

STUDENT NUTRITION AND PHYSICAL ACTIVITY

The Ketchikan Gateway Borough School District will provide environments that promote and protect health, well-being, and the ability to learn by supporting healthy eating and physical activity.

(cf. 1020 – Youth Services)

A. Planning and Periodic Review

The school district and individual schools within the district will create or work with an appropriate existing Wellness Committee that will assist in developing, implementing, monitoring, reviewing and, as necessary, revising school nutrition and physical activity goals. The Wellness Committee(s) should be composed of students, parents, food service personnel, school board, school administration, teachers, health professionals, physical education teachers and other interested community members.

The district and individual schools will promote opportunities to participate in the Wellness Committee(s) at least once a year through parent, staff, student, and stakeholder communication including: newsletters, public announcements, web- postings, parent communication, etc. The Wellness Committee(s) should be provided with appropriate information, clear guidelines to assist in the development, revision of recommended relevant policies, 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 of the policy and a description of the plan for measuring the implementation of this policy will be presented to the Board annually.

(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. 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 a clean, safe and pleasant setting for students to eat.

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Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative. To the maximum extent practicable, all schools in the district will participate in available federal school meal programs.

Food Services shall make nutrition information on the meals served as part of the National School Breakfast and Lunch programs available to students and parents both at the point of consumption and on the district/school websites.

Schools will encourage all students to participate in school meal programs through student-oriented marketing and protect the identity of students who eat free and reduced priced meals. Teachers may allow students to eat breakfast in the classroom during the first ten minutes of the school day, as appropriate.

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. After obtaining food, all students should have at least 20 minutes to eat lunch. Schools are encouraged to provide opportunities for mid-morning or mid-afternoon healthy snack breaks.

Schools will provide free potable water, such as drinking fountains, in the place where meals are served and elsewhere throughout the school buildings.

All food and beverages made available directly to students 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, will be consistent with nutrition standards developed by the superintendent or designees in administrative regulations based on the National School Lunch Act, Nutritional Guidelines for All Foods also known as Smart Snacks at School (USDA) unless included under the annual fundraising exemption waiver as decided by designated personnel.

Schools will limit food and beverage marketing to the promotion of foods and beverages that meet the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools. This includes, but is not limited to, the promotion or marketing of non-compliant food and beverage products on the exterior of vending machines, through posters, menu boards, food display racks, other food service equipment, cups used for beverage dispensing, coolers, trash cans, scoreboards, and school publications. Schools are not required to immediately replace these items, but will demonstrate progress

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towards removing, covering, or replacing noncompliant advertising. This requirement does not apply to materials used for educational purposes in the classroom, such as teachers' use of soda advertisements as a media education tool; or when implementing a health or nutrition education curriculum.

Schools will provide age-appropriate nutrition education as part of the health and physical education curricula that respects the cultural practices of students, is 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.

Health curricula will include instruction on the benefits of good nutrition, how to read food labels, including but not limited to "nutrition facts" and ingredients lists, and the role nutrition plays in preventing chronic diseases and maintaining a healthy weight.

(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)

C. Physical Education

All students will be encouraged to be physically active before, during, and after school each day.

Health curricula will include instruction on the benefits of regular physical activity and the role physical activity plays in preventing chronic diseases and maintaining a healthy weight.

All physical activities, physical education and school sports programs 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 schools will provide daily physical education opportunities for all students. All students in grades kindergarten through eight enrolled in physical education will be provided at least 100 minutes of physical education per week, during the period of enrollment. High school students enrolled in physical education will be provided at least 150 minutes of physical education per week, during their period of enrollment. Physical education shall be exclusive of health education and shall be available all four years of high school.

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Upon approval, time spent in all-school organized, instructional physical activity, including but not limited to swimming, may be counted toward weekly physical education minutes.

Physical education shall be exclusive of health education. Physical activity should be a major component of physical education with at least 50% of course time spent in moderate to vigorous physical activity.

The school 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 assessed based on physical education standards, and a written physical education grade shall be reported for students according to the grading schedule of the District. A fitness assessment shall be performed using a valid and reliable tool and used to track student progress. Substitutions and/or pass-fail options for physical education are prohibited. Medical waivers with appropriate documentation shall be accepted and upheld. Accommodations will be made for those with medical, cultural, or religious considerations.

Physical education teachers will be provided with opportunities for annual professional development specific to physical education content. 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 as needed.

D. Physical Activity

All students in grades kindergarten through eight shall be provided opportunities for at least 90 percent of the Centers for Disease Control and Prevention recommended minutes of daily physical activity, 54 minutes per day, 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.

When practicable, recess shall be scheduled before lunch periods and take place outdoors. Elementary students must be provided with at least 20 minutes each day of recess.

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

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'.)

Teachers and other school and community personnel will not routinely use physical activity (e.g. running laps, pushups) as punishment or withhold opportunities for physical activity (e.g., recess, physical education, physical activity breaks) to encourage student achievement or desirable behavior. This is exclusive of academic eligibility requirements for interscholastic sports. Exceptions may be granted if student participation endangers the safety of other students, in which case an alternative physical activity should be identified.

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).

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 and implementation of district/school policies that promote student wellness.

