

NUTRITION, FOOD SERVICES, AND PHYSICAL FITNESS

The board recognizes childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity, some cancers, diabetes and other chronic diseases.

Children who eat well-balanced meals are healthier and more likely to learn in the classroom.

Therefore, it is the policy of the board to:

- provide students access to nutritious food;
- provide opportunities for physical activity and developmentally appropriate exercise; and
- provide accurate information related to nutrition and physical activity.

The District's nutrition, health and fitness program must be consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. The District's program must include a comprehensive curriculum on health, fitness and nutrition consistent with the Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

Evaluation procedures will include classroom-based assessment and other strategies. It will be in place by the beginning of the 2005-06 school year. Progress will be reported to the school board and parents annually.

Nutrition, health and fitness topics will be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the District's nutrition and food services operation. The District will be proactive in encouraging students to make nutritious food choices.

The Superintendent is responsible for ensuring that:

- Healthy food choices are available whenever food is sold through the District food services program or provided with District funds.
- Schools regulate the sale or serving of foods or snacks high in fat and sugar.
- Nutritious meals served by the school nutrition and food services operation comply with state and federal law.

Nutrition Standards

Any food sales of an occasional nature must have the prior approval of the school administrator. Vending machines accessible to students shall be limited to dispense items that meet standards for food sold or otherwise made available to all students during the school day. All items offered in vending machines must have been approved by the school administrator or his/her designee.

Food Services Program

Oak Harbor School District supports the philosophy of the National School Lunch Program and shall provide wholesome and nutritious lunches for children in the district's schools. The school 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.

It is the intent of the school board that the food services program will be self-supporting from direct charges for meals in addition to reimbursements and grants as may be received. The school board will establish reimbursable meal prices. Expenditures for food supplies and direct expenses shall not exceed the estimated revenues.

The school board authorizes the Superintendent to enter into a yearly contract with the United States Department of Agriculture to provide meal programs for students. The food services program will comply with the requirements of the National School Lunch Program and the laws, rules, and regulations of the state.

The School District will establish, equip, and operate food services in school buildings for pupils and employees in accordance with standards set forth by the Office of the Superintendent of Public Instruction (OSPI), the Department of Health (DOH), and in compliance with regulations governing the program issued by the United States Department of Agriculture (USDA).

Oak Harbor School District may use food commodities made available from the federal government for school meals. These USDA commodities shall be used only for school menus and and/or special education and secondary vocational educational programs that are non-profit.

Because of the potential liability to the Oak Harbor School District, the food services program shall not accept donations of food other than as provided in this policy without the express approval of the school board. Should the school 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 providing the food as part of the school lunch menu.

Nutrition in the Food Service Program

The Oak Harbor School District shall provide school breakfasts and/or lunches that meet the nutritional standards required by state and federal lunch programs. Foods of minimal nutritional value (Reference: Appendix B of 7 CFR, Part 210) shall not be served as part of the District's food service program.

Food services operated for profit in an Oak Harbor school, that are separate and apart from the nonprofit breakfast or lunch program, shall not operate at such time or place as will constitute competition with the nonprofit lunch program with the following exceptions:

The sale of food for profit may be conducted only after:

1. Such sales have the prior approval of the Building Administrator, Food Service Director, and Superintendent or his designee, and
2. The kitchen manager has been informed in enough time to adjust food production and work schedules and no less than one week prior to the proposed sale date.

PHYSICAL EDUCATION

Health and Fitness Curriculum

Oak Harbor School District shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs. The curriculum will provide equitable opportunities and developmentally appropriate opportunities for physical activity and fitness education in our schools. Evaluation procedures will utilize classroom-based-assessments or other strategies and will be in place according to the state mandated timeline.

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 physical fitness, and wellness activities through age-appropriate activities. All 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 for each grade.

Suitable adapted physical education instruction shall be included as part of individual education plans or 504 plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess providing time for unstructured play. The district is encouraged to provide co-

curricular physical activity programs and promote the use of school facilities for physical activity programs offered by the school and community-based organizations outside of school hours.

Confidentiality

The names of the children eligible for free or reduced price meals shall not be made available to any person not employed by the school district. Public release of this information is not authorized without approval of the Superintendent..

Legal References:	RCW 28A.235	Surplus or Donated Food Commodities for School Hot Lunch Programs
	RCW 28A.235.120	Lunchrooms—Establishment and Operation—Personnel for—Agreement for
	RCW 28A.235.130	Milk for Children at School Expense
	RCW 28A.623.020	Non-profit Meal Program for Elderly—Authorized—Restrictions
	RCW 69.04	Food, Drugs, Cosmetics, and Poisons
	RCW 69.06.010 to 69.060.030	Food Service Worker Permit
	RCW 69.06.050	Food Service Worker Permit
	RCW 69.06.070	Food Service Worker Permit
	RCW 28A.230.040	Physical Education
	RCW 28A.235.050	Surplus or Donated Food Commodities for School Hot Lunch Programs
	WAC 180-50-135	Physical Education – grade school and high school
	7 CFR, Parts 210 and 220	
	7 CFR, Part 245.5	