

WELLNESS

The Pe Ell Board of Directors is committed to providing a school environment that enhances student learning and the development of lifelong wellness practices. The board supports emphasis on nutrition as well as physical activity at all grade levels. Therefore, the board supports the implementation of this policy to provide students access to nutritious food; opportunities for physical activity and developmentally appropriate exercise; provide accurate and readily available information on wellness and nutrition district-wide goals; and maintain a wellness council to review the Wellness policy and provide feedback on the implementation of the policy. Nutrition, health, and fitness topics shall be integrated within the sequential, comprehensive health education curriculum taught at each grade level, kindergarten through grade 8, and coordinated with the district's nutrition and food services operation. The Pe Ell School follows the Washington State Board of Education requirement of 1.5 years of physical education for students in grades 9-12. The district will take a proactive effort to encourage students to make nutritious food choices and be physically active to make for a healthier student.

The superintendent or designee shall ensure that:

- A variety of healthy food choices, including competitive foods that comply with state and federal regulations, will be available for sale or service whenever food is sold or served at district-sponsored events.
- Evaluation of the implementation of the wellness policy occurs on a regular and ongoing basis.
- Support is available to assist with policy implementation.

Nutrition

Child Nutrition Program

The Pe Ell School District supports the philosophy of the National School Lunch and Breakfast programs providing wholesome and nutritious meals and appropriate nutrition education for children in the district's schools. The Pe Ell School Board authorizes the superintendent or designee to administer the Child Nutrition Program. 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 will require the approval of the board. Expenditures for food supplies shall not exceed the estimated revenues.

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 and federal government.

CEP community eligibility programs

The Pe Ell School District will participate in the CEP (Community Eligibility Meal Program) which serves free meals to all students.

Pe Ell School Farm to School Wellness

The Pe Ell School District will support the development of farm to school programs to help students eat more nutritious foods and promote healthier, lifelong eating patterns; support the local economy and local farmers; and teach students about the origins of their foods and how their food is grown.

Farm to school programs provide students with the opportunity to eat healthy, locally grown foods and be exposed to a variety of fresh produce that reflects the ethnic and cultural diversity of the student population.

Nutrition services will develop and implement a plan to integrate local produce into meals served as part of the school meal program. The plan will identify specific strategies and goals to increase the use of local produce.

Nutrition services will plan menus to accommodate the seasonality of local agriculture according to availability of produce from local farms and school gardens.

Use of USDA Foods

The Pe Ell School District may use USDA foods for school menus. Child Nutrition Program shall not accept donations of food due to potential liability.

Physical Education

Health and Fitness Curriculum

The Pe Ell School District shall adopt and implement a comprehensive health and fitness curriculum. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

Cross References:	Board	Policy 4260	Use of School Facilities
Legal References:	RCW	28A.230.040	Physical Education – Grades 1-8
		28A.230.050	Physical Education in High Schools
		28A.235	Food Services
		28A.235.120	Meal Programs — Establishment and

Operation — Personnel — Agreements

- 28A.235.130: Milk for children at school expense
- 28A.623.020: Nonprofit program for elderly —

Authorized — Restrictions

- 69.04: Intrastate Commerce in Food, Drugs and Cosmetics
- 69.06.010: Food and beverage service worker's permit — Filing, duration — Minimum training requirements
- 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 392-410-135 Physical Education – Grade school and high school requirement.
- WAC 392-410-136 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

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PROCEDURE WELLNESS

These Wellness procedures will be consistent with district educational and budgetary goals and are designed to optimize students' ability to make health-enhancing choices and fulfill the requirements of The Healthy, Hunger-Free Kids Act of 2010.

1. Nutritional Standards for Food and Beverages/Federal Competitive Food Rule

All foods served in school from midnight through 30 minutes after school dismissal will conform to The Health, Hunger-free Kids Act of 2010 and the Competitive Food Rule of 2013.

2. School Meals and Ala Carte Program

All district child nutrition Services programs, including the National School Lunch Program, the School Breakfast Program, the After School Snack Program, and the Summer Food Service Program, will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; including but not limited to the USDA's Health Hunger-free Kids Act of 2010. Schools will offer varied and nutritious food choices that are consistent with the federal government's current dietary Guidelines for Americans. Menus will be planned by the food service director.

Free and Reduced-price Food Services

The district will 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 will inform parents of the eligibility standards for free or reduced-price meals. Schools will make every effort to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to their application for free or reduced-price food services to the superintendent or designee.

3. USDA Foods

The district will use foods made available under the USDA Food Program for school menus.

4. Qualifications of Child Nutrition/Food Service Staff

- Qualified child nutrition/food service staff shall administer the school meals programs.
- Appropriate training shall be provided for all child nutrition staff including continuing education and certification training.

5. Competitive Foods and Beverages

All competitive foods offered in Pe Ell School District schools will comply with the USDA Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-free Kids Act of 2010, also designated –Smart Snacks in Schools. USDA Interim Rule for Competitive Foods.

