

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY

Nutrition

Schools will provide students 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.

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

Food and beverages available at school (including but not limited to vending, a la carte, and student stores) must meet the following food and beverage nutrition standards. It is recommended that after-school groups also follow the nutrition standards. A list of appropriate choices will be provided.

Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge, attitudes, and skills helps children make lifelong healthy eating choices. District Schools shall work to provide age-appropriate nutrition education as part of the health and physical education curricula that respects students' cultural practices; that 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 shall also seek to provide evidence-based nutrition education curricula that foster lifelong healthy eating behaviors. Knowledge of food--how it is grown, who grows it, how it is prepared, its connection to traditions, sustainability and its influence in shaping society--is integral to a comprehensive education.

To the extent possible:

- a. Students in grades pre-K-12 shall receive nutrition education that teaches the skills needed to adopt lifelong healthy eating behaviors.
- 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 as much as possible.
- 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. District health education curriculum shall be based upon Alaska standards for nutrition and physical activity.

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- e. Nutrition education shall be part of the health education and core curricula (e.g., math, science, language arts).
- f. Schools shall strive to link nutrition education and physical activity with a coordinated school health program.
- g. Staff and teachers who provide nutrition education shall have appropriate training.
- h. Schools shall encourage parents and guardians to support healthy eating and physical activity behaviors.
- i. Schools shall strive to conduct nutrition and physical education activities that involve families, students and the community.
- j. Schools shall strive to establish, or support, an instructional garden to provide students with experiences in planting, harvesting, preparing, serving and tasting foods integrated with nutrition education and core curriculum.
- k. The District shall strive to develop a farm to school program to provide fresh, wholesome, local and sustainably grown foods.

Nutrition Guidelines:

Food and Beverages

~~Foods served through the National School Lunch and School Breakfast Programs will comply with nutrition standards established by the U.S. Department of Agriculture. Other food and beverages (including but not limited to vending, concessions, a la carte, student store, parties and fundraising), 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 guidelines.~~

Beverage Standards:

~~Water approved for sale: Plain or carbonated water that does not contain added sweeteners (natural or artificial, including sucralose, Splenda, and aspartame), vitamins, caffeine, or herbal supplements. Water may be sold in any size.~~

~~Juice or juice/water blends approved for sale: 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 approved for sale:~~

- ~~• 2%, 1%, or fat free (skim) milk. Maximum size allowed for sale is 16 oz.~~
- ~~• Enriched rice, nut, or soy milk (may be “low fat”). Maximum size allowed for sale is 16 oz. Rice, soy, or nut milks must be enriched with calcium, per 8 oz. serving, to at least 30% of the Daily Value set by the U.S. Food and Drug Administration.~~
- ~~• Flavored milk may contain no more than 55 grams of sugar total per 16 oz. (27 grams of sugar per 8 oz.) including both naturally occurring and added sweetener. Maximum size allowed for sale is 16 oz.~~

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~~Sports Drinks and Vitamin Drinks approved for sale: Beverages that contain less than 30 grams of sugar per 16 oz. serving with no artificial sweeteners. Maximum size allowed for sale is 16 oz.~~

~~Milkshakes and smoothies will follow the food Standards listed below.~~

~~Other Beverages are not approved for sale.~~

~~Individual schools may choose to adopt stricter food and beverage guidelines than put forth in this policy.~~

Food Standards:

- ~~• Fat: 30% or less of total calories from fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low fat salad dressings, cheese, and butter).~~
- ~~• Saturated plus Trans Fat: 10% or less of total calories from saturated plus trans fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low-fat salad dressings, cheese, and butter).~~
- ~~• Sugar: No more than 35% total sugar by weight including naturally occurring and added sugars (except for sugars that occur naturally in a dairy product, fruit, or vegetable).~~
- ~~• Portion Sizes (maximums):~~
 - ~~a. One and one-quarter ounces for chips, crackers, popcorn, cereal, or jerky~~
 - ~~b. Two and one-half ounces for trail mix, nuts, seeds, or dried fruit~~
 - ~~c. Two ounces for cookies or cereal bars~~
 - ~~d. Three ounces for bakery items~~
 - ~~e. Three fluid ounces for frozen desserts, including but not limited to ice cream~~
 - ~~f. Eight ounces for non-frozen yogurt~~

~~Exceptions to these administrative regulations for food and beverage 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 Supervisor of Student Nutrition Services for approval before products are placed in schools.~~

~~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.~~

~~Foods and beverages provided through the National School Lunch or School Breakfast Programs shall meet federal nutritional requirements of the 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.~~

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All other foods and beverages made available on individual campuses (including, but not limited to: vending, concessions, a la carte, student stores and classroom incentive-based celebrations and fundraising) during the school day, between the hours of 12:00 AM and 30 minutes after the conclusion of the instructional day, will meet the 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).

Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers is not limited in any way under the standards.
- The standards do not apply 30 minutes after the end of the school day, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

Exempted Fundraising Days-Alaska's Smart Snack Waiver Form

Annually, a participating NSLP/SBP school may have no more than the number of exempted fundraising days as listed below.

The number of exempted fundraising days shall be limited to:

- Grades 8 and below, 10 days per school year
- Grades 9 through 12, 25 days per school year

The provisions listed above do not limit the number of foods and beverages that may be sold to students on an exempted fundraising day.

In order to have exempted fundraising days, a participating school must apply for and receive an Alaska Smart Snack Waiver.

