

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY BP 5040 (a)

Iditarod Area School District is committed to providing health and wellness in all aspects of school life. This commitment shall enhance the intellectual, social, emotional and physical development of each student and help to foster lifelong habits of healthy eating, emotional wellness and physical activity.

All students in grades K-11 shall participate in a sequential and age-appropriate combined Health/PE class each year. Seniors shall select a health and/or PE elective if possible. All IASD instructional staff shall receive in-service training on IASD Health, Safety and Physical Education curriculum and resources as well as opportunities to maintain high personal health standards.

IASD supports the following wellness goals for IASD students and communities:

Community Partnerships:

- IASD shall participate in community partnerships that promote family health seminars and clinics, social and recreational functions, fitness activities and other events that encourage community health, fitness and wellness.
- Teachers are encouraged to utilize elders and health clinic, SouthCentral Foundation, YKHC, state trooper and other resource people as presenters in their health classes.
- IASD staff shall work with local ASB's, Native Village Councils and City Councils in each community to develop a plan to equip local playgrounds with developmentally appropriate equipment as outlined in NASPE Guidelines for Facilities.
- The school district encourages participation of students, parents, food service personnel, school board members, school administrators, school health professionals, physical education teachers, local SNAP-Ed coordinators and other interested community members in an advisory group, appointed by the Iditarod School Board that will assist in developing, implementing, monitoring, reviewing and, as necessary, revising school nutrition and physical activity goals. The district will promote opportunities to participate in the advisory group through parent 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. Goals and progress toward achievement will be presented to the Iditarod School Board on an annual basis.

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY (continued) BP 5040 (b)

Physical Activity:

- All elementary students shall participate in a minimum of 150 minutes per week and all secondary students (7th through 12th grade) shall participate in a minimum of 150 minutes per week of a sequential physical education program. PE shall meet a minimum of three (3) times per week.
- All elementary school students shall have at least twenty (20) minutes per day of supervised recess, preferably outdoors.
- All IASD schools shall take advantage of opportunities before, during and after school for physical activity by:
 - 1) Encouraging students to walk or bicycle to school when living within reasonable proximity.
 - 2) Providing before school opportunities for outdoor recess (or, on rainy or cold days, indoor recess.)
- Where practical, recess shall be scheduled before lunch periods and take place outdoors.
- Indoor and outdoor facilities shall be available so that physical activity is safe and not dependent on 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.
- Students shall not remain inactive for periods of two hours or more during the school day.
- Teachers shall make every effort to incorporate physical activity concepts into core curriculum instruction.
- All students in K-11 grades shall participate in the Presidential Fitness Award program each year.
- Physical activity, such as pushups and running laps shall not be used as punishment, unless chosen by a student.
- Physical Education shall not be withheld from students as punishment.

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY (continued) BP 5040 (c)

- All IASD schools shall publish a calendar of in-school and extra-curricular activities representing a range of in-school and extra-curricular activities, and when appropriate, interscholastic sports programs, that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- All intramural programs, physical activity clubs and athletic teams shall be supervised by qualified staff, which may or may not be certified teachers.
- 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 classroom review and adoption schedule of the District.

Nutrition and Nutrition Education:

- All meals provided through the National School Lunch or School Breakfast (Brunch) Programs shall meet the nutritional requirements of the National School Lunch Act (7 C.F.R. Parts 210 and 220 and whenever possible, shall incorporate traditional foods. 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 school campus (including but not limited to vending, 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 Standards for All Foods Sold in Schools also known as Smart Snacks in School. For the purpose of this policy, the school campus is defined as property under the jurisdiction of the school district that is accessible to students. The Smart Snacks in School, USDA's "All Foods Sold in Schools" standards poster will be made available to each site.
- 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 the religious, ethnic and cultural diversity of the students 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 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 (brunch) or lunch program must meet nutritional requirements. A poster detailing foods that can be used for school meals will be available to all sites.

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY (continued) BP 5040 (d)

- 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 price meals.
- Schools will encourage all students to eat healthy and nutritious meals within the school dining environment and will, to the extent possible, involve students in menu planning.
- To the extent practicable, schools will schedule lunch as close to the middle of the school day as possible. Brunch will be scheduled for mid-morning. Schools are encouraged to provide opportunities for mid-afternoon healthy snack breaks.
- Teachers shall not reward students with candy and other empty calorie items during the school day.
- Nutrition education shall represent a sequential and age-appropriate curriculum and include healthy cooking methods which honor traditional foods and recipes, nutritional analysis of foods, consumer awareness and media literacy. The age-appropriate nutrition education as part of the health and physical education curricula will respect 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.
 1. Students in grades pre-K – 12 shall receive nutrition education that teaches the skills needed to adopt lifelong healthy eating behaviors.
 2. Classroom nutrition education shall be reinforced in the school dining room or cafeteria setting as well as in the classroom, with coordination among staff.
 3. Students shall receive consistent nutrition messages from schools and the district. This includes in classrooms, cafeterias, outreach programs and other school-based activities.
 4. 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.
- Schools may only advertise items that meet the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools.

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY (continued) BP 5040 (e)

- 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, Nutrition Standards for All Foods Sold in Schools also known as Smart Snacks in School, and ideas for policy compliant foods for vending, concessions, student stores, classroom parties and fundraising activities.

