

Nutrition, Health, and Physical Fitness

Wellness Committee

The District will convene a wellness committee to establish goals for the District-level wellness policy and to oversee its development, implementation, periodic review and updating. The membership of the committee will represent all school levels (elementary and secondary schools). The following parties will be invited to participate as committee members:

- Parents and caregivers;
- Students;
- Representatives of the school nutrition program
- Physical education teachers;
- School health professionals (nurses, health educators, and other health personnel who provide school health services, school counselors, psychologists, interventionists)
- School administrators
- School board members;
- Health professionals (e.g., dietitians, doctors, nurses, dentists); and
- Members of the general public.

The wellness committee is responsible for:

- Understanding wellness policy compliance requirements;
- Assist in developing an implementation plan for the wellness policy;
- Recordkeeping;
- Triennial progress assessments;
- Assist with community involvement, outreach and communications initiatives regarding the wellness policy.

Annual Notification

The District will notify families and the public, on an annual basis, of the availability of the wellness policy and provide information that would enable interested households to obtain more information.

Community Involvement, Outreach and Communications

The District will actively communicate ways in which members of the wellness committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means.

Recordkeeping

The District will maintain and make available for public inspection records documenting compliance with the wellness policy. Information can be obtained from the Child Nutrition Supervisor by calling 360-473-4717 or at <https://www.bremertonschools.org/domain/61>.

Nutrition and Food Services Program

Meal Applications and Eligibility for School Meals

As a sponsor of the National School Lunch Program and School Breakfast Program, the District will provide free and reduced-price breakfasts and lunches to students who qualify in accordance with the programs. The District will distribute the Letter to Households and Free and Reduced-Price Meal Applications to all households at the beginning of each school year. The District will protect the identity of students eligible for free and reduced-price meals in accordance with USDA guidelines for confidentiality and disclosure of student eligibility for such meals.

Meal Patterns and Menu Planning

The District will follow the USDA meal patterns for the National School Lunch Program, School Breakfast Program, and Smart Snacks in School standards for all food and beverages sold to students on school campus during the school day that includes 30-minutes before school and 30-minutes after school.

Meal Times

The District will set meal times to allow breakfast to be served as close to the start of the school day as possible and lunch to be served between 10:00 am and 2:00 pm unless otherwise approved by the Office of Superintendent of Public Instruction (OSPI).

Food Safety Plan

The District will establish a Food Safety Plan based on Hazard Analysis and Critical Control Points. Because of the potential liability of the District, the food services program will not accept donations of food other than as provided in this policy without board approval.

Meal Pricing

The Board of Directors shall determine paid meal prices annually and for the National School Lunch Program and follow Paid Lunch Equity regulations. Adult meal prices shall be set to allow teachers, administrators, and parents to demonstrate their support for school meal programs by occasionally eating with students. The price must be the price charged to students paying the full meal price plus the value of federal reimbursement for paid meals and the USDA Food Value.

Non-Profit School Food Service Account

The District will maintain a non-profit school food service account. All revenues shall be used solely for the school meal programs and to improve the quality of the food service program for the students being served. Food sold a la carte and food sold to other school entities will be priced to recover, at a minimum, food costs.

Meal Charge Policy

In order to allow students to receive nutritious meals, prevent over-identification of students with insufficient funds to pay for school means, and maintain the financial integrity of the nonprofit

school nutrition program, the District will establish a written meal charge process for students eligible for reduced price meals and students that are not eligible for meals. The meal charge policy will be communicated to households each year so that school district employees, families and students have a shared understanding of expectations regarding meal charges.

Unpaid Meal Charges

The District's Meal Charge Policy will also address unpaid meal charges. Students who qualify for free meals will not be denied a reimbursable meal, even if they have accrued a negative balance from previous purchases. The District will provide alternate meals meeting federal and state requirements to students who have charged the maximum amount allowed to their student account and cannot pay out of pocket for a meal.

In accordance with the National School Food Service Lunch account (NSFSA) funds, the District will make reasonable, discrete efforts to notify families when meal account balances are low or delinquent. Parents will receive communication through the use of the automated calling system, and/or written communication such as a letter (that may be sent home with the student) or an email to the parent to resolve the charges. The District may seek the assistance of the collection agencies, small claims court or any other collection method permitted by law and consistent with the Fair Debt Collection Practices Act after all other avenues have been exhausted.

District employees may use a charge account for meals, but may charge no more than two (2) meals to their account unless prior arrangements have been made. When an account reaches this limit, the employee will not be allowed to charge additional meals or a la carte items until the negative account balance is paid.

Children with Special Dietary Needs

The District will establish procedures to accommodate children with special dietary needs when a diet prescription form is signed by a licensed medical authority. Child Nutrition Services will work with the school 504 Coordinator to accommodate student special dietary needs.

Civil Rights

The District will follow USDA Food and Nutrition Civil Rights and nondiscrimination policies.

Procurement

The District will follow all state and Federal guidelines when procuring food for the Federal School Meal Programs and as part of District procurement procedures, establish a procurement plan and Code of Conduct consistent with the Uniform Grant Guidance; 2 CFR 200. Food specifications shall be written in a manner to procure food products that meet the school meal pattern requirements.

Smart Snacks Standards in School

All foods and beverages sold to students on campus during the school day must meet USDA Smart Snacks standards. Food or drink items sold have been approved by the Supervisor of Child Nutrition Services or designee.

Best Practices for Meal Service

The Superintendent/Designee will make reasonable efforts to ensure:

- Student participation in the breakfast and lunch programs is encouraged;
- Any student may eat in the school cafeteria or other designated place;
- Schools provide varied and nutritious food choices consistent with the applicable school meal program guidelines;
- Healthy foods are competitively priced;
- Meal prices are conspicuously posted in each cafeteria or designated meal area;
- Alternate breakfast may be implemented so that students have access to breakfast meals; and

The District allocates funds to provide snacks on testing days.

Water

To promote hydration, free, safe, and unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring with them and carry throughout the day approved water bottles (filled only with water).

Celebrations and Rewards

The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.

- The District will provide to parents a list of foods and beverages that meet Smart Snack nutrition standards as an alternative to sugary snacks.
- Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternatives to using food as a reward;

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#).

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in schools:

- Nutrition education materials and breakfast and lunch menus are made available to parents;
- Parents are encouraged to promote their child's participation in the school meals program.

Nutrition Education

The District's K-12 nutrition education curriculum will align with the Washington State Health and Physical Education K-12 Learning Standards and will be designed to provide students with the knowledge and skills necessary to promote healthy behavior.

Health and Physical Education

The superintendent will adopt and implement a comprehensive physical education curriculum aligned with the Washington State Health and Physical Education K-12 Learning Standards. The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum. The physical education program will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.

Students will have an opportunity to meet K-12 learning standards using alternative methods outlined in Policy 2409 pursuant to WAC 180-51-068 and RCW 28A.230.050.

Physical Activity during the School Day

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Schools will encourage teachers to:

- Incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.
- Provide short (3-5-minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Physical Activity Before and After School

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods (e.g., physical activity clubs, intramurals, sports, etc.).

Recess

Staff will encourage students to actively participate in recess and refrain from withholding access to recess for disciplinary reasons.

School District Facilities

Access to school sites may be provided through permitting use of facilities to community organizations consistent with the District's facilities use policy.