

## **Health, Nutrition And Physical Fitness**

The purpose of this regulation is to create a school environment that models and promotes healthy and nutritious food choices and regular physical fitness activity. The regulation establishes guidelines that will provide students nutritious food choices and opportunities for regular physical fitness activity.

### **Nutritional Requirements During the School Day**

As a part of establishing a healthy school environment, the following nutrition standards will apply to all food and beverages sold, served or offered from all sources on school property. Nutritional standards are encouraged for all groups utilizing district facilities. However, after school day hours, events and activities are not required to follow the nutritional standards.

### **Nutritional Standards**

Limiting serving size, total calories, saturated and trans-fat, sugars and simple sugar consumption are the key focus areas for these nutrition standards.

Serving sizes of ala carte food items sold or served shall meet or exceed the current USDA guidelines and not exceed 250 calories per portion. Note: A portion is the total amount contained in a package/container. Entrees that are a part of the school meal program may be sold as ala carte items.

Total fat grams per ala carte item serving (portion) may not exceed 9 grams of fat, except nuts and seeds.

Saturated fat grams per ala cart item serving (portion) may not exceed 3 grams of fat.

Total sugar grams per ala carte item serving (portion) may not exceed 15 grams unless the product contains fruit.

It is recommended to have ala carte item servings (portions) with total fiber grams equal to 2 grams or more.

Beef jerky, teriyaki sticks, cheese and other items having 8 grams of protein or more are exempted from the above guidelines.

Foods of minimal nutritional value are not allowed during the school day. This includes, but is not limited to, soft drinks, water ices, chewing gum, and certain types of candies (hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn).

## Regulation 6700R

Whole fruits, whole vegetables and whole grain products will be promoted and offered as a part of developing a healthy eating environment.

Yogurt, milk, flavored milk, and smoothies will be promoted and offered as a part of developing a healthy eating environment but will be limited to 16 ounces or smaller (14 ounces is recommended). Total fat grams per item serving (portion) may not exceed 9 grams of fat.

Sugar-sweetened drinks (soda pop, sports drinks, flavored drinks, caffeinated drinks) will not be sold or offered to students during the school day.

Allowable beverages sold, served or offered during the school day include:

Elementary schools –milk (non-fat, 1%) and water

Secondary schools – milk (non-fat, 1%), flavored milk (low-fat), water, flavored water, 100% juice, yogurt drinks and smoothies

Allowable beverages sold during the school day through vending include:

Elementary schools – water only

Secondary schools – milk (non-fat, 1%), flavored milk (low-fat), water, flavored water, 100% juice, yogurt drinks and smoothies

Middle school snack vending will not be allowed prior to the start of school until the end of the regularly scheduled school day.

### **Food Services Program**

All foods sold by Food Services where USDA reimbursable meals are offered must comply with USDA school meal regulations.

Sweetened pastry items (e.g., cinnamon rolls, maple bars) will only be offered on the breakfast menu two days each week.

Fresh fruit and vegetables will be promoted and offered on a daily basis.

Potato Products: Baked french fries and/or potato tots will not be served more than 2 days each week on the elementary menu and will be no more than 2 ounces. The portion limit for potato products will be no more than 3 ounces at the secondary levels. Side salads, with low fat dressing, fresh fruit and/or fresh vegetables will be promoted as options to potato products.

Cookies and dessert (high fat and high sugar) options will only be placed on the menu 2 days each week.

### **School Eating Environment**

Creating an environment that provides students with sufficient time and a safe place to eat a healthy meal is important. Priority will be given to creating space and scheduling meal periods that allows a seat for each student consuming a meal.

It is recommended that all schools allow a minimum of 15 minutes for eating time when possible, not including the time spent in line getting a meal.

The school principal shall review and consider the lunch schedule options that allow the appropriate number of lunches, recommended 15 minutes of eating time, as well as students time to transition effectively to the classroom and encourages meal consumption.