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

Schools will limit foods and beverage marketing on campus to the promotion of foods and beverages that meet the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools. This includes, but is not limited to, the promotion of 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'

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use of soda advertising as a media education tool; or when implementing a health or nutrition education curriculum.

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. Schools will encourage all students to participate in federal school meal programs.

PHYSICAL ACTIVITY

Schools will strive to allow students the opportunity for moderate physical activity each day to include time before, during, and after school.

Physical Activity Goals

The primary goals for physical activity are to: build knowledge and skills through physical education (PE) programs that enable all students to participate in a variety of lifetime physical activities; promote safe and appropriate physical activity opportunities for all students; increase the amount of movement for students throughout the school day, while decreasing sedentary time; and ~~to~~ promote a physically active lifestyle for all community members, including staff, families and students.

To the extent possible:

1. Provide quality physical education (PE) programs and adapted physical education programs in accordance with the District's physical education curriculum standards:
 - o Adequately and appropriately develop knowledge and skills for a variety of traditional and non-traditional physical activities
 - o Improve and/or maintain students' physical fitness, providing the tools to self-assess;
 - o Teach short- and long-term benefits of a physically active and healthy lifestyle; and
 - o Promote a lifelong physically active lifestyle.
2. At a minimum, provide physical education or its equivalent to all students, including students with disabilities, special health care needs, and in alternative educational settings, as follows:
 - o Elementary school students – 150 minutes per week during the school year.
 - o Middle school students – the equivalent of 225 45 minutes ~~of daily~~ per week of physical education.
 - o ~~High school students~~ – one full credit of physical education over four years in accordance with graduation requirements.

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3. Whenever possible, physical education classes will be taught by teachers with appropriate training and credentials for physical education.
4. Whenever possible, all students shall be physically active during the school day through PE classes, daily recess periods for elementary school students, the use of evidence-based classroom teaching techniques, such as stretching and movement breaks, and the integration of physical activity into the academic curriculum. Recess shall not be a substitute for PE classes.
5. Whenever possible, all students shall be given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals and interscholastic athletics and physical activity clubs.
6. Schools shall encourage families to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
7. Schools shall provide adequate training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
8. Schools shall encourage, promote and conduct physical activities that involve families, students, school staff and the community, including safe walking or biking to school.
9. Schools shall encourage students to meet the American Academy of Pediatrics recommendation of 50 minutes of daily physical activity.

OTHER SCHOOL-BASED ACTIVITIES

The primary goal for other school-based activities is to create a total school environment that is conducive to student well-being. This includes, but is not limited to the following:

Dining Environment Goals

1. Schools shall provide clean, safe and pleasant meal environments for students.
2. Schools shall provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
3. To the extent feasible, the school district shall make drinking fountains available and accessible in all schools, so that students have access to water at meals and throughout the day.
4. The school district shall encourage all students to participate in school meal programs and protect the identity of students who eat free and reduced price meals.
5. The school district shall encourage all students to eat healthy and nutritious meals within the school dining environment.
6. In accordance with applicable laws, schools are encouraged to involve students in meal preparation, service, and clean-up.

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7. Schools shall encourage and facilitate access to hand washing before and after meals.
8. Schools will provide free potable water in the place where meals are served and elsewhere throughout the school buildings.
9. School will encourage all students to eat healthy and nutritious meals within the school dining environment and will, to the extent practicable,
- 7-10. 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.

Amount of Time to Eat Goals

1. Schools shall provide adequate time for students to enjoy eating healthy foods with friends in school; a minimum of 20 minutes to eat for lunch and 10 20 minutes to eat for breakfast.
2. Schools shall schedule lunch as close to the middle of the school day as possible. Opportunities for mid-morning or mid-afternoon healthy snack breaks shall be encouraged.
3. Whenever possible, schools shall work to schedule recess for elementary schools before lunch so that children will come to lunch less distracted and ready to eat. Schools are encouraged to schedule separate recess and dining times.
- 4.

Food or Physical Activity as a Reward or Punishment

- The use of food as a reward or punishment in schools is prohibited during the official school day The District promotes and support the use of physical activity as a reward. Examples include, but are not limited to: extra recess, additional gym classes and classroom movement breaks.
- ~~The use of physical activity as punishment during the school day is also prohibited. Examples include but are not limited to:~~
- ~~denying student participation in recess or other physical activities or for classroom make-up time.~~
- requiring students to run laps, requiring students to do a number of pushups, etc.

~~While this practice has been used by many throughout the years, continued use is strongly discouraged and should be avoided.~~

Physical activity should be used as a reward or instructional strategy to enhance the academic and social/emotional needs of a student.

Consistent School Activities and Environment

1. Schools' fundraising efforts should be supportive of student wellness, comply with consideration of Nutritional Guidelines, promote physical activity and limit commercial influence.

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2. The School District shall work to provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
3. The School District shall encourage and provide opportunities for parents, staff, teachers, school administrators, students, nutrition service professionals and community members to serve as role models in practicing healthy eating and being physically active, both in the school environment and at home.
4. Schools, to the extent possible, shall seek to limit commercial influence and exposure to advertising as it relates to nutrition, wellness and physical activity, consistent with existing and future Board policy.
5. The District supports and encourages the creation of school gardens and integrated food system education that provides hands-on learning experiences linking the cafeteria with the classroom and core curriculum, such as math, science and language arts.
6. 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](#)– Use of school facilities and properties)

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

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