Parents will be actively notified and provided access to this policy and all subsequent reports and updates as well as the position title and contact information of the designated district/school official(s) coordinating the school wellness policy committee(s) or advisory group(s)

The district will support the efforts of parents to provide a healthy diet and daily physical activity for their children. Schools will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards. The district will provide parents and the public with information on healthy foods that meet the requirements of the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools also known as Smart Snacks at School (USDA) standards and ideas for policy compliant foods for vending, concessions, a la carte, student stores, classroom parties and fundraising activities (*Federal Register/Vol. 78, No. 125.*)

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The district/school will provide information about physical education and other school-based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information through a website, newsletter, or other take-home materials, special events, or physical education homework.

(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 will be developed to ensure that information will be gathered to assist the Board and district in assessing the 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 and Early Development. At a minimum, the district must retain records to document 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 a summary report annually on district-wide compliance with the established nutrition and physical activity policies, based on input from the schools within the district. The district will conduct a survey, selected by the superintendent or designee not less than every three years to measure progress. The district will annually measure progress by a variety of tools and indicators selected by the superintendent or designee, such as absenteeism rates, focus groups, and/or surveys in collaboration with community agencies. This report is distributed to advisory councils, parent/teacher organizations, school principals, and school health services personnel in the district. When new standards, rules, or regulations for nutrition and wellness are created, the wellness policy will be updated to follow those standards.

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NUTRITION

- The school district will work towards requiring that all high school students complete a full credit of health, including one quarter of nutrition.
- Food Services will strive to meet the bronze level criteria for the Healthier US Schools Challenge in all meals provided.
- No flavored milk shall be sold as part of the National School Lunch or Breakfast Programs.
- Food Services staff will be encouraged to participate in continuing education as it relates to nutrition and meal planning (including but not limited to conferences, webinars and trainings).
- When practicable, Alaska farm and fish products will be utilized in meals and snacks.
- Healthy choices, such as salads and fruits, will be prominently displayed the dining areas to encourage students to make healthy choices.
- Dining areas will include posters to promote healthful foods.
- Educational materials and displays in the schools will be free of brands and illustrations of unhealthful foods within reason.
- Food rewards or incentives shall not be used in the classrooms to encourage student achievement or desirable behavior.
- Schools will not withhold food or beverages as a punishment.
- No mandatory meetings for students will be held during lunch.

To the extent practicable:

(a) 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.

(b) Students shall receive consistent nutrition messages from schools and the district. This includes in classrooms, cafeterias, outreach programs and other school-based activities.

(c) Nutrition education will be taught by a certified/licensed health education teacher.

(d) 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.

(e) A “grab ‘n go” breakfast option will be available to all students.

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Nutrition Standards in the National School Lunch and Breakfast Programs

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)					
Fruit (cups)	5 (1)	5 (1)	5 (1)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)	0	0	0	3¾ (¾)	3¾ (¾)	3¾ (¾)
Dark green	0	0	0	½	½	½
Red/Orange	0	0	0	¾	¾	1¼
Beans/Peas (Legumes)	0	0	0	½	½	½
Starchy	0	0	0	½	½	½
Other	0	0	0	½	½	¾
Addition Veg to Reach Total	0	0	0	1	1	1½
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternatives	0	0	0	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal)	350-500	400-550	450-600	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10%	<10%	<10%	<10%	<10%	<10%
Sodium (mg)	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
<u>Trans fat</u>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans fat</u> per serving.					

All food* and beverages outside of the School Meal Programs (including but not limited to vending, concessions, a la carte, student stores, parties and fundraising), sold or served directly to students on the school campus (all areas of the property under jurisdiction of the school that are accessible to students) between the hours of 12:00 AM and 30 minutes after the conclusion of the instructional day, must meet the nutrition standards for “Smart Snacks in School” under the Healthy Hunger Free Kids Act, unless under the fundraising exemption waiver as decided by designated personnel. (See *Exhibit*.)

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Nutrition Standards for Foods

1. Any food sold or served 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)**

2. Foods must also meet several nutrient requirements:
 - Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
 - Sodium limits:
 - Snack items: ≤ 230 mg***
 - Entrée items: ≤ 480 mg
 - Fat limits:
 - Total fat: $\leq 35\%$ of calories
 - Saturated fat: $< 10\%$ of calories
 - Trans fat: zero grams
 - Sugar limit:
 - $\leq 35\%$ of weight from total sugars in foods

Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item.

**Traditional or cultural foods may be exempted from the food standards described above for educational and/or special school or classroom events when offered free of charge.*

*** On July 1, 2016 foods may not qualify using the 10% DV criteria.*

****On July 1, 2016, snack items must contain ≤ 200 mg sodium per item.*

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Nutrition Standards for Beverages

All schools may sell or serve:

- 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 or serve up to 8-ounce portions, while middle schools and high schools may sell or serve up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Additional beverage options for high school students include

- 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.

Note on Fundraisers:

- The sale of food items that meet the nutrition requirements above at fundraisers are not limited under this administrative regulation.
- The nutrition standards do not apply during non-school hours, on weekends and at off-campus fundraising events or to items intended for consumption off campus.

(cf. 0210 – Goals for Student Learning)

(cf. 3550 – Food Service)

(cf. 3551 – Food Service Operation)

(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)

STUDENT NUTRITION AND PHYSICAL ACTIVITY (continued)

PHYSICAL ACTIVITY OPPORTUNITIES

- Schools shall strive to allow students the opportunity for moderate physical activity each day to include time before, during, and after school.
- Schools will encourage students to walk or bike to school where feasible as a way to promote physical activity.
- Schools will discourage extended periods of inactivity.

OTHER

Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life.