In an attempt to prevent the spread of illnesses and exposure of students with life-threatening allergies to hidden allergens, sharing food items at school should generally be discouraged.

Students and staff are encouraged to wash their hands prior to meal service.

### **Classroom and Fundraising**

Food used in classes is an important part of the learning environment. Curriculum and activities that involve food should be handled in a safe environment and be appropriate for the students involved. Foods produced as a part of a student learning experience will be exempt from the nutrition requirements in this regulation, but healthy foods meeting the district's current nutrition standard should be used. Food items sold or offered to students outside of the classroom, during the school day, must comply with the nutrition standards in this regulation.

Outside food brought into the school and/or classes shall be unopened, commercially processed and commercially pre-packaged, requiring no preparation. If the food item requires refrigeration, it must be consumed within two hours.

Food used as a classroom reward or incentive must comply with the nutrition standards in this regulation.

Parents and teachers shall encourage use of foods and/or beverages that comply with the nutrition standards in this regulation for school/classroom parties. They will be encouraged to offer no more than one food or beverage that does not meet the nutrition standard for parties.

Food used in fundraising during the school day must comply with the nutrition standards in this regulation. Fundraising outside the school day is encouraged to meet the nutrition standard.

### **Parent/Community Involvement**

In order to promote family and community involvement in supporting and reinforcing nutrition and physical education in schools, the schools are responsible for offering:

- A. Nutrition education materials and meal menus as well as physical education activity ideas are made available to parents;
- B. Parents are encouraged to promote their child's participation in the school meals program, physical education programs and after school activities. If students do not participate in the school meal program, parents, will be encouraged to provide their children with healthy snacks/meals;
- C. Families are invited to attend exhibitions of student nutrition projects, participate in physical education activity programs and health fairs;
- D. Nutrition and physical education curriculum includes homework that students can do with their families;
- E. School staff consider various cultural preferences in development of nutrition and physical education programs; and
- F. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition and to participate in physical activity programs.

### **Health Nutrition and Physical Fitness Curriculum**

It is the district's position that all students have equal and equitable opportunities for physical activity and fitness education in the schools. All children within the district shall have the opportunity of daily activity that creates life-long positive health habits.

### **Physical Education**

All schools will deliver a quality standards based articulated fitness and health curriculum for grades K-12 that is aligned with the Essential Academic Learning Requirements.

All schools will deliver quality physical education consistent with district and state standards.

An average of at least one hundred instructional minutes per week per year in physical education shall be required of all students in the elementary and middle school programs.

Every student attending grades one through eight shall receive instruction in physical education as prescribed by rule or regulation, provided, that the individual student may be excused on account of physical disability, religious belief, or because of participation in directed athletics.

## Regulation 6700R

Recess, as normally provided, cannot be used to meet the requirement of an average of 100 minutes per week of instruction in physical education. If an additional recess is considered, schools may use teacher directed physical activities one or two days a week to further lessons taught by a physical education specialist. The criterion that must be met is directed activity, provided by a classroom teacher in which all students participate.

A .5 credit course shall be offered each semester in physical education for the high school program.

All high schools shall emphasize physical education, and implement all physical education requirements established by rule or regulation, provided, that individual students may be excused from participating in physical education otherwise required under this section 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. "Directed athletics" shall be interpreted to include community-base organized athletics. A district waiver form is available for parents to complete to meet the physical education requirement. Information regarding the physical education waiver process for high school students can be found under regulation 2410, High School Graduation Requirements.

Physical activity and withholding of physical education class, recess, and/or other forms of physical activity as punishment or in lieu of completing other academic work is discouraged. Occasional loss of recess and/or physical education may occur if the principal concurs that it is academically beneficial to the student. Repeated loss over time of physical activity, recess and or physical education is prohibited.

Students and parents must complete the Tacoma Public Schools "Application of Waiver to Meet 1-8 Physical Education Requirement" form by May 1<sup>st</sup> for students who would like to Waiver their physical education requirement in the first semester and or by January 1<sup>st</sup> for students who would like to waive their physical education requirement in the second semester. This form is available at the 1-8 sites and must be processed through the student's counselor and/or principal.

