

6700P: Nutrition and Physical Fitness

A Commitment to Nutrition and Physical Activity

Advisory Committee

The Camas School Board shall appoint a School Health Advisory Council (SHAC) to assist in development of the district-wide nutrition and physical fitness policy. The council's primary mission shall be to address nutrition and physical activity as well as develop, implement and evaluate guidelines that support a healthy nutrition environment.

School food services staff members are an important part of the education team and will participate in making decisions and guidelines to improve the school nutrition environment.

Quality School Meals, Nutritional Content and Food Service Operations

The following guidelines shall be in effect:

The Camas School District offers breakfast, lunch, and after school snack programs (as applicable.) Students and staff are highly encouraged to promote and participate in these programs.

School menus meet the nutrition standards established by the U.S. Department of Agriculture and conform to good menu planning principles and feature a variety of healthy choices that are tasty, attractive, of excellent quality and are served at the proper temperature. School foodservice personnel will use food selection and preparation techniques that provide school meals that are low in saturated fat, sodium and sugar. The food service program will offer food choices that include lean meats, vegetables, whole grains, and low or non-fat milk. By 2007-2008 reimbursable school meals will reflect the 2005 Dietary Guidelines for Americans.

Only food or beverages that meet the Dietary Guidelines for Americans and the definition in Appendix A may be sold or served to students during the school day. Such a provision specifically precludes the sale of carbonated beverages, water-ices unless made with fruit juice, licorice, marshmallow candies, chewing gum, candies, fondant, spun candy and candy-coated popcorn.

- A. Foods that meet the minimum nutrition values include, but are not limited to, corn chips, beef jerky, popcorn, fruit, cheese & crackers, 100% fruit juices, peanuts, sunflower seeds, granola bars, low fat yogurt, pretzels, trail mix, low fat and nonfat milk. (see other examples and further definition in Appendix A.)
- B. Proteins should be added to salad bar options so that this choice can be counted as a reimbursable meal.
- C. Apple or other fresh fruit machines are acceptable at all times.
- D. Food safety is a key part of the school foodservice operation. Food that is sold must meet the health department's standards in regard to storage, preparation and serving
- E. The school Foodservice Director will be properly qualified according to current professional standards.
- F. Menus will be planned with input from students/staff/parents and could include cultural and or ethnic favorites of students.

Competitive Foods:

The following guidelines shall be in effect:

- A. The district shall offer and promote healthy choices at all levels of food service (lunchroom, vending machines, student stores, etc.) [with a two year transition period]
- B. By 2007, a la carte items in grades 6-12 will meet nutritional guidelines as listed in Appendix A and include a variety of choices of tasty, nutritious foods, such as fruits, vegetables, whole grains and low-fat dairy foods.
- C. By 2007, vending machines, student stores, and snack bars that sell food/beverages will meet the nutritional guidelines in Appendix A. Vending machine access and availability will be determined by SHAC. Water is always available.

- D. The district strongly encourages organizations to raise money by selling non-food items.
- E. Athletic field concessions model good sports nutrition by including a variety of choices of tasty, nutritious foods, such as fruits, salads, whole grains, and low-fat dairy foods in addition to traditional concession stand items.
- F. Food is not used as a reward or punishment.
- G. Individual school policies include nutrition standards (consistent with the intent of the District policy) for foods and beverages offered in classrooms and at parties, celebrations, and social events; these policies strongly encourage celebrations featuring activities other than eating.

Pleasant Dining Experience School Cafeterias

- A. Any student may eat in the school cafeteria or other designated place.
- B. Meal prices will be established by the superintendent and food service supervisor, with the approval of the board at the beginning of each year.
- C. Healthy option foods should be competitively priced.
- D. Meal prices will be conspicuously posted in each cafeteria or designated meal area.
- E. Meal periods should be scheduled at appropriate times, approximately 2.5-3.5 hours after the start of the school day.
- F. Meal periods should be long enough for students to eat and socialize.
- G. There should be enough serving areas so that students do not have to wait in long lines.
- H. Kitchen/dining facility design is given priority in renovations or new construction.
- I. Dining rooms should offer an attractive and safe environment. Schools shall ensure:
 1. Seating is not overcrowded;
 2. Rules for safe behavior are consistently enforced;
 3. Appropriate supervision is provided and innovative methods are used to keep noise levels appropriate; and
 4. Tables and chairs are the right size for students.
- J. Procedures should be put in place at each elementary school to ensure that students are less distracted and ready to eat. This may include scheduling recess before lunch, increasing supervision, providing adequate time to eat, etc. Beginning the 2008-2009 school year, these procedures must be outlined in each elementary school handbook.
- K. Students and staff will have access to safe, fresh drinking water throughout the school day. Fluoridated or bottled water should be made available for purchase by staff and students.
- L. Hand washing equipment and supplies are in a convenient place so that students can wash their hands before eating.
- M. Schools use an accounting system that protects the identity of students who eat free and reduced price school meals.

