

## **NUTRITION, FOOD SERVICES, AND PHYSICAL FITNESS**

### **Standards for Foods Sold or Otherwise Made Available to All Students During the School Day (not breakfast or lunch program)**

In all OHSD schools, any food sold or otherwise made available to students during the school day other than those that are served as part of the National School Breakfast or Lunch program will meet the following standards:

- Not more than forty (40) percent of its total calories are from fat. This does not apply to the sale of nuts or seeds or real cheese snacks.
- Not more than thirty-five (35) percent of its total weight is composed of sugar. This does not apply to the sale of fruits, vegetables, and milk and juice.
- Beverages served during normal school hours may not contain more than twenty-five (25) grams of sugar per 12 ounce serving. This does not apply to flavored milk, non-fat or low-fat plain or flavored fortified soy beverage, rice beverages, or fruit juices containing fifty (50) percent or more juice. Carbonated beverages may be sold to students in grades 6 through 12 and must meet the sugar and fat guidelines specified. No carbonated beverages may be sold or served to students K – 5 during normal school hours.
- Food used as a reward or incentive for student behavior or academic performance must meet these standards. A building administrator may waive this requirement occasionally.
- Food may not be used for fund raising during normal school hours without the approval of the building administrator.
- Nutrition Education in the classroom must be an essential part of the students' K-12 curriculum to ensure that students develop skills to make good decisions regarding food choices.
- Building principals will ask parents to send healthy snacks to school for parties and celebrations, but exceptions may be made with principal approval.

These standards shall be met not later than the end of the school year 2007-08. Each school year, starting with 2005-06, must be evaluated to determine if progress is being made toward achievement of nutrition, health, and fitness educational goals and toward District nutritional standards. Adequate progress toward meeting the nutritional standards is eliminating thirty (30) percent of the unhealthy foods sold in schools each year for three consecutive years ending 2007-08. Adequate progress toward achieving educational goals shall be evaluated by the building administrator. The building administrator shall evaluate progress toward educational goals and nutritional standards using classroom based assessment and other strategies and report progress to the school board annually via formal report. After successful implementation has been reported, formal school board reports will discontinue and annual memorandum to the Superintendent will be required.

### **Food Services Program**

The nutritional composition of meals served by the food service program will be as follows:

- Meals served will include a variety of foods that do not exceed thirty (30) percent of calories from fat and ten (10) percent of calories from saturated fat. Meals will include a variety of vegetables, fruits, and grain products and will use sugars and sodium in moderation.

### **Free and Reduced-Price Food Services**

The District shall provide free and reduced-price lunches to students according to the terms of the National School Lunch Program and the laws and rules of the state. The District shall inform parents of the eligibility standards for free or reduced-price lunches.

Each school will operate on a cash basis with a limited lunch being provided in emergency situations. So no student goes without a meal, each emergency situation will be evaluated by school administration prior to providing a limited lunch.

### **Application Processing**

Free and reduced-price meal applications will be processed in a timely manner in accordance with USDA food and nutritional services regulations.

1. The school's designee will review the applications for meal benefits.
2. Parents/Guardians will be notified in writing if their application has been approved or denied.
3. A parent has the right to appeal any decision with respect to his/her application for free or reduced-price meals by contacting the school district's business director.
4. Every effort will be made to quickly approve applications and notify students of their eligibility status. During the application-processing period, students who were eligible for free or reduced-price meals during the prior June, will maintain their prior year's free or reduced-price meal status for the first 30 days of the new school year.
5. The district may release cumulative totals of the number of students approved for receipt of free and reduced-price meals.
6. Oak Harbor School District will complete an application for a child and approve the child for free meals based solely on the knowledge that the child's address is a homeless shelter or that the child has no known address and is indeed homeless.

### **Student Account Management**

K-5 students will be allowed to take their accounts below zero by an equivalent of two meals. The parent/guardian for the student will be notified before the student's account reaches zero. If the student does not replenish their account after receiving two meals on credit, they will be provided an emergency lunch and milk the third time. If the student does not replenish their account after receiving an emergency lunch, the student will not be provided a school lunch until their account is replenished.

### **Health and Fitness**

It is the Oak Harbor School District's position that all students have equal and equitable opportunities for physical activity and fitness education in our schools. The superintendent is encouraged to review and consider implementing physical activity and fitness education program improvements. The goals of the Oak Harbor School District are:

1. All children, from kindergarten through grade 12, will have the opportunity to participate in a quality, standards-based physical activity/fitness education program;
2. All schools will have certificated physical education teachers providing instruction; and
3. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

Schools shall require students in grades one through eight to engage in physical education averaging 100 instructional minutes per week and all high school students shall complete 1.5 credits of Physical Education and .5 credit in Health.

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the District's facilities use policy, community college and municipal joint use agreements, and partnerships with youth organizations so additional opportunities are available for all youth in our communities to participate in quality physical activity, fitness, sports and recreation programs.

Schools should identify safe and active routes to school and promote alternative methods for children to travel to and from school, such as walking and bicycle programs.

Schools shall discourage the use of physical activity and regular withholding of physical education class, recess, and other forms of physical activity as punishment.

Schools shall discourage the removal of students from physical education class for other activities.

Schools are discouraged from waiving physical education course requirements activities except as provided in Policy 5630.

### **Family and Community Involvement**

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school principal is responsible for encouraging:

1. Physical Education teachers to send home fitness ideas with students;
2. Parents to promote their child's participation in the school's physical education programs and after school activities;
3. Families to attend and participate in physical education activity programs and health fairs;
4. Physical Education homework that students can do with their families;
5. School staff to consider the various cultural preferences in development of physical education programs; and
6. School staff to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

### **Advisory Committee**

The District shall convene a Nutrition and Physical Activity Advisory Committee to assist in development and implementation of the District-wide nutrition and physical fitness policy. The committee may include food service directors and staff, parents, building level administrators, school board members, students, nutritionists, health care professionals, physical education staff, and the public and interested community organizations.

### **Program Evaluation**

#### **A. Nutrition:**

In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the Superintendent is responsible for evaluating and assessing whether the board policy and procedure are implemented, including a periodic assessment of the school meal program with input from students, parent and staff.

#### **B. Physical Education**

District physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with other District academic and health-related programs using tools like Fitnessgram, Healthy Kids Survey, CDC School Health Index, or an OSPI Classroom-Based Assessment. Results of these surveys and assessments will be reported to the board, school sites, and made available to parents and community on a regular basis.