

8600 R1 - Procedures Related to Local Wellness Policy

04/29/14

Food as Incentives/Reward

Edmonds School District strongly discourages the use of food as an incentive or reward. Staff members and parent group leaders compelled to use food must select items that meet the **USDA "Smart Snacks in School"**. [www.edmonds.wednet.edu/cms/lib02/WA01001167/Centricity/Domain/5/usda.gov/allfoods with poster.pdf](http://www.edmonds.wednet.edu/cms/lib02/WA01001167/Centricity/Domain/5/usda.gov/allfoods%20with%20poster.pdf) Examples of non-food alternatives for incentives and rewards can be found at:

http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/rewards_incentives.pdf

http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_Rewards.pdf

<http://www.extension.iastate.edu/Publications/PM2039A.pdf>

Physical Activity/Physical Education

The difference between physical activity and physical education is critical to understanding why both contribute to the development of healthy and active children. Physical education is a K-12 planned and sequential program of curricula and instruction that helps students to develop the knowledge, attitudes, motor skills, self-management skills, and confidence needed to adopt and maintain physically active and healthy lifestyles. Physical activity is the application of what is learned in physical education class.

Physical Activity

- Schools should provide movement breaks during classroom hours as often as possible.
- Schools should discourage extended periods of physical inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic movement breaks.
- Schools should provide daily recess periods totaling at least 30 minutes for all elementary school students, as recommended by the National Association for Sport and Physical Education (NASPE). During recess, schools should encourage student participation in moderate to vigorous physical activity verbally and through the provision of space and equipment.
- The District supports community access and use of the school's physical activity facilities outside of the normal school day (for example, playground structures, jogging track, athletic fields).
- Schools should encourage parents and community members to institute programs that support physical activity, such as a walk to school program or running club.
- Schools will encourage and create opportunities for students to voluntarily participate in developmentally appropriate before and after school physical activity programs like intramurals, clubs, and interscholastic athletics.
- The District should work towards all schools having facilities that promote physical activities such as jogging paths, covered play areas, playgrounds, and indoor activity spaces.
- Schools will not use physical activity (e.g. running or pushups) as punishment.
- It is recommended that schools do not withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- Staff members are encouraged to participate in and model physical activity as an important part of daily life.

Physical Education

School physical education programs offer the best opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active lifestyle. Physical education teachers assess student knowledge, motor and social skills, and provide a safe, supportive environment.

- *Physical Education Requirements. WAC 392-410-135*
 - *Grades 1-8. Pursuant to RCW 28A.230.040, an average of at least one hundred instructional minutes per week per year in physical education shall be required of all pupils in the common schools in the grade school program (grades 1-8) unless waived pursuant to RCW 28A.230.040.*
 - *Grades 9-12. Pursuant to RCW 28A.230.050, a one credit course or its equivalent shall be offered in physical education for each grade in the high school program (grades 9-12).*
- *Basic Education. RCW 28A.150.210 – Know and apply the core concepts and the principles of health and fitness.*
- *Requirements for high school graduation. WAC180-51-067*
 - Two health and fitness credits (.5 credit health; 1.5 credits fitness). Students may be excused from the fitness requirement under RCW 28A.230.050. Such excused students shall be required to demonstrate proficiency/competency in the knowledge portion of the fitness requirement, in accordance with written district policy.
- All physical education classes will have student enrollment consistent with the state guidelines for all other subjects and consistent with all other classes in high school.
- Schools will schedule Physical Education teacher preparation time consistent with other subject areas.
- Schools will provide adequate equipment and facilities for physical education.
- Quality Physical Education includes:
 - Fitness Development
 - Skill Development
 - Fitness and Health Education
 - Social Skill Development
- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- Professional development opportunities focusing on physical education, fitness, health, and wellness will be provided for all interested staff.

Classroom Parties

Birthday parties in classrooms may be celebrated with non-food treats and favors for students. No food is allowed as part of a birthday celebration. Appropriate alternatives to food that may be shared on special occasions can be found at:

http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_Rewards.pdf

<http://www.extension.iastate.edu/Publications/PM2039A.pdf>

Food may be served at (3) three classroom celebrations (such as seasonal, cultural or curriculum related) per classroom per year. The theme and time of year of the party is up to the discretion of the classroom teacher. If food is served it must meet the “Food Safety Guidelines For Room Parties” published by the Snohomish Health District. Due to the prevalence of students with severe food allergies, foods with nuts or tree nuts are strongly discouraged.

Fund Raising

All fund raising involving food sold to students on campus during the school day must meet the nutritional requirements set forth in the *USDA "Smart Snacks in School"*.

<http://www.extension.iastate.edu/Publications/PM2039A.pdf>

Vending Machines/Student Stores/A La Carte Lines

Foods sold to students on campus during the school day will meet the nutritional requirements set forth in the *USDA "SmartSnacks in School"*.

www.edmonds.wednet.edu/cms/lib02/WA01001167/Centricity/Domain/5/usda.gov_allfoods_with_poster.pdf

School Meals

Nutritional benefit to students will be the first priority of the Food Services program.

- Menu offerings comply with the nutritional requirements of the National School Lunch Program, School Breakfast and Summer Feeding Program
- Meals are nutritionally balanced to meet the age-appropriate dietary needs of students, as determined by the United States Department of Agriculture
- Menus are regularly reviewed and modified to maximize their appeal to students
- It is recommended that students have at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch. This does not include time spent walking to/from class or waiting in line.
- The dining area is clean, orderly and inviting.
- Adequate seating is available to accommodate all students served during each meal period.
- Adequate supervision is provided in the dining area.
- Due to the growing frequency and severity of allergic reactions to peanuts, students in grades K-8 may not have access to food containing peanuts. With clear and obvious labeling, peanuts may be included in foods available to students in grades 9 through 12.