

Nutrition and Physical Fitness

Nutritional Content and Food Service Operations

The board believes the primary responsibility for the health of a child or teen rests with a student's parent(s) or guardian(s). The following guidelines are encouraged for immediate implementation, but shall be in effect for students beginning August 2006. School hours for the purpose of this policy shall be defined as 60 minutes before and 30 minutes after instructional hours. The guidelines are for all items sold and served in vending machines or through other outlets on campus. These nutrition and food sale standards do not apply to food and beverages provided at after-school hour functions by student groups and other student support groups such as art, drama, music and athletic events.

To make up for lost revenue previously earned through school hour vending and fund raiser food sales, the District shall allocate revenue beginning with the 2006-07 school year from District sources to replace actual lost revenue due to the new policy when compared with average revenue received annually from these sales for the 2002-2005 school years. This District allocated amount shall be reduced by 25% each year until it sunsets in 2010. This requirement shall not be in effect in the instance of a levy failure.

- A. Only food or beverages that meet the minimal nutritional values, as defined by the Food and Nutrition Service of the U.S. Department of Agriculture, may be sold or served to students during school hours and no sales shall occur 30 minutes prior or after the scheduled noon lunch time.
- B. Prohibited foods during school hours include carbonated beverages, water-ices unless made with fruit juice, licorice, marshmallow candies, chocolate, candy bars, chewing gum, hard and soft candies, fondant, spun candy and candy-coated popcorn.
- C. Allowed foods during school hours are those that meet the minimum nutrition values include, but are not limited to, corn chips, beef jerky, popcorn, fruit, cheese & crackers, 100% fruit juices, peanuts, sunflower seeds, granola bars, low fat yogurt, pretzels, trail mix, lowfat and nonfat milk, and fresh local produce as available.
- D. Foods sold or served in school should assist students to comply with the dietary guidelines for Americans, by providing a variety of grains, fruits, vegetables, foods low in saturated fat, trans fat, cholesterol, sugars and salt.
- E. Food that is sold must meet the health department's standards in regard to storage, preparation and serving.
- F. School staff should encourage non-food alternatives and shall only use healthy food options such as those listed in "C" as student rewards.
- G. Students and staff will have access to safe, fresh drinking water throughout the school day including bottled water.
- H. Students may bring prohibited items for personal consumption, but shall be prohibited from selling these, or like items, on school property.

School Cafeterias

The superintendent and administrators shall ensure:

- A. All students are encouraged to participate in the school's child nutrition meal program.
- B. Students are provided a variety of nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans. The purchase and use of local food products, when available and economically feasible, shall be a priority.
- C. Schools shall ensure seating is not overcrowded, appropriate supervision is provided and rules for safe behavior are consistently enforced, and meal prices will be conspicuously posted in each cafeteria or designated meal area. Any meal increase shall occur with the approval of the board at the beginning of each year.

Nutrition Education

Nutrition education is included in the District health and fitness curriculum at all levels. Curriculum should include, but is not limited to, information on age-appropriate nutritional and fitness, local food industries, and understand how environmental factors affect food quality and personal health.

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 or provide their children with healthy snacks/meals; families are invited to attend exhibitions of student nutrition projects or health fairs; nutrition education curriculum includes activities students can do with their families (e.g., reading and interpreting food labels, reading nutrition-related newsletters, visiting/researching local farms, preparing healthy recipes with seasonal local produce, etc); school staff are encouraged to cooperate with other agencies and community groups and local farmers to provide opportunities for student projects related to nutrition, and local food resources as appropriate; and school staff consider the various cultural preferences in development of nutrition education programs and food options.

Meal Charge policy effective for the 2017-18 school year

The Sequim School District charge policy for student meals is as follows:

- Student meal accounts may not exceed a negative balance of (\$25.00).
- Students with a negative account balance of (\$25.00) or more will be served an emergency meal.
- When a student meal account exceeds a negative balance of more than (\$5.00) the parent/guardian will receive a weekly call from the District informing them of the negative balance with a request pay the negative balance.
- High school and middle school students will not be allowed to buy snack bar items when their meal account exceeds a negative balance of (\$5.00) or more.
- Parent/Guardian(s) who do not complete the free and reduced application before the October deadline are moved to paid status and are responsible for any negative meal account balance. Parent/Guardian(s) may fill out the free and reduced application at any time,

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however if their student(s) have charged meals, the parent/guardian(s) is still responsible to pay any negative balance that has been accrued.

- Students will not be able to withdraw or graduate until this debt is paid off.

Health and Fitness

It is the district's position that all students have opportunities for physical activity and fitness education in our schools. The goals of the district are: All schools shall require students in grades one through eight to engage in quality, national and state standards-based physical activity/fitness physical education instructed by certificated teachers averaging 100 instructional minutes per week. All high school students shall complete two credit(s) of health and fitness.

Advisory Committee

Every three years, the Superintendent shall convene a Nutrition and Physical Fitness Advisory Committee to review and make recommendations pertaining to the district wide nutrition and physical fitness program and District meal services. The committee shall include the food service director, and invitations to participate shall be made to staff, parents, building level administrators, students, nutritionists, health care professionals, local farmers, physical education staff, and members of the public and interested community organizations.