible for our students.

The District shall ensure that the policy is reviewed periodically by an appropriate group of District and community members. Additionally, the Superintendent or designee shall ensure that appropriate parties are updated and informed of the policy or as needed to ensure clear understanding and compliance.

Adoption Date: August 17, 2005
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