

State of Alaska Gold Standard School Wellness Policy

STUDENT NUTRITION AND PHYSICAL ACTIVITY

BP 5040 option

Note: This policy was developed by the State of Alaska Obesity Prevention and Control Program and the Alaska Department of Education & Early Development Child Nutrition Program and meets all federal requirements for Local School Wellness Policies as well as Alaska State law AS14.30.360 (amended in 2016 by Senate Bill 200 'Mandatory Physical Activity in Schools'). It is intended to provide a framework for developing a wellness policy. Similar policy is available for members of the Association of Alaska School Boards. The policy adopted by your School Board must be developed with the involvement of the identified advisory group discussed in Section A.

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 promotion and education, physical education, and other school-based activities to foster lifelong habits of healthy eating and physical activity, and will establish linkages between nutrition education and school meal programs.

(cf. 1020 – Youth Services)

A. Planning and Periodic Review by Stakeholders

The school district and when appropriate 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 school district will permit and encourage the participation of students, parents, food service personnel, Board members, school administrators, school health professionals, physical education teachers, local SNAP-Ed coordinators and other interested community members in the advisory group. In order to allow participation of school staff and faculty, the superintendent may approve release time or extra responsibility pay for select food service personnel, school health professionals, and physical education teachers. The district will promote opportunities to participate in the advisory group at least once a year through parent, staff, student, and stakeholder communication, which may include: newsletters, public announcements, web-postings, parent communication, etc.

The school district will provide the advisory group with appropriate information and clear guidelines to assist in the development and/or revision of relevant policies and nutrition and physical activity goals. Goals will be based on available scientific evidence for improving school nutrition and physical activity programs from agencies such as the Centers for Disease Control (CDC), U.S. Department of Agriculture (USDA), Society for Health and Physical Educators (SHAPE) and National Association for Sport and Physical Education (NASPE). Goals of the policy and a description of the plan for measuring the implementation this policy will be presented to the Board starting with the presentation of goals within six (6) months of the passage of this policy and continuing *annually/biannually/triennially* thereafter.

(cf. 1000 – Concepts and Roles)

B. 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.

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All foods and beverages provided through the National School Lunch or School Breakfast Programs shall meet nutritional requirements of National School Lunch Act. (7 C.F.R. Parts 210 and 220) To the extent practicable, 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, franchise vendors, concessions, a la carte, student stores, classroom parties and fundraising) during the school day, between the hours of 12:00 AM and 30 minutes after the conclusion of the instructional day, shall meet nutritional requirements of the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools also known as Smart Snacks at School (Federal Register/Vol. 78, No. 125).

If selling foods or beverages that do not meet the Smart Snacks criteria (more than 30 minutes after the end of the school day), the sale price of those items will be higher than those meeting the Smart Snacks criteria. For the purpose of this policy, the school campus is defined as all property under the jurisdiction of the school district that is accessible to students during the school day.

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 for students to eat. Schools will provide adequate time for students to enjoy eating healthy foods with friends in school; a minimum of 20 minutes of eating time, after being served, for lunch and 10 minutes for breakfast.

Traditional cultural foods may be exempted from the nutritional requirements when offered free of charge and for educational purposes. Traditional cultural foods offered for sale or as a part of the school breakfast or lunch program must meet nutritional requirements.

Foods and beverages will not be offered as a reward for students' performance or behavior.

Schools will provide free potable water in the place where meals are served and elsewhere throughout the school buildings.

When practicable, Alaska farm and fish products will be utilized in meals and snacks.

Schools will encourage all students to participate in federal school meal programs and protect the identity of students who eat free and reduced priced meals.

Schools will encourage all students to eat healthy and nutritious meals within the school dining environment and will, to the extent practicable, involve students in menu planning.

Schools will place fruits and vegetables where they are easy to access (such as near the cafeteria cashier). Schools are encouraged to utilize other behavioral economic strategies such as the USDA Smarter Lunchroom techniques to improve consumption of healthier foods and discourage waste.

To the extent practicable, schools will schedule lunch as close to the middle of the school day as possible. Schools are encouraged to provide opportunities for mid-morning or mid-afternoon healthy snack breaks.

