

BP 5040 STUDENT NUTRITION AND PHYSICAL ACTIVITY

Note: This policy is intended to provide a framework for developing a legally compliant wellness policy. The policy adopted by your school board must be developed with the involvement of the identified advisory group discussed in Section A.

The School Board recognizes that schools are in a position to promote healthy lifestyle choices by students that can affect their lifelong wellness. Therefore the School District will provide environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Schools will provide nutrition promotion and education, physical education, and other school-based activities to foster lifelong habits of healthy eating and physical activity, and will establish linkages between nutrition education and school meals.

(cf. 1020 - Youth Services)

A. Planning and Periodic Review by Stakeholders

The school district and/or individual schools within the district will create or work with an appropriate existing advisory group, the wellness committee, that will assist in developing, implementing, monitoring, reviewing and, as necessary, revising school nutrition and physical activity goals. The Wellness Committee should be composed of students, parents, food service personnel, school board, school administration, (*teachers, health professionals*) and other interested community members. The Wellness Committee should be provided with appropriate information and clear guidelines to assist in the development and/or revision of relevant policies. The district will promote opportunities to participate in the Wellness Committee at least once a year through parent and stakeholder communication which may include: newsletters, public announcements, web-postings, parent communication, etc.

The school district will provide the Wellness Committee with appropriate information and clear guidelines to assist in the development and/or revision of relevant policies on nutrition and physical activity goals. Goals will be based on available scientific evidence for improving school nutrition and physical activity programs from agencies such as the Centers for Disease Control (CDC), U.S. Department of Agriculture (USDA), Society for Health and Physical Educators (SHAPE) and National Association for Sport and Physical Education (NASPE). Goals and policy and description of the plan for measuring the implementation of (b) this policy will be presented to the Board starting with the presentation of goals within six (6) months of the passage of this policy and continuing annually thereafter.

(cf. 1000 - Concepts and Roles)

B. Nutrition

All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and ~~reducing childhood obesity~~ **lifelong healthy habits**.

All foods and beverages provided through the National School Lunch or School Breakfast Programs and **After School Meal Programs shall** meet nutritional requirements of the National School Lunch Act. ([7 C.F.R. Parts 210](#) and [220](#)).

To the maximum extent practicable, all schools in the district will participate in available federal school meal programs. The school district sees the value of universal breakfast and will cover the cost of all students to eat breakfast.

All other foods and beverages made available on campus (including, but not limited to vending, 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 and Nutrition Guidelines for All Foods Sold in Schools also known as Smart Snacks in School (Federal Register/Vol. 78, No. 125) See attached document. 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.

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 for students to eat. Schools will 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.

Traditional cultural foods may be exempted from the nutritional requirements when offered free of charge and for educational purposes. Traditional cultural foods offered for sale or as a part of the school breakfast or lunch program must meet nutritional requirements.

Foods and beverages will not be offered as reward for students' performance or behavior unless a waiver has been applied for and approved.

Schools will provide free potable water in the place where meals are served and elsewhere throughout the school buildings.

When practicable, Alaska farm and fish products will be utilized in meals and snacks.

Schools will encourage all students to participate in federal school meal programs and protect the identity of students who eat free and reduced priced meals.

Schools will encourage all students to eat healthy and nutritious meals within the school dining environment and will, to the extent practicable, involve students in menu planning.

To the extent practicable, schools will schedule lunch as close to the middle of the school day as possible. Schools are encouraged to provide opportunities for mid-morning or mid-afternoon healthy snack breaks.

Schools will limit food and beverage marketing on campus to the promotion of foods and beverages that meet the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools. In Elementary, each classroom can schedule one day per month for celebration, parties or activities that involve food as part of a celebration or educational process. High School and Middle school will be allowed one day per month per school. All other food offered outside the designated day must meet smart snack compliance.

Schools will provide age-appropriate nutrition education as part of the health and physical education curricula that respects the cultural practices of students, is integrated into core subjects, and provides opportunities for students to practice skills and apply knowledge both inside and outside the school setting. The District will seek to provide evidence-based nutrition education curricula that foster lifelong healthy eating behaviors integrated into comprehensive school health education.

To the extent practicable:

- (a) Students in grades pre-K-12 shall receive nutrition education that teaches the skills needed to adopt lifelong healthy eating behaviors that may include resources and materials from the USDA, Food and Nutrition Services, Team Nutrition.
- (b) Classroom nutrition education shall be reinforced in the school dining room or cafeteria setting as well as in the classroom, with coordination among the nutrition service staff, administrators and teachers.
- (c) Students shall receive consistent nutrition messages from schools and the district. This includes in classrooms, cafeterias, outreach programs and other school-based activities.
- (d) Nutrition education shall be taught by a certified/licensed health education teacher.

(e) Schools will strive to establish or support an instructional garden within nutrition education and the core curriculum that provides students with experiences in planting, harvesting, preparing, serving and tasting.

(f) Schools will make available to students information on the caloric, sodium and other nutritional content (such as fat, nutrients, and sugars) of foods and beverages available for purchase at school.