The health of today’s school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables, and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also supports efforts by school food service staff, school administrators, teachers, parents, and the school community, all working hard to instill healthy habits in students.

Nutrition Standards for Foods

Any food sold in schools 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 1/4 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)*
- Foods must also meet several nutrient requirements: Calorie limits
- Snack items: < 200 calories
- Entree items: < 350 calories

Sodium limits

- Snack items: < 230 mg**
- Entree items: < 480 mg

Fat limits

- Total fat: < 35% of calories
- Saturated fat: < 10% of calories
- Trans fat: zero grams

Sugar limit:

- < 35% of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria

**On July 1, 2016, snack items must contain < 200 mg sodium per item

Nutrition Standards for Beverages

Drinking water will be available during meal service daily.

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.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional no calorie and lower calorie beverage options for high school students.

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or < 10 calories per 20 fluid ounces
- No more than 12 ounce portions of beverages with < 40 calories per 8 fluid ounces, or < 60 calories per 12 fluid ounces.

Other Requirements

Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards **accept when held during designated school hours.**
- The standards do not apply during non-school hours, on weekends, and at off-campus fundraising events.

Accompaniments

- Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold.
- This helps control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant.

ASB, Vending Machine Sales, and School-based Enterprises: School-based marketing will be consistent with nutrition education and health promotion. Consistent with this goal, schools and Associated Student Bodies (ASB) will increase availability of nutritious foods and beverages available through vending machines, ASB stores, and other ASB-sponsored events so as to provide students with healthy choices. All foods sold will comply with Smart Snacks in Schools as published by USDA. Training on –Smart Snacks in Schools will be provided to ASB.

6. **Food Safety**

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

In accordance with The Healthy Hunger-free Kids Act of 2010, the district follows a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles and staff are trained accordingly.

For students with known food allergies that may interfere with or limit their ability to participate in the educational program, the child nutrition services will work with parents to provide reasonable accommodations in accordance with district policies and federal law.

7. **Farm to School Program**

When practical, child nutrition services will purchase fresh fruits and vegetables from local farmers in order to serve the freshest produce and support the local economy.

8. **Educational Programs in Nutrition and Physical Fitness**

The Pe Ell School District will provide instruction to meet the state standards for health and fitness and promote skills to maintain an active and healthy life. Current nutrition education materials will be prominently displayed in serving areas, in cafeterias, on menus and on the website.

9. **Parent Education**

Schools will provide information to parents to support and reinforce nutrition and physical education at home. Information will be supplied by the District Wellness Committee.

10. **Physical Activity**

Schools will be encouraged to participate in regularly scheduled physical activities outside of the school day. The district will work collaboratively with community organizations to increase student awareness and promote family and community involvement in supporting and reinforcing activity/athletic programs in the schools, and student participation in community sport and activity programs.

11. **Health and Fitness Curriculum**

The district health and fitness curriculum meets state standards.

The goal for all students in grades one through eight will be to complete an average of 100 instructional minutes per week of physical education.

In addition to required physical education, students at the elementary level may have the opportunity to participate daily in recess and physical activity. Daily recess is provided for elementary school students featuring time for supervised active play. Schools are encouraged not to withhold physical activity as discipline. The district provides 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.

Students in grades 9-12, pursuant to RCW 28A.230.050, a one credit course or its equivalent shall be offered in physical education for each grade in the high school program.

12. **Other School-Based Activities to Promote Student Wellness**

Fundraising Activities: Schools shall encourage fundraising activities that promote physical activity. During the school day, fundraising activities will comply with nutritional standards. After school fundraising activities **beginning 30 minutes after the conclusion of the school day** are exempt. School staff should not use food as an incentive, reward, or punishment for individual students. Staff should use non-food alternatives as student rewards. School staff should not withhold physical activity as a punishment.

13. **Healthy School Environment**

The District Wellness Committee will distribute information so staff are aware of the Wellness Policy and Procedures and will post the policy and procedures on the district website.

The district will encourage healthy celebrations and provide resources to schools and families through the Wellness Committee and the child nutrition website.

14. **Wellness Advisory Committee**

The District Wellness Committee will meet periodically to assist in evaluation of the implementation of the wellness policy.

The committee should include child nutrition professionals and staff, parents/guardians, building-level administrators, students, health care professionals, health and physical education staff, educators, and interested community members.

The Wellness Advisory Committee, will, as necessary, revise the Wellness Policy and Procedures and develop work plans to facilitate the implementation. Reviews may be used to help determine policy compliance, assess progress, and determine areas of improvement.

15. **Policy Monitoring, Reporting, Evaluation, and Policy Review**

Implementation and Monitoring: The superintendent or designee provides oversight to the implementation of wellness policies. The principal or designee at each school provides oversight to the policies in their school and will report on the school's progress annually.

Child nutrition services administrators will monitor and report, as needed, compliance with nutrition policies within school food service areas. In addition, they will report on the OSPI review and recommendations. To assist with the initial implementation of the wellness policy, school assessments should be completed annually and submitted to the Wellness Committee.

OSPI assessment will take place every three years as part of the Administrative Review.

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