

WELLNESS POLICY

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 Pe Ell 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 12 and coordinated with the district's nutrition and food services operation. The district will take a proactive effort to encourage students to make nutritious food choices.

The superintendent or designee shall ensure that:

- A. 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.
- B. Evaluation of the implementation of the wellness policy occurs on a regular and ongoing basis.
- C. Support is available to assist with policy implementation.

Nutrition

Child Nutrition Program

The 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 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.

Use of USDA Foods

The 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 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

School District: Pe Ell School District 301
Adoption Date: 8/18/2014

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 the school day dismissal will conform to The Healthy, 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 Healthy Hunger-Free Kids Act of 2010. The district 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 supervisor/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. 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

- a. Qualified child nutrition/food service staff shall administer the school meals programs
- b. 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 advancement 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 encourage 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 $\frac{1}{4}$ 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
- Entrée items: <350 calories

Sodium limits

- Snack items: <200 mg
- Entrée 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

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.

- Must be caffeine free (except trace amount of naturally occurring caffeine substances)

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
- May contain caffeine

Other Requirements

Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- 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 is 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 and posted on the website.

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 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 student in grades one through eight will be to complete an average of 100 instructional minutes per week of physical education.

This includes students at the elementary level having 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 and promotes the use of school facilities for physical activity program 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 Pe Ell District Wellness Committee will distribute information so staff members 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 school and families through the Pe Ell Wellness Committee and the Child Nutrition Website.

14. Wellness Advisory Committee

The Pe Ell 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 Pe Ell District Wellness 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 occur every three years during the Administrative Review.