Nutrition and Physical Fitness

Foods and Beverages Sold During the Academic School Day
Any food or beverage sold or made available to students during the academic school day shall meet the following guidelines:

1. Foods and beverages offered over the course of a school week should be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
2. Foods and beverages available during the school day should include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperature.
3. Foods and beverages available during the school day should minimize use of trans and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
4. Food and beverage providers should offer modest portion sizes age-appropriate for elementary, middle and high school students, respectively.
5. If a la carte foods are available, they should include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains and low-fat or non-fat dairy foods.
6. Nutrition information for products offered in snack bars, a la carte, vending and school stores should be readily available at the product display.
7. Drinking water and hand-washing facilities should be conveniently available for students at all times.
8. Carbonated beverages should not be available to elementary or middle school students during the academic school day.
9. Carbonated beverages should only be available in the high school and should only be available where a full array of milk, juices, water and other products are available.
10. Classroom snacks should reinforce the importance of healthy choices.
11. Classroom celebrations, especially in elementary schools, should encourage healthy choices, and portion control. Parents and families should receive guidance from the school on foods that are appropriate for such celebrations.
12. Schools should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items, as well as fundraising to support physical activity events.
13. Foods and beverages sold at fundraisers should reinforce the importance of healthy choices.
14. Parent education regarding nutrition should be included with monthly school menus.
15. The District should make every effort to reference the USDA list of foods of minimum nutritional value with exemptions, for guidance in choosing food made available to students during the academic school day.
## Exemptions

<table>
<thead>
<tr>
<th>WHERE AND WHEN</th>
<th>NUTRITION POLICY</th>
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<tbody>
<tr>
<td>Elementary School Classroom</td>
<td>Elementary classrooms may serve nutritious snacks in the morning or afternoon (not during lunchtime) under the teacher’s guidance. The classroom snack may be provided by the school food service, the teacher, parents, or other groups and should be at no cost to the students.</td>
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<tr>
<td>Snacks</td>
<td>Healthy good choices, portion control, and/or the use of non-food options are encouraged at birthday and classroom celebrations. However, foods otherwise restricted by the policy are permitted at these special functions. It is recommended that such events be scheduled after the end of the classes’ lunch period so that these celebrations will not replace a nutritious lunch.</td>
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<tr>
<td>Elementary Classroom</td>
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<tr>
<td>Celebrations and/or Birthday</td>
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<tr>
<td>Parties</td>
<td>Schools and parents may provide additional nutritious snacks for students taking standardized tests. As with classroom snacks, these must comply with the limits outlined in the Prosser School Nutrition Policy.</td>
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<td>Snacks for Standardized Test</td>
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<tr>
<td>Days</td>
<td>The nutrition policy does not apply to students who leave campus for campus-approved field trips or to travel to athletic, extra-curricular, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.</td>
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<tr>
<td>Field Trips, Athletic, Extra-</td>
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<tr>
<td>Curricular, Band and Other</td>
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<tr>
<td>Competitions</td>
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<td>Fundraising</td>
<td>Only items that meet the nutritional guidelines may be used for fundraising on an elementary school campus during the school day; however, schools or school-approved organizations may take orders or sell vouchers during the school day for candy or other restricted items and deliver these items after the end of the school day.</td>
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<tr>
<td>Other</td>
<td>Certain exemptions are allowed for school nurses, students with special needs and school or district events that have been approved by campus officials. (NOTE: Federal regulations do not allow FMNV’s to be sold or given away during meal periods where reimbursable meals are served or consumed, including during any exempted events.)</td>
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### 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.
Nutrition Education
Nutrition education at all levels of the district’s integrated curriculum 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 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.

The district shall have a classroom based assessment or other strategies in place for health and fitness by the end of the 2008-09 school year.

Nutrition and Food Services Operation
In order to support the school’s nutrition and food services operation as an essential partner in the educational mission of the district and its role in the district’s comprehensive nutrition program, the superintendent is responsible for:

A. Encouraging all students to participate in the school’s child nutrition meal program

B. Providing varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans.

C. Providing adequate time and space to eat meals in a pleasant and safe environment. Schools shall ensure:
   1. Seating is not overcrowded;
   2. Rules for safe behavior are consistently enforced;
   3. Appropriate supervision is provided.

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 educational 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 health snacks/meals;

C. Families are invited to attend exhibitions of student nutrition projects or 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 staff is encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

**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 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 staff are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

**Advisory Committee**
The district shall convene a Nutrition and Physical Activity advisory committee to assist in development of the district wide nutrition and physical fitness policy. The committee shall include food service directors and staff, parents, building level administrators, school board members, students, nutritionists, health care professionals, physical education staff, and the public and interested community organizations.

**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 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.