The principal in the building, in conjunction with the Physical Education Department Chair (in schools where that position exists) and the student's counselor, have the authority to approve or disapprove all requests for a physical education waiver. This process will fulfill a physical education requirement.

The following is a sample of activities and organizations in which students may participate that may qualify for waiver of a physical education credit.

1. WIAA athletics
2. Tacoma School District athletics
3. Tacoma School District intramurals
4. Organized recreational programs
5. Athletic Club teams
6. Organized dance lessons

An individual student may also be excused from participation in physical education on account of physical disability or religious belief.

The organization is responsible for verifying the student has completed 50 instructional minutes per week of active participation during the activity to receive waiver for physical education for the elementary programs. For the middle school programs an, average of at least one hundred instructional minutes per week must be verified by the organization. The student must complete the hours within the semester that the waiver is being requested. Hours must be honestly documented and approved by the organization with which the student is participating. All documentation will be kept in the student's cumulative file.

### **Advisory Committee**

Annually, for the first three years after adoption of this regulation, the superintendent or designee shall convene an ad hoc committee composed of representatives of food services, certificated and classified staff, nutritionists, health care professionals, students and parents to review the use and efficacy of this regulation. The superintendent shall make an annual report to the board reviewing the use and efficacy of this regulation. This report will include Board and Cabinet recommendations for changes to the regulation, if applicable.

### **Program Evaluation**

**Nutrition:** In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the superintendent or designee is responsible for evaluating and assessing whether the board regulation is implemented, including a periodic assessment of the school meal program with input from students, parents and staff. The advisory committee will also review annually the compliance with food sales and food products available in schools during the school day.

**Physical Education:** District physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with the Essential Academic Learning Requirements and the Healthy Kids Survey through curriculum and instruction. Results of these assessments will be reported to the board, school sites, and made available to parents and community on an annual basis.

**Approved: 06/13/2006**  
**Revised: 01/25/07**

**Tacoma Public Schools**  
**Application of Waiver to Meet 1-8 Physical Education Requirement**

Please complete this form and return to the main office prior to the semester beginning.

Student's Name: \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_ Student ID Number: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

An average of at least fifty instructional minutes per week per year in physical education shall be required of all students in the elementary programs. An average of at least one hundred instructional minutes per week per year in physical education shall be required of all students in the middle school programs. Complete the form and submit a copy of the registration if using an alternative program. A copy of the practices, lessons and/or games through the alternative program must also be submitted.

Please explain your reason for applying for the waiver: \_\_\_\_\_

Directed Activity participating in: \_\_\_\_\_

Organization: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

The organization is responsible for verifying that the above named student has completed a minimum of 1,800 minutes (30 hours) per year of active participation during the activity to receive a waiver at the elementary level and a minimum of 3,600 minutes (60 hours) per year of active participation during the activity to receive a waiver at the middle school level. The student must complete the hours within the school year the waiver is being requested. District sponsored activities are already established which will allow students to meet the waiver criteria (ie WIAA athletics). The district does not endorse a specific alternative program. The district is not responsible for the safety of the activity, venue or supervision in which your son/daughter partakes with the alternative program. The district is not responsible for providing transportation to and from the alternative program. This is the responsibility of the parent/guardian.

Coach/Activity Supervisors Name: \_\_\_\_\_ Title: \_\_\_\_\_

Supervisor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I agree to supervise this student in this alternative program to meet the PE requirement. I will participate in the process and honestly document and approve all activities and/or hours the student participated in. I agree to attach the documentation with the dates and times for the number of hours the student participated in the activity. I attest that I am at least 18 years old and not the parent guardian or sibling of the student.

PE Department Chair's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Principal's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Counselor's Signature (if applicable): \_\_\_\_\_ Date: \_\_\_\_\_

**To be completed at the end of the semester**

Principal's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Copy to student and student file