Wellness Policy

The North Franklin School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The board supports emphasis on nutrition as well as physical activity at all grade levels. Therefore, it is the policy of the board to:

A. Provide students access to nutritious food
B. Provide opportunities for physical activity and developmentally appropriate exercise
C. Provide accurate and readily available information on wellness and nutrition
D. Provide a mechanism for feedback on the Wellness Policy
E. Maintain a district wellness council

Nutrition, health, and fitness topics shall be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12.

The district shall take a proactive effort to encourage students to make nutritious food choices.

The superintendent or designee shall ensure that:

A. A variety of healthy food choices (including competitive foods) that comply with state and federal regulations are available for sale or service, whenever food is sold on district property during the school day
B. Implementation and evaluation of the wellness policy occurs on a regular and ongoing basis
C. Support is available to assist with policy implementation

Nutrition

Child Nutrition / Food Services Program

The district supports the philosophy of the National School Lunch and Breakfast programs, providing wholesome and nutritious meals and appropriate nutritional education for children in the district's schools. The board authorizes the superintendent or designee to administer the Child Nutrition Program through the district Food Services program.

Free and Reduced-Price Food Services

The district shall provide free and reduced-price breakfast and lunch to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state.

Physical Education

Health and Fitness Curriculum

The district shall adopt and implement a comprehensive health and fitness curriculum. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

Cross References:	Board Policy 4260		Use of School Facilities
Legal References:	RCW	28A.230.040	Physical Education—Grades 1-8
		28A.230.050	Physical Education in High Schools
		28A.235	Food Services
		28A.235.120	Meal Programs—Establishment and Operation—Personnel—Agreements
		28A.235.130	Milk for children at school expense
		28A.623.020	Nonprofit program for elderly—Authorized—Restrictions
		69.04	Intrastate Commerce in Food, Drugs and Cosmetics
		69.06.010	Food and beverage service worker's permit—Filing, duration—Minimum training requirements
		69.06.020	Permit exclusive and valid throughout state—Fee
		69.06.030	Diseased persons—May not work—Employer may not hire
		69.06.050	Permit to be secured within fourteen days from time of employment
		69.06.070	Limited duty permit
	WAC	392-410-135	Physical Education—Grade school and high school requirement
	WAC	392-410-136	Physical Education Requirement--Excuse
		7 CFR, Parts 210 and 220	
		7 CFR, Part 245.5	
	Reauthorization Act		Healthy Hunger Free Kids Act 2010 (HHFKA)

Management Resources:

Smart Snacks In School – "Nutrition Standards for all Foods Sold In School"
"Local Wellness Policy Implementation" USDA Feb 2014
Policy News, December 2004 Nutrition and Physical Fitness Update
Policy News, February 2005 Nutrition and Physical Fitness Policy

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May 2014

Wellness Policy Procedures

These Wellness Policy Procedures will be consistent with district educational and budgetary goals and are designed to optimize students' ability to make health-enhancing choices and fulfill the requirements of The Healthy, Hunger-Free Kids Act of 2010.

1. Nutritional Standards for Food and Beverages/Federal Competitive Food Rule

All foods sold in school from midnight through thirty minutes after school dismissal will conform to The Healthy, Hunger-Free Kids Act of 2010 and the Competitive Food Rule of 2013.

2. School Meals

All district Child Nutrition programs, including the National School Lunch Program, the School Breakfast Program, the Afterschool Snack Program, and the Summer Food Program will meet at a minimum, the nutritional requirements established by local, state, and federal statutes and regulations; including but not limited to the USDA's Healthy, Hunger-Free Kids Act of 2010. Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned by the district Food Services Supervisor.

Free and Reduced-price Food Services

The district will provide free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district will inform parents of the eligibility standards for free or reduced-price meals. Schools will make every effort to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to their application for free or reduced-price food services to the superintendent or designee.

3. USDA Foods

The district will use foods made available under the USDA-Food Program for school menus.

4. Qualifications of Food Service Staff

1. Qualified Food Service staff shall administer the school meal programs.
2. Appropriate training shall be provided for all Food Service staff, including continuing education and certification training.

5. Competitive Foods and Beverages

All competitive foods offered in North Franklin School District schools will comply with the USDA Nutrition Standards for All Foods Sold in School as required by the Healthy, Hunger-

Free Kids Act of 2010, also designated as "Smart Snacks in Schools", according to the "USDA Interim Rule for Competitive Foods."

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches, with more fruits, vegetables, and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are being offered tasty and nutritious foods during the school day.

Smart Snacks in School also supports efforts by school food service staff, school administrators, teachers, parents, and the school community, all working hard to instill healthy habits in students.

