THORP SCHOOL DISTRICT
ADMINISTRATIVE PROCEDURE TO BOARD POLICY

No. 6700P

6000 Management Support

6700P Nutrition and Physical Fitness

Local School Wellness Policy (LSWP)

The district will convene an advisory committee to assist in development of the district wide LSWP. The committee will include and staff, parents, representatives of the school food authority, school administrators, school board members, students, school health professionals, teachers of physical education, and the public in developing, implementing, periodically reviewing, and updating the LSWP.

School Meal Programs and Competitive Foods

The district will follow the USDA meal patterns for the National School Lunch Program, School Breakfast Program, and Smart Snacks in School standards for all food and beverages sold to students on school campus during the school day. These are available at http://www.fns.usda.gov/cnd/governance/legislation/allfoods_flyer.pdf While students/parents/guardians are permitted to bring commercial foods to school that do not meet the Smart Snacks standards on occasions such as birthdays and holiday celebrations, the district will encourage healthy food choices in all school operations.

- Celebrations and Rewards

  All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:
  - Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
  - Classroom snacks brought by parents. The district will provide parents a list of foods and beverages that meet Smart Snack nutrition standards; and
  - Rewards and incentives. The district will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as performance or behavior.
- Fundraising
  Foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards may be sold through fundraisers on the school campus during the school day. The district will make available to parents and teachers a list of healthy fundraising ideas.
- Water
  To promote hydration, free, safe, and unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes. In addition,

students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

School Cafeterias

- Any student may eat in the school cafeteria or other designated place;
- Meal prices will be established by the superintendent and food service supervisor, with the approval of the board at the beginning of each year;
- Healthy foods should be competitively priced; and
- Meal prices will be conspicuously posted in each cafeteria or designated meal area.

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:

- Encouraging students to participate in the school meal programs;
- Providing varied and nutritious food choices consistent with the applicable school meal program guidelines; and
- Providing that:
  - students have adequate time to eat their entire meal;
  - seating for meals is uncrowded and occurs in a pleasant and safe environment;
  - rules for mealtime behavior are consistently enforced;
  - mealtime supervision is appropriate;
  - elementary student recess held in conjunction with the lunch period occurs prior to, not immediately following, the lunch period, whenever possible; and
  - buses arrive in time for students to participate in the School Breakfast Program.

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:

- Nutrition education materials and meal menus are made available to parents;
- 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;
- Families are invited to attend exhibitions of student nutrition projects or health fairs;

- 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);
- School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
- School staff consider the various cultural preferences in development of nutrition education programs and food options.

Nutrition Education

- A district's K-12 nutrition education curriculum shall be in alignment with the Washington State K-12 Learning Standards.
- A district's nutrition education K-12 curriculum should include, but not be limited to, the following:

Age-appropriate nutritional knowledge, including:

- Understand~~ing~~ the relationship of nutrition and food nutrients to physical performance and body composition;
- 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~~;~~.

Age-appropriate nutrition-related skills, including;

- gather~~ing~~ and analyze health information;
- Analyze nutrition information to plan and prepare a healthy meal;
- Understand and use food labels;
- Evaluate nutrition information, misinformation, and commercial food and advertising; and
- Assess one's personal eating habits, set goals for improvement, and achieve those goals.

Physical Education and Physical Activity

Health and Physical Education Curriculum

It is the district's position that all students have equal and equitable opportunities for physical activity and fitness education in our schools. The District's K-12 curriculum shall be in alignment with the Washington State K-12 Learning Standards. The goals of the district are:

- All children, from kindergarten through grade 12, will participate in a quality, standards-based health and physical education program;
- OSPI-developed assessments or other strategies will be used in Health and Fitness/Physical Education, formerly known as classroom-based assessments (CBAs).
- The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment necessary. The district will ensure that any student eligible for special education will be provided appropriate physical education services.
- All schools will have certificated physical education teachers providing instruction; and
- All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with state and national standards.

A physical education curriculum includes instruction and practice in a variety of motor skills and movement patterns; knowledge of concepts related to movement and performance; knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness; responsible personal and social behavior; and values physical activity for health and enjoyment.

Physical Education Requirements and Waiver Policy

Individual students may be excused from participating in physical education otherwise required by law on account of physical disability, employment, or religious belief, or because of participation in directed athletics or military science and tactics or for other good cause (RCW 28A.230.050). Excused students will be required to substitute equivalency credits per WAC 392-410-136.

Physical Activity

- All students, (K-12), will participate in a Comprehensive School Physical Activity Program.

  A Comprehensive School Physical Activity Program (CSPAP) is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement.
- Physical activity during the school day (including but not limited to recess, brain boosters/energizers, or physical education) will not be used or withheld as a primary method

of punishment. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

Recess

Each school will offer physically active daily recess opportunities that align with state and national recess recommendations and maintain safe and age-appropriate equipment to use during recess. Recess monitors or teachers will encourage students to be active. Recess will complement, not substitute for physical education class.

Staff Development

Ongoing in-service and professional development training opportunities for staff in the area of health education, physical education and physical activity will be encouraged.

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:

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

School District Facilities

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 the community to participate in quality physical activity, fitness, sports and recreation programs.

Active Transport

The district will identify safe and active routes to and from school to promote alternative transport methods for children, such as walking and bicycle programs. The district will encourage this behavior by engaging and promoting activities such as:

- Designation of safe or preferred routes to school
- Promotional activities such as participation in International Walk to School Wee, National Walk and Bike to School Week;

- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area);
- Instruction on walking/bicycling safety provided to students;
- Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper;
- Use of crossing guards;
- Ensuring crosswalks exist on streets leading to schools;
- Documentation of the number of children walking and/or biking to and from school; and
- Creation and distribution of maps of the school environment (e.g., sidwalks, crosswalks, roads, pathways, bike racks, etc.).

Program Evaluation and Assessment

A plan for periodically measuring and making available to the public, including students, parents and the community (e.g., as part of the district's Annual Report) an assessment on the implementation of the LSWP including:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the model Wellness School Assessment Tool; and
- A description of the progress made in attaining the goals of the District's wellness policy.

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