

ANACORTES SCHOOL DISTRICT #103

Management Support

NUTRITION AND PHYSICAL FITNESS

Students who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports 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:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

The superintendent shall develop and implement 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.

Evaluation procedures will be in place by the end of the 2008-2009 school year.

Nutrition, health and fitness topics shall be integrated within the sequential, comprehensive health education curriculum, and coordinated with the district's nutrition and food services operation.

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

1. A variety of healthy food choices are available whenever food is sold or served on district property;
2. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

NUTRITION

Nutrition Standards

The district shall provide food and beverages which meet the nutritional standards required by state and federal school breakfast and lunch programs. Meals served in school shall conform to the U.S. Dietary Guidelines for Americans.

The superintendent shall establish rules for the sale of food during school hours to encourage the eating of nutritious breakfasts and lunches. For grades K-8, such procedure shall incorporate a phasing plan that improves food and beverage guidelines over a four-year period for all such items sold or distributed on district property. Grades 9-12 will report on changes made for current school year, list goals for next school year, with plan to revisit goals and procedure at end of the second year.

Any food and beverage sales not conducted by the district food service program must have the prior approval of the building principal. No food or drink items shall be offered in vending machines unless they have been approved by the principal.

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Food Services Program

The district supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for students 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.

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 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.

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 students 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 board of directors 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.

PHYSICAL EDUCATION

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. Evaluation procedures will utilize classroom-based assessments or other strategies and will be in place by the end of the 2008-2009 school year.

All students in grades one through eight are required to complete an average of one hundred 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. Middle school students shall have an average of one hundred minutes per week of physical education, including an average of 20 minutes per day of aerobic activity in the student's target heart rate zone. All

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high school students are required to complete two credits of health and fitness. The district encourages the high school to offer a variety of health and fitness classes and encourages student participation at each grade level.

Suitable adapted physical education shall be included as part of individual education plans for special education students and/or students with a 504 plan as appropriate

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. The district is encouraged to provide adequate 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.

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Cross References:	<i>Board Policy 2100</i> Board Policy 4260	<i>Instructional Program Offerings</i> Use of School Facilities
Legal References:	RCW 28A.230.040 28A.230.050 28A.235 28A.235.120 28A.235.130 28A.623.020 69.04 69.06.010 69.06.020 69.06.030 69.06.050 69.06.070 WAC 180-50-135 392-410-135 WAC 180-51-085 392-410-136 7 CFR, Parts 210 and 220 7 CFR, Part 245.5	Physical Education – Grades 1-8 Physical Education in High Schools Food Services Meal Programs — Establishment and Operation — Personnel — Agreements Milk for children at school expense Nonprofit program for elderly — Authorized — Restrictions Intrastate Commerce in Food, Drugs and Cosmetics Food and beverage service worker's permit — Filing, duration — Minimum training requirements Permit exclusive and valid throughout state — Fee Diseased persons — May not work — Employer may not hire Permit to be secured within fourteen days from time of employment. Limited duty permit Physical Education – Grade school and high school requirement. Physical Education Requirement-Excuse
Management Resources:	Policy News, December 2004 Policy News, February 2005	Nutrition and Physical Fitness Update Nutrition and Physical Fitness Policy

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