Schools will limit food and beverage marketing on campus to the promotion of foods and beverages

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that meet the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools. This includes, but is not limited to, the promotion or marketing of non-compliant food and beverage products on the exterior of vending machines, through posters, menu boards, food display racks, other food service equipment, cups used for beverage dispensing, coolers, trash cans, scoreboards, and school publications. Schools are not required to immediately replace these items, but will demonstrate progress towards removing, covering, or replacing noncompliant advertising. This requirement does not apply to materials used for educational purposes in the classroom, such as teachers' use of soda advertisements as a media education tool; or when implementing a health or nutrition education curriculum.

Schools will provide age-appropriate nutrition education as part of the health and physical education curricula that respects the cultural practices of students, is integrated into core subjects, and provides opportunities for students to practice skills and apply knowledge both inside and outside the school setting. The District will seek to provide evidence-based nutrition education curricula that foster lifelong healthy eating behaviors integrated into comprehensive school health education. **To the extent practicable:**

- (a) Students in grades pre-K-12 shall receive nutrition education that teaches the skills needed to adopt lifelong healthy eating behaviors and incorporates resources and materials from the USDA, Food and Nutrition Services, Team Nutrition.
- (b) Classroom nutrition education shall be reinforced in the school dining room or cafeteria setting as well as in the classroom, with coordination among the nutrition service staff, administrators and teachers.
- (c) Students shall receive consistent nutrition messages from schools and the district. This includes in classrooms, cafeterias, outreach programs and other school-based activities.
- (d) Nutrition education shall be taught by a certified/licensed health education teacher.
- (e) Schools will strive to establish or support an instructional garden within nutrition education and the core curriculum that provides students with experiences in planting, harvesting, preparing, serving and tasting;
- (f) Schools will make available to students information on the caloric, sodium and other nutritional content (such as fat, nutrients, and sugars) of foods and beverages available for purchase at school.

(cf. 0210 – Goals for Student Learning)

(cf. 3550 – Food Service)

(cf. 3551 – Food Service Operations)

(cf. 3552 – Regular Lunch Program)

(cf. 3553 – Free and Reduced Price Meals)

(cf. 3554 – Other Food Sales)

(cf. 6163.4 – School Gardens, Greenhouses, and Farms)

NOTE: **Federal law** requirements for Local Wellness Policies state that districts **MUST** have physical activity goals. **Alaska State law AS14.30.360** (amended in 2016 by Senate Bill 200 'Mandatory Physical Activity in Schools') states that school districts shall establish guidelines for schools to provide opportunities during each full school day for students in grades K-8 for a minimum of 54 minutes of daily physical activity. These requirements can be met using **Section C: Physical Education** and **Section D: Physical Activity**.

C. Physical Education

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

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master the self-management skills needed to stay active for a lifetime.

To the extent practicable, all schools will provide daily physical education opportunities for all students.

All elementary students will be provided at least

Option 1: the National Association for Sport and Physical Education (NASPE) recommendation of 150 minutes of physical education per week (30 minutes per day), for the entire school year.

Option 2: ___ minutes (determined by district capacity) of physical education per week (_____ minutes per day), for the entire school year. If left blank, the NASPE recommended times are assumed intent.

Middle and high school students shall be provided at least

Option 1: the National Association for Sport and Physical Education (NASPE) recommendation of 225 minutes of physical education per week (45 minutes per day), for the entire school year.

Option 2: ___ minutes (determined by district capacity) of physical education per week (_____ minutes per day), for the entire school year. If left blank, the NASPE recommended times are assumed intent.

All students in grades kindergarten through eight will be required to participate in physical education for all years of enrollment in school. All high school students shall be required to participate in physical education for one full year. Physical education shall be exclusive of health education and shall be available for all four years of high school.

At least 50% of physical education class time should be spent in moderate to vigorous physical activity.

The district will adopt a physical education curriculum that aligns with the Alaska State Standards for Physical Education for grades K-12, with grade level benchmarks. The curriculum shall be reviewed in accordance with the regular curriculum review and adoption schedule of the District.

Student achievement shall be assessed based on physical education standards, and a written physical education grade shall be reported for students according to the grading schedule of the District. A fitness assessment shall be performed using a valid and reliable tool and used to track student progress. Physical education classes shall have a pupil-teacher ratio comparable to that in the core classes. Waivers, exemptions, substitutions, and/or pass-fail options for physical education are prohibited. Accommodations will be made for those with medical, cultural, or religious considerations.

