



KENAI PENINSULA BOROUGH SCHOOL DISTRICT

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MEMORANDUM

To: Board of Education
From: Sam Stewart 
Re: Review of Wellness Policy
Date: March 27, 2007

When the Board passed BP and AR 5141.6, Student Nutrition and Physical Activity last year, you asked that we review the policy and its impacts in one year. In preparation for this worksession, I asked our building administrators for their comments concerning the policy. Their comments are excerpts from their feedback that reflect the general sentiments of the building administrators on the policy and regulation:

- I agree with the spirit of the policy but I am concerned about some of the drinks students bring from home.
- The wellness policy is fine; it would be nice if the lunch menu could adjust along with it.
- We love the new wellness policy. I would like the policy not to be so relaxed.
- My Site Council has expressed a great deal of frustration over the wellness policy and the appearance of the school meals not meeting this policy.
- Making sure that every student gets at least 15 minutes of recess per day is often difficult.
- We have seen significant improvement in snacks that parents bring to the school for their children's classes.
- The policy is working well for our school.

The policy and regulation are enclosed for your reference. The administration does not recommend any changes at the present time.

Attachment: BP 5141.6 Student Nutrition and Physical Activity
AR 5141.6 Student Nutrition and Physical Activity

Series 5000

BP 5141.6 Student Nutrition and Physical Activity

KPBSD Policy Manual

BP 5141.6

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY

The School Board recognizes that schools are in a position to promote healthy lifestyle choices by students that can affect their lifelong wellness. Therefore, the School District will provide environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between nutrition education and school meal programs.

Planning and Periodic Review by Stakeholders

The School District and/or individual schools within the District will create or work with an appropriate existing advisory group that will assist in developing, implementing, monitoring, reviewing, and, as necessary, revising school nutrition and physical activity goals. The advisory group should be composed of students, parents, food service personnel, School Board, school administration, teachers, health professionals, and other interested community members. The advisory group should be provided with appropriate information and clear guidelines to assist in the development and/or revision of relevant policies.

Nutrition

All foods available in District schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative. To the maximum extent practical, all schools in the District will participate in available federal school meal programs.

All other foods and beverages made available on campus (including, but not limited to vending, concessions, a la carte, student stores, classroom parties, and fundraising) during the school day will be consistent with the nutrition standards described in AR 5141.6, and based on U.S. Dietary Guidelines for Americans.

Health curricula will include instruction on the benefits of good nutrition and the role nutrition plays in preventing, or controlling chronic diseases, maintaining a healthy weight, and supporting the ability to learn.

(cf. 0210 – Goals for Student Learning)

(cf. 3550 – Food Service)

(cf. 3553 – Free and Reduced Price Meals)

(cf. 3554 – Other Food Sales)

Physical Activity

All students in grades K-12 will have opportunities, support, and encouragement to be physically active before, during, and after school each school day.

Health curricula will include instruction on the benefits of good nutrition and the role nutrition plays in preventing, or controlling chronic diseases, maintaining a healthy weight, and supporting the ability to learn.

Physical education will be closely coordinated with the overall school health program, especially health education, so that students thoroughly understand the benefits of being physically active and master the self-management skills needed to stay active for a lifetime.

Communication with Parents

The District/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District/school will send home nutrition information and/or will post nutrition tips on school websites. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards established by the District. The District will provide parents with information on healthy foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

The District/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside school. Such support will include sharing information through a website, newsletter, or other take-home materials, special events, or physical education homework.

(cf. 6020– Parent Involvement)

Monitoring, Compliance, and Evaluation

The Superintendent will ensure compliance with established District-wide nutrition and physical activity wellness policies and administrative regulations.

The School Board will receive an annual summary report on District-wide compliance with the established nutrition and physical activity policies, based on input from the schools within the District. The report will also be distributed to advisory councils, parent/teacher organizations, school principals, and school health services personnel in the District.

Legal Reference :

*Richard B. Russell National School Lunch Act, 42 U.S.C 1751 et se q.
Child Nutrition Act of 1996, 42 U.S.C*

KENAI PENINSULA BOROUGH SCHOOL DISTRICT
Adoption Date: 4/17/06

AR 5141.6 Student Nutrition and Physical Activity

Series 5000

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KPBSD Policy Manual

AR 5141.6

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY

Nutrition

Schools will provide students 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.

Schools will limit food and beverage marketing to the promotion of foods and beverages that meet nutrition standards established by this administrative regulation.

