

**STUDENT NUTRITION AND PHYSICAL ACTIVITY**

**Section 204 of PL 109-265 - June 30, 2004  
Child Nutrition and AC Reauthorization Act of 2004**

(A) IN GENERAL - Not later than the first day of the school year beginning after June 30, 2006, each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) Or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) Shall establish a local school wellness policy for schools under the local educational agency that at a minimum-

1. Includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student well ness in a manner that the local educational agency determines is appropriate;
2. Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;
3. Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9 (f) (1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f) (1), 1766 (a), as those regulations and guidance apply to schools;
4. Establishes a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with the operational responsibility for ensuring that the school meets the local wellness policy; and
5. Involves parent, students and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

The School Board recognizes that schools are in a position to promote healthy lifestyle choices by students that can affect their lifelong wellness. Therefore, the School District will provide environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between nutrition education and school meal programs.

**Planning and Periodic Review by Stakeholders**

The School District and/or individual schools within the District will create or work with an appropriate existing advisory group that will assist in developing, implementing, monitoring, reviewing, and as necessary, revising school nutrition and physical activity goals. The advisory group should be composed of students, parents, food service personnel, school board, school administrators, teachers, health professionals, and other interested community members. The advisory group should be provided with appropriate information and clear guidelines to assist in the development and/or revision of relevant policies.

**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.

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 practical, all schools in the District will participate in available federal school meal programs.

All other foods and beverages made available on campus (including, but not limited to vending , concessions, a la carte, student stores, classroom parties, and fundraising) during the school day will be consistent with nutrition standards developed by the superintendent or designees in administrative regulations based on U. S. Dietary Guidelines for Americans..

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

**Physical Activity**

All students in grades K-12 will have opportunities, support, and encouragement to be physically active before, during, and after school each school 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.

Physical education 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.

**Communication with Parents.**

The District/school will support parents efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards established by the District. Healthy snack ideas can be found at [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org).

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 school. Such support will include sharing information through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Monitoring, Compliance, and Evaluation**

The Superintendent will ensure compliance with established District-wide nutrition and physical activity wellness policies and administrative regulations. Administrative regulations will be developed to ensure that information will be gathered to assist the Board and District in evaluating implementation of these policies.

The School Board will receive an annual summary report on District-wide compliance with the established nutrition and physical activity policies, based on input from the schools within the District. The report will also be distributed to advisory councils, parent-teacher organizations, school principals, and school health services personnel in the District.

**Nutrition**

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 clean, safe, and pleasant settings and adequate time for students to eat.

Schools will limit food and beverage marketing to the promotion of foods and beverages that meet nutrition standards established by this administrative regulation.

Schools will not use foods or beverages as rewards for academic performance or good behavior.

Schools will not withhold food or beverages as a punishment.

Traditional cultural foods may be exempted from the food standards described below for educational and/or special school events.

Food and beverages available at school (including but not limited to vending, a la carte, and student stores) must meet the following food and beverage nutrition standards. It is

recommended that after school groups also follow the nutrition standards. A list of appropriate choices may be downloaded at [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org).

**Beverage Standards:**

Water approved for sale:

Plain or carbonated water that does not contain added sweeteners (natural or artificial, including sucralose, Splenda, and aspartame), vitamins, caffeine, or herbal supplements. Water may be sold in any size.

Juice or Juice/water blends approved for sale:

100% fruit or vegetable juice or juice/water blends, plain or carbonated that do not add sweeteners (natural or artificial): caffeine, or herbal supplements. Maximum size allowed for sale in the high school is 12 oz. portions with 60 calories and in the elementary school and middle school is 8 oz. portions with 40 calories.

Milk approved for sale:

- 1%, or fat free (skim) milk. Maximum size allowed for sale is 16 oz.
- Enriched rice, nut, or soy milk (may be “low fat”), Maximum size allowed for sale is 16 oz.  
Enriched rice, nut, or soy milks must be enriched with calcium, per 8 oz. Serving, to at least 30% of the Daily Value set by the U.S. Food and Drug Administration.
- Flavored milk may contain no more than 55 grams of sugar total per 16 oz. (27 grams of sugar per 8 oz.) Including both naturally-occurring and added sweetener. Maximum size allowed for sale is 16 oz.

Sports Drinks approved for sale:

- Beverages that contain less than 30 grams of sugar per 16 oz. Serving with no artificial sweeteners. Maximum size allowed for sale is 16 oz.

Milkshakes and Smoothies will follow the food standards listed below

Other beverages are not approved for sale.

**Food Standards:**

1. Fat: 30% or less of total calories from fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low-fat salad dressings, cheese, and butter.)

2. Saturated plus Trans Fat: 10% or less of total calories from saturated plus *trans* fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low-fat salad dressings, cheese, and butter.)

3. Sugar: No more than 35% total sugar by weight including naturally occurring and added sugars (except for sugars that occur naturally in a dairy product, fruit or vegetable.)
4. Portion Sizes (maximums):
  - a. One and one-quarter ounce for chips, crackers, popcorn, cereal, or jerky
  - b. Two and one-half ounces for trail mix nuts, seeds, or dried fruit.
  - c. Two ounces for cookies or cereal bars
  - d. Three ounces of bakery items
  - e. Three fluid ounces for frozen desserts, including but not limited to ice cream.
  - f. Eight ounces for non-frozen yogurt

Exceptions to these administrative regulations for food and beverage may be made for individual products which have sufficient nutritional value to offset sugar or fat content, or other requirements, or to prohibit the sale of individual products which are deemed inappropriate for sale to students despite meeting these guidelines. Nutritional information, along with samples of the product in question (when possible), shall be provided to the school lunch supervisor for approval before products are placed in schools.

## **PHYSICAL ACTIVITY**

### **Physical Activity Opportunities**

Schools will 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.

### **Physical Education**

The district should provide all students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, with quality daily physical activity or its equivalent of 60 minutes/week (elementary) and 3 credits of total physical education credit (secondary: middle school plus high school).

### **Recess**

All elementary students shall have a minimum of 15 minutes a day of supervised recess, preferably outdoors as weather permits, during which students are encouraged to participate in moderate to vigorous physical activity with appropriate space and equipment.

**Other**

Teachers and other school and community personnel are discouraged from using physical activity (e.g., running laps, pushups)S or withholding opportunities for physical activity (e.g.; recess, physical education, physical activity breaks) as punishment during the school day.

Schools should provide, at a minimum, one indoor and one outdoor physical activity for community, student and school staff use.

Schools are encouraged to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep school spaces and facilities available to students, staff, and community members before, during, and after the school day on weekends, and during school vacations.

**ADOPTED:** July 26, 2006

**AMENDED:** December 09, 2014

