

Draft: Edits proposed by GOVERNANCE/Wellness Advisory Committee through 11/17/22; changes highlighted in bold

BP 5040 STUDENT NUTRITION AND PHYSICAL ACTIVITY

Purpose

The **Anchorage** School Board recognizes that schools are in a position to promote healthy lifestyle choices by students that can affect their lifelong wellness. **It also recognizes that physical and mental wellness contributes to students' readiness to learn, improved behavioral outcomes, increased attendance, and overall academic success. Therefore, the Anchorage** 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 promotion and education, physical education, and other school-based activities to foster lifelong habits of healthy eating and physical activity, and will establish linkages between nutrition education and school meal programs. **As part of these goals, the Board encourages the district to provide opportunities in support of employee wellness.**

(cf. 1020 - Youth Services)

A. Planning and Periodic Review by Stakeholders

The **Superintendent or designee** will **establish and maintain a wellness** advisory group that will meet at least twice a year to assist in developing, implementing, monitoring, reviewing and, as necessary, revising school nutrition and physical activity goals. The district will permit and encourage **opportunities for all relevant stakeholders (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 advisory group at least once a year through newsletters, public announcements, web postings, parent communication, etc.

The **Superintendent** will provide the advisory group with appropriate information and clear guidelines to **recommend revisions to** 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 School Board on an annual basis.

(cf. 1000 - Concepts and Roles)

B. Nutrition

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

All foods and beverages provided through the National School Lunch or School Breakfast Programs shall meet nutritional requirements of the National School Lunch Act. ([7 C.F.R. Parts 210](#) and [220](#)) To the extent practicable, all schools in the district will participate in available federal school meal programs.

All other foods and beverages **sold** on school campus (including, but not limited to vending, franchise vendors, concessions, a la carte, student stores, **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, Nutrition Standards for All Foods Sold in Schools, also known as “Smart Snacks in School” (Federal Register/Vol. 78, No. 125). 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.

The Alaska Department of Education and Early Development maintains a Smart Snack waiver process which allows schools to apply for a limited number of fundraising exemptions per year. Schools may apply for the set number of fundraising days per year under the waiver.

In addition to foods sold on campus, to the extent practicable, foods or beverages made available to students on campus during the school day (ie for parties or celebrations, or provided as a reward) will be offered with consideration for promoting student health through a balanced diet, while also recognizing and promoting moderation, as indicated by [myplate.gov](#). Administrative regulations shall be developed and maintained that include suggestions for nonfood rewards, such as physical activity opportunities, and provide guidance for food or beverages made available to students during the school day, including references to foods provided by families or staff, time of day, and when used as a reward for student performance.

Schools shall accommodate, as much as possible, the religious, ethnic, and cultural diversity of the student body. 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 **during the school day** or as a part of the school breakfast or lunch program must meet nutritional requirements.

Schools shall provide students with a positive eating environment that encourages appropriate socialization and time to eat. Elementary schools shall provide a minimum of 20 minutes of eating time, after being served, for lunch and 10 minutes for breakfast. Secondary schools shall provide a lunch period of no less than 30 minutes, which may also include time for unstructured physical activity. Exceptions will require supervisor approval. Administrative regulations, including best practices with respect to breakfast and lunchroom management, ambience, noise, traffic flow, and sanitation shall be developed.

Schools will provide free potable water in the place where meals are served and elsewhere throughout the school buildings.

Schools will limit food and beverage marketing on campus **during the school day** to the promotion of foods and beverages that meet the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools.

Schools will provide age-appropriate nutrition education as part of the health and physical education curricula that respects the 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. 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 will encourage all students to participate in federal school meal programs and protect the identity of students who eat free and reduced priced meals. The district will provide information about determining eligibility for free/reduced price meals during the registration process.

Schools must offer students a reimbursable meal, regardless of whether the student has money to pay or owes money. Schools will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced price meals.

(cf. 0210 - Goals for Student Learning)

(cf. 3550 - Food Service)

(cf. 3551 - Food Service Operations)

(cf. 3552 - Regular Lunch Program)

(cf. 3553 - Free and Reduced Price Meals)

(cf. 3554 - Other Food Sales)

C. Physical Education

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.