Schools will not use foods or beverages as rewards for academic performance or good behavior. Building administrators may make allowances for special occasions at their discretion.

Schools will not withhold food or beverages as a punishment.

Traditional cultural foods may be exempted from the food standards described below for educational and/or special school events.

Food and beverages available at school (including but not limited to vending, a la carte, and student stores) must meet the following food and beverage nutrition standards. It is recommended that after-school groups also follow the nutrition standards. A list of appropriate choices will be provided.

Beverage Standards:

Water approved for sale: Plain or carbonated water that does not contain added sweeteners (natural or artificial, including sucralose, Splenda, and aspartame), vitamins, caffeine, or herbal supplements. Water may be sold in any size.

- Juice or juice/water blends approved for sale: 100% fruit or vegetable juice or juice/water blends, plain or carbonated, that do not add sweeteners (natural or artificial), caffeine, or herbal supplements. Maximum size allowed for sale is 20 oz.

Milk approved for sale:

- 2%, 1%, or fat free (skim) milk. Maximum size allowed for sale is 20 oz.
- Enriched rice, nut, or soy milk (may be "low fat"). Maximum size allowed for sale is 20 oz. Rice, soy, or nut milks must be enriched with calcium, per 8 oz. serving, to at least 30% of the Daily Value set by the U.S. Food and Drug Administration.
- Flavored milk may contain no more than 67 grams of sugar total per 20 oz. (27 grams of sugar per 8 oz.) including both naturally-occurring and added sweetener. Maximum size allowed for sale is 20 oz.

Sports Drinks approved for sale: Beverages that contain less than 37 grams of sugar per 20 oz. serving with no artificial sweeteners. Maximum size allowed for sale is 20 oz.

Milkshakes and smoothies will follow the food Standards listed below.

Other Beverages are not approved for sale, with the exception of:

- Diet carbonated beverages containing less than 100 milligrams of caffeine per 20 oz. (middle school level).
- Carbonated beverages containing less than 100 milligrams of caffeine per 20 oz. (high school level).

Individual schools may choose to adopt stricter food and beverage guidelines than put forth in this policy.

Food Standards:

- Fat: 30% or less of total calories from fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low-fat salad dressings, cheese, and butter).
- Saturated plus Trans Fat: 10% or less of total calories from saturated plus trans fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low-fat salad dressings, cheese, and butter).
- Sugar: No more than 35% total sugar by weight including naturally occurring and added sugars (except for sugars that occur naturally in a dairy product, fruit, or vegetable).
- Portion Sizes (maximums):
 - a. One and one-quarter ounces for chips, crackers, popcorn, cereal, or jerky
 - a. Two and one-half ounces for trail mix, nuts, seeds, or dried fruit
 - b. Two ounces for cookies or cereal bars
 - c. Three ounces for bakery items
 - d. Three fluid ounces for frozen desserts, including but not limited to ice cream
 - e. Eight ounces for non-frozen yogurt

Exceptions to these administrative regulations for food and beverage may be made for individual products which have sufficient nutritional value to offset sugar or fat content, or other requirements, or to prohibit the sale of individual products which are deemed inappropriate for sale to students despite meeting these guidelines. Nutritional information, along with samples of the product in question (when possible), shall be provided to the Supervisor of Student Nutrition Services for approval before products are placed in schools.

PHYSICAL ACTIVITY

Physical Activity Opportunities

Schools will strive to allow students the opportunity for moderate physical activity each day to include time before, during, and after school.

Schools will encourage students to walk or bike to school where feasible as a way to promote physical activity.

Schools will discourage extended periods of inactivity.

Physical Education

The District will strive to provide all students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, with quality daily physical education or its equivalent of 60 minutes/week (elementary) and 3 credits of total physical education credit (secondary: middle school plus high school).

Recess

All elementary students shall have a minimum of 15 minutes a day of supervised recess,

preferably outdoors as weather permits, during which students are encouraged to participate in moderate to vigorous physical activity with appropriate space and equipment.

Other

Teachers and other school and community personnel are discouraged from using physical activity (e.g., running laps, pushups) or withholding opportunities for physical activity (e.g., recess, physical education, physical activity breaks) as punishment during the school day. (See Recess section above.)

(cf. 5144– Discipline)

Schools should provide, at a minimum, one indoor and one outdoor physical activity area for community, student and school staff use. This area may include the normal classroom and playground.

Schools are encouraged to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep school spaces and facilities available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations.

(cf. 1330– Use of school facilities and properties)

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Adoption Date: 4/17/06

BP 5141.6 Student Nutrition and Physical Activity