To the extent practicable, physical education shall be taught by a certified/endorsed physical education teacher. Physical education teachers shall receive annual professional development specific to physical education content.

Physical education equipment shall be age- appropriate, inviting, and available in sufficient quantities for all students to be able to participate. Equipment shall be inspected regularly for safety and replaced when needed.

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D. Physical Activity

All students in grades kindergarten through eight shall be provided opportunities for at least 90 percent of the Centers for Disease Control and Prevention recommended minutes of daily physical activity, or 54 minutes per day, for each full school day. Physical activity minutes may be accumulated throughout the school day and may include minutes spent in moderate to vigorous activity in physical education classes, recess, and classroom based physical activity.

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 recess. When practicable, recess shall be scheduled before lunch periods, take place outdoors, and include structured, active recess options. Classroom based physical activity is encouraged and counts toward the 54 minute requirement as long as it does not replace recess.

Administrative regulations shall be developed to ensure that physical activity opportunities are provided in accordance with Alaska State Law 14.30.360 (amended in 2016 by Senate Bill 200 ‘Mandatory Physical Activity in Schools’).

Indoor and outdoor facilities shall be available so that physical activity is safe and not solely 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.

Using physical activity as punishment or withholding physical activity/physical education time for behavior management shall be prohibited.

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).

Schools are encouraged to negotiate mutually acceptable and 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)

E Communication with Parents

The district/school will regularly, at least annually, inform and update the public, including students, parents, and the community, about the content of this policy. Parents will be actively notified through email or other notification processes and provided access to this policy and all subsequent reports and

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updates as well as the position title and contact information of the designated district/school official(s) coordinating the school wellness policy committee(s) or advisory group(s).

The district/school will support the efforts of parents to provide a healthy diet and daily physical activity for their children. Schools will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards. The district will provide parents and the public with information on healthy foods that meet the requirements of the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools also known as Smart Snacks at School (USDA) standards and ideas for policy compliant foods for vending, concessions, a la carte, student stores, classroom parties and fundraising activities (Federal Register/Vol. 78, No. 125). Schools will make available to families information on the caloric, sodium and other nutritional content (such as fat, nutrients, sugars) of foods and beverages available for purchase at school.

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 the efforts of parents 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.

(cf. 6020 – Parent Involvement)

F Monitoring, Compliance and Evaluation

The superintendent or designee(s) as indicated in the annual policy notification will ensure compliance with this policy and accompanying administrative regulations. A comprehensive assessment of implementation of the local wellness policy will be conducted, at a minimum, every three years. Administrative regulations may be developed to ensure that information will be gathered to assist the School Board and district in assessing the implementation of this policy and to ensure that necessary documentation is maintained in preparation for the triennial administrative review conducted by Child Nutrition Programs, Department of Education & Early Development. At a minimum, the district must retain records to document compliance with the local school wellness policy requirements including the written local school wellness policy; documentation demonstrating compliance with community involvement requirements (see Section A); documentation of the triennial assessment of the local school wellness policy; and documentation to demonstrate compliance with the annual public notification requirements.

The Superintendent or designee will designate one or more persons to be responsible for ensuring that each school within the district complies with this policy, and that school activities, including fundraisers and celebrations, are consistent with district nutrition and physical activity goals.

The School Board will receive an *annual/biannual/triennial* summary report on district-wide compliance with the established nutrition and physical activity policies, and the progress made in attaining the district nutrition and physical activity goals, 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, and will be made available to the public. When new standards, rules, or regulations for nutrition and wellness are created, the wellness policy will be updated to follow those standards.

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Legal Reference:

ALASKA STATUTES

03.20.100 Farm-to-school program

14.30.360 Curriculum

UNITED STATES CODE

Richard B. Russell National School Lunch Act, 42 U.S.C. 1751-1769j

Child Nutrition Act of 1996, 42 U.S.C. 1771-1793

CODE OF FEDERAL REGULATIONS

7 C.F.R. Parts 210 and 220, National School Lunch Program and Breakfast Program

FEDERAL REGISTER

Vol. 78, No. 125, Part II, Department of Agriculture