

Kake City School District



Wellness Policy 2015-2016

INTRODUCTION AND GENERAL OVERVIEW

The Kake City 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 meals 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, revisiting school nutrition and physical activity goals. The advisory group should be composed of students, parents, food services personnel, school board, school administration, (teacher, health professionals,) and 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 students 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 practicable, all schools in the district will participate in available federal school meals 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 nutrition 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. The district/school will provide nutrition information and/or will post nutrition tips on school websites. 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. The district will provide parents with information on healthy foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during and after 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.

Monitoring, Compliance and Evaluation: The superintendent or designee 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 evaluation implementations of these policies.

At each June board meeting, the superintendent or designee will present a report to the school board. This report will provide information on district-wide compliance with the established nutrition and physical activity policies from the previous school year, 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 PROMOTION

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 may use healthy foods and beverages as rewards for academic performances or good behavior. These rewards should not be distributed immediately prior or during meal times.

Schools will not withhold food or beverages as a punishment.

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

Food and beverage (including but not limited to vending, student stores) served from one half hour before the start of the school day until one-half hour after the end of the school day, must meet the following food and beverage nutrition standards:

Food and Beverage Standards: Exceptions to the following administrative regulations for food and beverages 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 superintendent's designee in charge of nutrition services for approval before products are placed in school.

Beverage Standards:

Water approved for sale is:

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

Juice or juice/water blends approved for sale are:

1. 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 is 12 oz.

Milk provided during school meals:

1. 1%, or fat free (skim) milk. Fresh milk will be served as often as possible
2. Enriched rice, nut or soy milk (may be "low-fat")
3. When fresh milk is not available, regular or flavored powdered milk will be served

Sports Drinks approved for sale are:

1. Beverages that contain less than 30 grams of sugar per 16 oz. serving.

Other Beverages are not approved for sale.

Food Standards:

1. School food service will follow NSLP Guidelines for all food serviced.
2. It is our goal to serve raw fruit and vegetables an average of every other day for breakfast and lunch.
3. When practicable, Alaskan farm and fish products will be utilized in meals and snacks.

NUTRITION EDUCATION

Secondary: The kitchen manager will offer an elective class in food service. Students may sign up to earn high school credit by assisting in the preparation and serving of healthy meals to students.

Elementary: Teachers will take advantage of opportunities to offer mini-lessons and activities regarding proper nutrition.

PHYSICAL ACTIVITY

Elementary students shall be provided with at least 45 minutes each day of physical activity, not including time spent in physical education. This time may be accumulated throughout the school day and may include recess and before/after school-sponsored activities.

Whenever possible, all students shall be given opportunities for physical activity through a range of programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.

Elementary students must be provided at least 20 minutes each day of structured, active recess, 15 minutes in the morning and at least 5 minutes after lunch. Classroom based physical activity is encouraged and counts toward the 45 minute requirement as long as it does not replace recess.

When practicable, recess shall be scheduled before lunch periods and take place outdoors. Indoor and outdoor facilities shall be available so that physical activity is safe and not dependent on the weather. Physical activity equipment shall be age-appropriate, inviting, and available in sufficient quantities for all students to be active. Equipment shall be inspected regularly (at least weekly) for safety and replaced when needed.

Other

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, Safe Routes to School Programs).

Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education, physical activity breaks) as punishment during the school day. (cf. 5144 – Discipline)

Schools should provide, at a minimum, one indoor and one outdoor physical activity facility 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. (cf. 1330 – Community use of school facilities)

Physical Education:

The district will provide all students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, with quality daily physical education or its equivalent of 30 minutes/day. JH/High school students are required to satisfactorily complete a minimum of 1 unit (2 semesters) of physical education for graduation. If a student is an active participant in interscholastic sports, this requirement can be reduced by ½ (1 semester).

APPENDIX

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

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

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- 1.) Includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness 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 education 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) (l) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S. C. 1758 (f) (l), 1766 (a), as the those regulations and guidance apply to schools;
- 4.) Establishes a plan for measuring implementations of the local wellness policy, including designation of 1 or more person within the local education agency or at each school, as appropriate, change with the operational responsibility for ensuring the school meets the local wellness policy; and
- 5.) Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

Revised: 11/18/14