Nutritional Standards for Foods

Any food sold 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 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).*

Foods must also meet several nutrient requirements:

Calorie limits

- Snack items:< 200 calories
- Entree items:< 350 calories

Sodium limits

- Snack items:< 230 mg**
- Entree items:< 480 mg

Fat limits

- Total fat:< 35% of calories
- Saturated fat:< 10% of calories
- Trans fat: zero grams

Sugar limit:

- < 35% of weight from total sugars in foods

*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

Nutritional Standards for Beverages

All schools may sell:

- 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
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

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

Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation)
- 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

Other Requirements

Fundraisers:

- The sale of food items that **meet national and state nutritional** requirements at fundraisers, are not limited in any way under the standards.
- The standards do not apply during non-school hours, or on weekends or at off-campus fundraising events.

Accompaniments:

- Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant.

ASB, Vending Machine Sales and School-based Enterprises: School-based marketing will be consistent with nutritional education and health promotion. Consistent with this goal, schools and Associated Student Bodies (ASB) will increase availability of nutritious foods and beverages that are available through vending machines, school stores, and other ASB-sponsored events to provide students with healthy choices. All food sold during the school day will comply with

"Smart Snacks in Schools" as published by USDA. Training on "Smart Snacks in Schools" will be provided to those stocking vending machines, groups operating school stores, and other groups that request such training.

6. Food Safety

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

All North Franklin School kitchens shall be inspected two times per year by the Benton-Franklin Health Dept.

In accordance with The Healthy, Hunger-Free Kids Act of 2010 the district follows a food safety program for the preparation and service of school meals. Staff is offered training regularly through WSNA or OSPI workshops, trainings locally, or on-line trainings.

For students with known food allergies that may interfere with or limit their ability to participate in the school lunch program, the Food Service Dept. and school nurse will work with parents to provide reasonable accommodations in accordance with district policies and Federal law.

7. Farm to School Program

When practical, Food Services will purchase fresh fruits and vegetables from local area farmers in order to serve the freshest produce and support the local economy.

8. Educational Programs in Nutrition and Physical Fitness

The North Franklin School District will provide instruction to meet the state standards for Health and Fitness and promote skills to maintain an active and healthy life. Educational material showing students, the parts of the healthy meals available each day will be displayed at cafeterias. This is to educate students in how the different food groups make up our meals and to encourage them to include foods from all groups in their daily food consumption.

9. Parent Education:

Schools will provide information to parents to support and reinforce nutrition and physical fitness education at home. Information will be supplied by the District Wellness Committee.

10. Physical Activity

Schools will be encouraged to participate in regularly scheduled physical activities outside of the school day. The district will work collaboratively with community organizations to increase student awareness and promote family and community involvement in supporting and reinforcing activity/athletic programs in the schools, and student participation in community sports and activity programs.

11. Health and Fitness Curriculum

The district health and fitness curriculum meets state standards.

The goal for all students in grades one through eight will be to complete an average of one hundred instructional minutes per week of physical education.

In addition to required physical education, students at the elementary level may have the opportunity to participate daily in recess and physical activity. Daily recess is provided for elementary school students featuring time for supervised active play. School staff members are encouraged not to withhold physical activity as discipline. The district provides co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

12. Other School Based Activities to Promote Student Wellness

Fundraising Activities: Schools shall encourage fundraising activities that promote physical activity. During the school day, fundraising activities will comply with nutritional standards. After school fundraising activities are exempt.

13. Healthy School Environment

The District Wellness Committee will distribute information so staff is aware of the Wellness Policy and Procedures and will post the policy and procedures on the district website.
School staff is encouraged to use non-food alternatives as incentives or rewards.

The district will encourage healthy celebrations and provide resources to schools and families through the Wellness Committee.

14. Wellness Advisory Committee

The District Wellness Committee will meet periodically to assist in evaluation of the implementation of the wellness policy.

The committee may include school board members, building level administrators, food service staff, students, health and physical education staff, educators, parents/guardians, nutritionists, health care professionals, and other interested community members.

The Wellness Advisory Committee, as necessary, will revise the Wellness Policy and Procedures and develop work plans to facilitate the implementation. Reviews may be used to help determine policy compliance, assess progress and determine areas of improvement.

15. Policy Monitoring, Reporting, Evaluation, and Policy Review

Implementation and Monitoring: The superintendent or designee provides oversight to the implementation of wellness policies. The principal or designee at each school provides oversight to the policies in their school and will report on the school's progress annually.

The district Food Service Supervisor will monitor and report as needed compliance with nutrition policies within school food service areas. In addition, they will report on the OSPI review and recommendations. To assist with the initial implementation of the wellness policy, school assessments should be completed annually and submitted to the Wellness Committee.

OSPI assessment will take place every three years as part of the Administrative Review.