To the extent practicable, all schools will provide daily physical education for all students, which shall be exclusive of health education and available across the K-12 system.

At a minimum, all elementary students will be provided at least 90 minutes of physical education per week.

At a minimum, sixth and seventh grade students at middle school will be provided daily physical education. Eighth grade students will be provided one semester of physical

education and one semester of health education. All physical and health education classes will mirror other class schedules and length.

High school students are required to take 1.5 credits of Health/Physical Education for graduation, as outlined in the ASD graduation requirements.

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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 curriculum review and adoption schedule of the district.

Students enrolled in a physical education course shall be assessed based on physical education standards. A written physical education grade shall be reported for students according to the grading schedule of the district. Exemptions from physical education are not permitted for K-8 students but waivers are permissible for High School students. Accommodations will be made for those with medical, cultural, or religious considerations.

To the extent practicable, physical education shall be taught by a certified/endorsed physical education teacher. Physical education teachers shall receive annual professional development specific to physical education content.

D. Physical Activity

All students in grades kindergarten through eight will be provided with at least **90%** of **CDC recommended** physical activity **time each day**. This time may be accumulated throughout the school day and may include physical education, recess and classroom based **physical activity**. Whenever possible, all students shall be given opportunities for physical activity through a range of programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs. Elementary students will be provided at least **30 cumulative** minutes each day of scheduled, active recess. **When practicable, recess shall be scheduled before lunch periods and take place outdoors**. Classroom based physical activity is encouraged and counts toward the **90%** requirement as long as it does not replace recess or physical education. **Administrative regulations shall be developed to ensure that physical activity opportunities are provided in accordance with Alaska State Law 14.30.360 (amended in 2016 by Senate Bill 200 'Mandatory Physical Activity in Schools')**.

Indoor and outdoor facilities shall be available so that physical activity is safe and not dependent on the weather. Physical **education and** activity equipment shall be age-appropriate, inviting, and available in sufficient quantities for all students to be active.

Using physical activity as punishment, or withholding physical activity/physical education time as a means of discipline, is prohibited.

The district will promote strategies/events designed to generate interest in and support active transport to school (walking school busses, 'bicycle trains' Walk/Bike to School Day, Safe Routes to School Programs).

The district is encouraged to negotiate mutually acceptable and 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 - Community use of school facilities)

E. Communication with Families

The district/school will regularly, at least annually, inform and update the public, including students, parents, and the community, about the content **and implementation of this policy**.

The district/school will support the efforts of parents to provide a healthy diet and daily physical activity for their children. 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 **staff, schools**, parents & 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 (**USDA**), and ideas for policy compliant foods for vending, concessions, a la carte, student stores, classroom parties and fundraising activities (Federal Register/Vol. 78, No. 125).

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 the efforts of parents to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information through a website, newsletter, or other take-home materials, special events, or physical education homework.

(cf. 6020 - Family Involvement)

F. Monitoring, Compliance and Evaluation

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies and administrative regulations. Administrative regulations may be developed to ensure that information will be gathered to assist the School Board and district in evaluating implementation of **this policy** 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 nutrition and physical activity goals.

The School Board will receive an annual summary report on **practices regarding** district-wide compliance with the established nutrition and physical activity policies. The report will also be distributed to advisory councils, parent/teacher organizations, school principals, and school health services personnel, and will be made available to the public **through the district's communication channels.**

The district must **comply with Federal and State reporting requirements, including a triennial assessment of its wellness policy. This assessment must determine the extent to which schools are in compliance with the district's wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy. The policy must be updated based on the results of the triennial assessment and the latest national recommendations pertaining to school health.**

Legal References

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

FEDERAL REGISTER

Nutrition Standards for All Foods Sold in Schools ("Smart Snacks in School"), Vol. 78, No. 125, Part II, Department of Agriculture (2013)

ALASKA STATUTES

AS 14.30.360 Health education curriculum; physical activity guidelines

AASB Master Policy Manual 9/92

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