

NON-INSTRUCTIONAL OPERATIONS

Nutrition and Wellness

Regarding the components, A through L, listed in the accompanying policy regarding measures the district will take to assist in the well-being of Shoreline students, the following procedures are set forth.

A. *Provide students access to and encourage consumption of nutrient-dense food*

1. All food that is sold during the school day (defined as midnight to 30 minutes after the end of the official school day) will comply with USDA meal standards. This includes all foods served as part of the National School Lunch and Breakfast Programs, vending machines, student stores, and fundraisers.
2. The school lunch program will offer a minimum of two fruit and two vegetable choices each day and will have salad bars wherever possible. The program will showcase a special fruit/veggie on a monthly basis to encourage students to try new produce items.
3. Healthy food choices are available whenever food is sold or served on district property and at district-sponsored events.
4. Class parties and celebrations are required to follow this policy and:
 - Shoreline School District's nutrition standards
 - All applicable health codes
 - School allergic reaction prevention policies and procedures
 - Encouragement to be aware of and responsive to food sensitivities and dietary restrictions among the students in the classroom

B. *Comply with USDA non-discrimination federal law that prohibits restricting access to food as a form of reprisal*

All meal options available in the cafeteria must also be available to any student who is unable to access the cafeteria due to disciplinary action.

C. *Prohibit the use of food as reward*

Shoreline School District prohibits the use of food as an incentive or reward.

D. *Provide opportunities for physical activity and developmentally appropriate exercise*

1. The District will develop specific plans to encourage students to engage in daily physical activity and developmentally appropriate exercise. Some structured play during recess will be recommended at the elementary level.

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- D. *Provide opportunities for physical activity and developmentally appropriate exercise (continued)*
2. The Wellness Council will provide research to schools to demonstrate the connection between physical activity and academic success.
 3. Withholding physical activity during the school day cannot be used as discipline.

- E. *Provide and promote accurate, evidence-based information related to health, nutrition, and physical education*

The District's Director of Athletics will review school schedules annually to ensure all students are given access to the required amount of physical education. Curriculum materials related to health and fitness will follow standard district adoption guidelines for curriculum and instructional programs (Board Policy 2311).

- F. *Integrate nutrition education and nutrition*

The District will encourage collaboration through the District Wellness Council to integrate nutrition education in the classroom with activities in the lunchroom, and other school-based wellness activities to promote district-wide wellness. The Wellness Council will meet this goal by collaborating with the community and schools to create a twice a year communication with wellness resources such as upcoming community runs, walks, events, groups offering nutrition classes for schools, articles to showcase wellness activities at our schools, etc. The Wellness Council will coordinate a District Wellness Night. The Food and Nutrition Services Program will work with volunteers and interns to put together age-appropriate lunchroom nutrition education activities.

- G. *Assure that guidelines for reimbursable school meals and all competitive foods sold are not less restrictive than the regulations and guidance issued by the U.S. Department of Agriculture (USDA)*

The Director of the Food and Nutrition Services Program attends training to stay abreast of current regulations. Menus are analyzed using a menu software system approved by OSPI. Foods sold by the student store and in vending machines are audited for compliance by the Food and Nutrition Services Department. Regular audits are performed by OSPI to ensure the Food and Nutrition Services Program is compliant with regulations. Building administrators ensure fundraisers are compliant with Smart Snacks federal regulations.

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- H. *Involve parents, students, representatives of the school food authority, school administrators, and the public in developing and maintaining the wellness policy*

The District Wellness Council is made up of parents, students, representatives of the school food authority, school administrators, and the public. Continued efforts will be made to ensure the Wellness Council remains well represented and meetings are held at a minimum of twice per school year.

- I. *Plan for measuring how effectively the school wellness policy is being implemented, including designation of one or more persons at each school with responsibility for monitoring implementation of the policy*
1. The Director of Food and Nutrition Services and/or the Food Service Supervisor will monitor compliance of the meal program, vending machines, and student stores to ensure foods being served meet district, state and federal guidelines. The Director of Food and Nutrition Services and/or the Food Service Supervisor will conduct an annual school audit of the National School Lunch and School Breakfasts Programs, the school a la carte program, vending machines, and student stores.
 2. Building administrators will ensure building practices are in compliance with the wellness policy.
 3. The District's Director of Athletics will ensure the evaluation procedures outlined in this policy are followed at each school, and that OSPI's Developed Assessments are conducted annually and reported to the District Assessment Department.

- J. *Designate the Director of Food and Nutrition Services to ensure implementation of the wellness policy*

Shoreline School District has appointed the Director of the Food and Nutrition Services Department to ensure that the overall implementation of the wellness policy is carried out.

- K. *Encourage the active participation of students in the development and implementation of the District wellness policy*

The Wellness Council will work with each high school to recruit student representatives to the Council each school year. Student representatives will be responsible for acting as the liaison between the Wellness Council and student leadership.

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L. *Public notification*

The District will take the following steps to inform and update the public (including parents, students, and others in the community) about the content and implementation of the District wellness policy:

- Twice annual Wellness newsletter
- Articles in the school or district newsletter
- District Food and Nutrition Services webpage
- Social media

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