Healthy Food Promotion & Marketing

- A. Schools will promote healthy food choices and not allow advertising that promotes foods of minimal/limited nutritional value.
- B. Healthy eating and physical activity are actively promoted to students, parent, teachers, administrators and the community using a variety of media.
- C. Students will receive positive, motivating messages about healthy eating and physical activity throughout the school setting.

Nutrition Education

Nutrition education at all levels of the district's integrated curriculum (K-12) should include, but not be limited to, the following essential components designed to help students learn:

- A. Age-appropriate nutritional knowledge, including understanding the relationship of nutrition and food nutrients to physical performance and body composition; recognizing patterns of growth and development; understanding the concept of control and prevention of disease; acquiring skills to live safely and reduce health risks; understanding how environmental factors affect health; learn the benefits of healthy eating; understand essential nutrients; learn about nutritional deficiencies; understand the principles of healthy weight management; understand the use and misuse of dietary supplements; learn safe food preparation, handling, and storage; and appreciate cultural diversity related to food and eating;
- B. Age-appropriate and standards-based nutrition-related skills, including gathering and analyzing health information; using social skills to promote health and safety; understand how emotions influence decision making; analyze health and safety information and develop a health and fitness plan and a monitoring system, to plan and prepare a healthy meal, understand and use food labels, and to critically evaluate nutrition information, misinformation, and commercial food and advertising; and
- C. How to assess one's personal eating habits, set goals for improvement, and achieve those goals.
- D. Nutrition education should be integrated into core curriculum areas such as math, science and language arts.
- E. Nutrition education should be offered in the school dining room as well as classroom with coordination between food service staff and educators.
- F. Schools should be encouraged to conduct nutrition education activities and promotions that involve students, parents and the community.
- G. Students should receive nutrition messages throughout the school that are consistent and reinforce each other.

Staff Development

Ongoing in-service and professional development training opportunities for staff in the area of food nutrition will be encouraged.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal is responsible for ensuring:

- A. Nutrition education materials and meal menus are made available to parents;
- B. Parents are encouraged to promote their child's participation in the school meals program. If their children do not participate in the school meal program, parents should provide their children with healthy snacks/meals;
- C. Families are invited to attend exhibitions of student nutrition projects or health fairs;
- D. Nutrition education curriculum includes homework that students can do with their families (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc);
- E. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
- F. School staff should consider the various cultural preferences in development of nutrition education programs and food options.

Physical Education Health and Fitness

It is the district's position that all students have equal and equitable opportunities for physical activity and fitness education in our schools. The superintendent is encouraged to review and

consider implementing physical activity and fitness education program improvements. The goals of the district are:

- A. All children, from kindergarten through grade 12, will participate in a daily, quality, standards-based physical activity/fitness education program;
- B. All schools will have certificated physical education teachers providing instruction; and
- C. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

Schools shall require students in grades one through eight to engage in physical education averaging 100 instructional minutes per week and all high school students shall complete two credit(s) of health and fitness.

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the district's facilities use policy, community college and municipal joint use agreements and partnerships with youth organizations so additional opportunities are available for all youth in our communities to participate in quality physical activity, fitness, sports and recreation programs.

Schools should identify safe and active routes to school and promote alternative methods for children to travel to and from school, such as walking and bicycle programs.

Schools shall prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school principal is responsible for ensuring:

- A. Physical education activity ideas are sent home with students;
- B. Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities;
- C. Families are invited to attend and participate in physical education activity programs and health fairs;
- D. Physical education curriculum includes homework that students can do with their families;
- E. School staff consider the various cultural preferences in development of physical education programs; and
- F. School staffs are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

Program Evaluation

- A. Nutrition: In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the superintendent, in collaboration with the School Health Advisory Committee (SHAC) and food services, is responsible for evaluating and assessing whether the board policy and procedure are implemented, including a periodic assessment of the school meal program with input from students, parents and staff.
- B. Physical Education: District physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with other district academic and health-related programs using tools like the Physical Best Program, Healthy Kids Survey, CDC School Health Index or an OSPI approved assessment. Results of these surveys and assessments will be reported to the board, school sites, and made available to parents and community on an annual basis.

Appendix A

Healthy Foods

- A. Fat-No more than 35% of calories from fat (not including nuts, seeds or low-fat cheese)
- B. Saturated Fat-No more than 10% of calories from saturated fat (not including nuts, seeds or low-fat cheese)
- C. Sugar-No more than 35% added sugar by weight (except fresh, dried or canned fruits and vegetables)
- D. No artificial sweeteners
- E. Transfats – 0 grams per serving

Portion Size

Limit portions to specific sizes

- A. Snacks and Sweets: 1.25 oz
- B. Cookies and cereal bars: 2 oz
- C. Bakery items: 3 oz
- D. Frozen desserts: 3 oz
- E. Yogurt: 8 oz

Beverages

- A. Beverages that contain 100% fruit juice
- B. Water
- C. Low- fat and nonfat milk

Portion size

- A. 12 oz or less (no limit for water)

Adopted: July 2005

Reviewed: February 25, 2008

Revised: January, 2011

Camas School District