Health and Wellness:

- Health curriculum shall address the development of Decision Making skills as well as activities that promote the development of improved interpersonal skills.
- Health curriculum shall train students to keep up with a health “maintenance” program, i.e. eye and dental exams, immunizations, etc.
- Health curriculum shall represent a sequential and age appropriate program which includes human development, safety education, nutrition education, sex education, substance abuse and disease prevention education. Health class shall meet a minimum of two (2) times per week for all K-11 grade students.
- Asset building activities such as community service, music, art, and peer mentoring may be incorporated into the health curriculum.

Monitoring, Compliance and Evaluation:

- The superintendent or designee will ensure compliance with established districtwide nutrition and physical activity wellness policies and administrative regulations.
- Administrative regulations may be developed to ensure that information will be gathered to assist the Iditarod School Board and district in evaluating implementation of these policies 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.
- 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 health and nutrition goals.
- The Iditarod School Board will receive an annual summary report annually on district-wide compliance with the established nutrition and physical activity policies, and the

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY (continued) BP 5040 (f)

progress made in attaining the same goals, based on input from the schools within the district. The report will also be distributed to advisory school boards, parent/teacher organizations, school principal/principal-teachers, and school health services personnel, and will be made available to the public.

Legal Reference:

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

Revised 3/2015

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY AR 5040 (a) PLANNING AND PERIODIC REVIEW; REPORTING

The superintendent or designee will provide an annual report to the Iditarod School Board detailing progress toward reaching nutrition and physical activity goals and compliance with all physical education, physical activity and nutrition policies. Barriers to compliance where and when they are encountered will be detailed in the annual report. A brief description of planning processes, including entries engaged in planning, will also be provided at that time.

NUTRITION

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 and adequate time for students to eat.

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 part of the school breakfast (brunch) or lunch program must meet nutritional requirements.

SCHOOL NUTRITION AND PHYSICAL ACTIVITY

All foods and beverages provided through the National School Lunch or School Breakfast programs shall meet nutritional requirements of the National School Lunch Act. 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 school campus (including, but not limited to vending, concessions, a la carte, student stores, classroom parties and fundraising) during the school day, between the hours of 12:00 am and thirty minutes after the conclusion of the instructional day shall meet nutritional requirements of the National School Lunch Act, Nutrition Standards for All Foods Sold in Schools, also known as Smart Snacks in School. 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.

Nutritional and Dining Environment Goals

1. Schools shall provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
2. Schools shall encourage and facilitate access to hand washing before and after meals.
3. Schools shall 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 (brunch).
4. The school district shall work to provide opportunities for on-going professional training and development for food service staff in the areas of nutrition and physical education.

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY (continued) AR 5040 (b)

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. Schools shall 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 students, staff, and families. To the extent practicable:

1. Schools shall encourage families to support their children's participation in physical activity, to be physical active role models, and to include physical activity in family events.
2. Schools shall provide adequate training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
3. Schools shall encourage, promote and conduct physical activities that involve families, students, school staff and the community, including safe walking or biking to school.
4. 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.
5. Schools shall provide adequate training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
6. Schools shall encourage, promote and conduct physical activities that involve families, students, school staff and the community, including safe walking or biking to school.
7. 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:

1. The school district shall encourage and provide opportunities for parents, staff, teachers, school administrators, students, nutrition service professionals and community members

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY (continued) AR 5040 (b)

- to serve as role models in practicing healthy eating and being physically active, both in the school environment and at home.
2. The district, to the extent possible, shall provide information and outreach materials about community food programs and other Food and Nutrition Service (FNS) programs such as Food Stamps, the Child Nutrition Program, and Women, Infants and Children (WIC) to students and parents.
 3. Schools shall seek to limit commercial influence and exposure to advertising as it relates to nutrition, wellness and physical activity, consistent with existing and future Iditarod School Board policy and federal regulation.

(cf. 1330 – Community use of school facilities) Revised: 4/14

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY E 5040 (1)

RICHARD B. RUSSELL NATION SCHOOL LUNCH ACT

SEC. 9A. ø42 U.S.C. 1758b LOCAL SCHOOL WELLNESS POLICY.

- (a) **IN GENERAL.**— Each local educational agency participating in a program authorized by this Act or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for all schools under the jurisdiction of the local educational agency.
- (b) **GUIDELINES.**—The Secretary shall promulgate regulations that provide the framework and guidelines for local educational agencies to establish local school wellness policies, including, at a minimum,—
 - (1) goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;
 - (2) for all foods available on each school campus under the jurisdiction of the local educational agency during the school day, nutrition guidelines that—
 - (A) are consistent with sections 9 and 17 of this Act, and sections 4 and 10 of the Child Nutrition Act of 1966 (42 U.S.C. 1773, 1779); and
 - (B) promote student health and reduce childhood obesity;
 - (3) a requirement that the local educational agency permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy;
 - (4) a requirement that the local educational agency inform and update the public (including parents, students, and others in the community) about the content and implementation of the local school wellness policy; and
 - (5) a requirement that the local educational agency—
 - (A) periodically measure and make available to the public an assessment on the implementation of the local school wellness policy, including—
 - (i) the extent to which schools under the jurisdiction of the local educational agency are in compliance with the local school wellness policy;

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY (continued) E 5040 (1)

- (ii) the extent to which the local school wellness policy of the local educational agency compares to model local school wellness policies; and
 - (iii) a description of the progress made in attaining the goals of the local school wellness policy; and
- (B) designate 1 or more local educational agency officials or school officials, as appropriate, to ensure that each school complies with the local school wellness policy.
- (C) **LOCAL DISCRETION.**—The local educational agency shall use the guidelines promulgated by the Secretary under subsection (b) to determine specific policies appropriate for the schools under the jurisdiction of the local educational agency.

Added 4/2014