

Tumwater School District Procedures

WELLNESS, PHYSICAL ACTIVITY AND NUTRITION

The purpose of this procedure is to promote a school environment that provides healthy food choices and regular physical activity. To this end, these procedures establish guidelines that will provide students with nutritious food choices and opportunities for regular physical activity. These procedures were implemented September 1, 2006.

School Health Council

The District will create a Health Council comprised of individuals representing the school and community. The council may include parents, students, representatives of the school food services, members of the school board, school administrators, teachers, health professionals and members of the public.

The Health Council will develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity procedures. This council will also serve as a resource to school sites for implementing those procedures. The Health Council will distribute health, nutrition, and fitness materials to staff, students, and parents.

Nutritional Quality of Foods and Beverages Sold and Served through Food Services

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- A. Be appealing and attractive to children;
- B. Be served in clean and pleasant settings;
Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
Offer a variety of fruits and vegetables;
- C. Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- D. Ensure that half of the served grains are whole grain.

Food Service will engage students through taste-tests of new entrees in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices. In addition, Food Service will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- A. Schools will, to the extent possible, operate the School Breakfast Program;
- B. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess;
- C. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program;
- D. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals

The TSD will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, our Food Service Program may utilize electronic identification and payment systems, provide meals to all children regardless of income, promote the availability of school meals to all students, and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

Summer Food Service Programs

Summer food service programs, such as that which was provided by the City of Tumwater and Tumwater School District as co-sponsors, are encouraged.

Meal Times and Scheduling

All Tumwater School District schools:

- A. Will strive to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- B. Should schedule meal periods at appropriate times (e.g., lunch should be scheduled between 10:30 a.m. and 1 p.m.);
- C. Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- D. Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- E. Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools.

Sharing of Foods and Beverages

Students are discouraged from sharing foods and beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

Foods and Beverages Sold Individually: Cafeteria Snack Lines, Vending Machines and Student Stores

Elementary Schools

The Food Service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle Schools and High Schools

In Tumwater School District's middle and high schools, all foods and beverages sold individually in the cafeteria a la carte (snack) lines, vending machines, and in student stores will meet the following nutritional standards:

Beverages – Type and Size Allowed

- A. 100% fruit juice plain or carbonated, with or without added water, but no added sweeteners, 12 oz maximum
- B. Water, no portion size limit
- C. Low fat unflavored milk 12 oz maximum
- D. Non-fat flavored milk, 12 oz maximum
- E. Flavored water artificially sweetened, are not permitted
- F. No calorie beverages flavored, and or carbonated are not permitted
- G. Sport drinks are not permitted.

High School Beverages

- A. Plain or carbonated water, no portion
- B. Low fat milk unflavored 12 oz maximum
- C. Non fat milk flavored or unflavored 12 oz maximum
- D. 100% fruit juice plain or carbonated, with or without added water, but no added sweeteners, 12 oz maximum
- E. No-calorie beverages, flavored and or carbonated are not permitted
- F. Sport drinks 40 calories or less max size 12 oz.

Beverages will be dispensed in re-sealable plastic bottles whenever possible.

Foods

A food item sold individually:

- A. Will have 200 calories or less
- B. Will have no more than 35% of its calories from fat
- C. Will have no more that 10% of its calories from saturated fat
- D. Will contain no trans fat
- E. Will contain no more than 35% of sugar by weight
- F. Will contain no more than 200 mg of sodium

Please use the smart snack calculator found at this link to help in determining if a snack meets the guidelines.

https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Deviation from Nutrition Standards

Annual, school-wide events

Food and beverages sold at school-wide events such as field day and campus day will meet nutritional standards

After-school and weekend events

The nutrition standards do not apply to food and beverages provided at after-school functions such as art, drama, music and athletic events.

Fundraising Activities during School by ASB or Various Student Groups

When a fundraising event involves food that will be consumed on campus, the food must meet the nutrition standards. The nutrition standards do not have to be met:

- A. When the food being sold is not intended for consumption on the school site.

All groups will be encouraged to examine foods and beverages served and sold in order to continue to improve the quality and nutritional content being provided.

Snacks

Snacks served during the school day or enrichment programs should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools may assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Food Services and/or the Health Council will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- A. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Classroom

Foods used in classes can be an important part of the learning environment. Special events in classrooms and assemblies may deviate from the nutrition guidelines as long as they are infrequent and approved by the Principal and/or the Activities Director. Foods produced as a part of a student learning experience will be exempt from the nutrition requirements in this procedure, but healthy foods are always recommended.

Rewards

Food is discouraged from being used as a classroom reward or incentive. If used as an incentive, however, foods or beverages must meet the nutrition standards for foods and beverages sold individually (above). If incentives are included in a student's IEP, food may be used if other options have been less successful. Food and beverages will not be withheld (including food served through school meals) as a punishment.

Celebrations

When food and/or beverages are offered to students in school or at classroom functions, healthy food options are preferred and should be available. It is also preferred that classroom parties and celebrations be held after the classroom lunch period to help ensure students eat a nutritious lunch.

Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Tumwater School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- A. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- B. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- C. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- D. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- E. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- F. Links with school meal programs, other school foods, and nutrition-related community services;
- G. Teaches media literacy with an emphasis on food marketing; and
- H. Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- 1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- 2. Opportunities for physical activity will be incorporated into other subject lessons; and
- 3. Classroom teachers are encouraged to provide short physical activity breaks between lessons or classes, as appropriate.
- 4. Scheduled recesses/breaks will also serve as an opportunity for physical activity beyond P.E.

Communications with Parents

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. Food Services and the Health Council may send home nutrition and fitness information, post nutrition tips on the TSD website, and will provide nutrient analyses of school menus. Parents will be encouraged to pack healthy lunches and snacks. The Health Council may provide parents with information about foods that meet the district's standards and ideas for improving health and fitness.

The district/school may 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 may include sharing information about physical activity, recreational opportunities, and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion.

Staff Wellness

Tumwater School District highly values the health and well-being of every staff member and may plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school is encouraged to have a representative on the district Health Council when convenient, share input on healthy eating, physical activity, and other elements of a healthy lifestyle from school staff.

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will meet the physical education requirements of WAC 180-50-135. .

Daily Recess

All elementary school students will have supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., period of two or more hours) of inactivity. When activities such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

Middle schools and high schools may offer interscholastic sports programs and extracurricular physical activity, such as clubs or intramural programs. The range of activities will consider the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs within elementary schools may provide and encourage – verbally and through the provision of space, equipment and activities – daily periods of moderate to vigorous physical activity for all participants.

Safe Routes to School

When appropriate, the district will work together with local public works, public safety, and/or police departments to make it safe to walk and bike to school. The school district will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements. Safe routes shall be defined consistent with guidance from the Washington State Dept. of Transportation.

Use of School Facilities Outside of School Hours

The school district encourages the use of available school space for physical activity by students, staff, and community members.

Monitoring and Policy Review

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with these procedures. The principal may report on the schools compliance to the school district superintendent and the Health Council upon request by the superintendent.

The Food Services Supervisor at the district level will ensure compliance with nutrition policies within school food service areas and will report on this matter to the building principal and/or superintendent as requested.

The superintendent may provide periodic updates to the Board on the implementation of this procedure upon request by the board.

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