(cf. 0210 - Goals for Student Learning)

(cf. 3550 - Food Service)

(cf. 3551 - Food Service Operations)

(cf. 3552 - Regular Lunch Program)

(cf. 3553 - Free and Reduced Price Meals)

(cf. 3554 - Other Food Sales)

(cf. 6163.4 - School Gardens, Greenhouses, and Farms)

NOTE: **Federal law** requirements for Local Wellness Policies state that districts **MUST** have physical activity goals. **Alaska State law [AS14.30.360](#)** (amended in 2016 by Senate Bill 200 'Mandatory Physical Activity in Schools') states that school districts shall establish guidelines for schools to provide opportunities during each full school day for students in grades K-8 for a minimum of 54 minutes of daily physical activity. These requirements cannot be met using **Section C: Physical Education** and **Section D: Physical Activity**.

C. Physical Education

Physical education will be closely coordinated with the overall school health program, especially health education, so that students thoroughly understand the benefits of being physically active and master the self-management skills needed to stay active for a lifetime.

To the extent practicable, all elementary students will be provided at least the National Association for Sport and Physical Education (NASPE) recommendation of 150 minutes of physical education per week for the entire school year.

To the extent practicable, middle and high school students shall be provided at least the National Association for Sport and Physical Education (NASPE) recommendation of 225 minutes of physical education per week for the entire school year.

All students in grades kindergarten through eight will be required to participate in physical education for all years of enrollment in school. All high school students shall be required to participate in physical education for one full year. Physical education shall be exclusive of health education and shall be available for all four years of high school.

At least 50% of physical education class time should be spent in moderate to vigorous physical activity.

The district will adopt a physical education curriculum that aligns with the Alaska State Standards for Physical Education for grades K-12, with grade level benchmarks. The curriculum shall be reviewed in accordance with **the** regular curriculum review and adoption schedule of the District.

Student achievement shall be based on physical education standards, and a written physical education grade shall be reported for students according to the grading schedule of the District. 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 prohibited for freshmen physical education students. Accommodations will be made for those with medical, cultural, or religious considerations.

To the extent practicable, physical education shall be taught by a certified/endorsed physical education teacher.

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.

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D. Physical Activity

All students in grades kindergarten through eight shall be provided opportunities for **of** daily physical activity for each full school day. Physical activity minutes may be accumulated throughout the school day and may include minutes spent in moderate to vigorous activity in physical education classes, recess, and classroom based physical activity.

Whenever possible, all students shall be given opportunities for physical activity through a range of programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.

Elementary ~~and middle school~~ students shall be provided with at least 20 minutes each day of recess. **To the extent practicable, the middle school should be offered 20 minutes of activity in physical education.** When practicable, recess shall be scheduled before lunch periods, take place outdoors, and include structured, active recess options. Classroom based physical activity is encouraged but will not replace recess.

Administrative regulations shall be developed to ensure that physical activity opportunities are provided in accordance with [Alaska State Law 14.30.360](#) (amended in 2016 by Senate Bill 200 'Mandatory Physical Activity in Schools')

Indoor and outdoor facilities shall be available so that physical activity is safe and not dependent on the weather. Physical activity equipment shall be age-appropriate, inviting, available in sufficient quantities for all students to be active. Equipment shall be inspected regularly for safety and replaced when needed.

Using physical activity as punishment or withholding physical activity/physical education time for behavior management is strongly discouraged and shall be prohibited to complete class work.

The district/school will promote strategies/events designed to generate interest in and support active transport to school (walking school busses, 'bicycle trains', Walk/Bike to School Day, Safe Routes to School Programs).

Schools are encouraged to negotiate mutually acceptable and 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)

E. Communication with Parents

The district/school will regularly, at least annually, inform and update the public, including students, parents, and the community, about the content of this policy.

(cf. 6020 - Parent Involvement)

F. Monitoring, Compliance and Evaluation

The superintendent or designee (s) as indicated in the annual policy notification will ensure compliance with this policy and accompanying administrative

regulations. A comprehensive assessment of implementation of the local wellness policy will be conducted, at a minimum every three years. Administrative regulations may be developed to ensure that information will be gathered to assist the Board and district in evaluating implementation of this policy and to ensure that necessary documentation is maintained in preparation for the triennial administrative review conducted by Child Nutrition Programs, Department of Education & Early Development. At a minimum, the district must retain records to document compliance with the local school wellness policy requirements including the written local school wellness policy; documentation demonstrating compliance with community involvement requirements (see Section A); documentation of the triennial assessment of the local school wellness policy; and documentation to demonstrate compliance with the annual public notification requirements.

The Superintendent or designee will designate one or more persons to be responsible for ensuring that each school within the district complies with this policy, and that school activities, including fundraisers and celebrations, are consistent with district nutrition and physical activity goals.

The School Board will receive an annual summary report on district-wide compliance with the established nutrition and physical activity policies, and the progress made in attaining the district nutrition and physical activity goals, based on input from the schools within the district. The report will also be distributed to advisory councils, parent/teacher organizations, school principals, and school health services personnel and will be made to the public. When new standards, rules, or regulations for nutrition and wellness are created, the Wellness Policy Committee will review and update the policy as needed for compliance.

Legal Reference:

ALASKA STATUTES

[03.20.100](#) *Farm-to-School program*

[14.30.360](#) *Curriculum*

UNITED STATES CODE

Richard B. Russell National School Lunch Act, [42 U.S.C. 1751-1769j](#)

Child Nutrition Act of 1996, [42 U.S.C. 1771-1793](#)

CODE OF FEDERAL REGULATIONS

*[7 C.F.R. Parts 210](#) and [220](#), *National School Lunch Program and Breakfast Program**

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