



NUTRITION, PHYSICAL EDUCATION, ACTIVITY, AND WELLNESS

A. Nutrition

1. In all schools, any food sold or otherwise made available to students during the school day, as well as immediately before and after school, other than those that are served as part of the National School Breakfast or Lunch Program, will meet the following standards:
 - A. Not more than forty (40) percent of its total calories are from fat. This does not apply to the sale of nuts, seeds or real cheese snacks.
 - B. Not more than thirty-five (35) percent of its total weight is composed of sugar. This does not apply to fruits, vegetables, and milk.
 - C. Beverages sold will comply with the American Beverage Association school beverage guidelines for elementary, middle and high schools.
 - D. These guidelines apply to vending machines, school stores and the district's food service a la carte program.
 - E. Vending machines offering products that do not meet these guidelines may be placed in the district but cannot operate during school hours.
 - F. These guidelines do not apply to after-hour events, such as concerts, performances or athletic contests. However, as per board policy, nutritious food choices that comply with the guidelines will be available.
2. Compatible with Federal and State regulations for such purchases, the District shall include Skagit Valley grown products where possible. This may include:
 - A. Pursuing partnerships with local farms and farmers, manufacturers, and small processors.
 - B. Taking advantage, where possible, of existing products that are already available, such as eggs, milk and dairy products, cheese, apples and produce.
3. The District shall discourage the use of food as a reward or a punishment for students.
4. The guidelines listed above apply to foods sold at fundraisers if the food is intended to be consumed on campus during school hours.
5. Principals and staff will remind parents to send healthy snacks to school for celebrations. Exceptions may be made with principal approval.

B. Physical Education

Non-endorsed teachers may teach sections of physical education classes when this increases the number of PE sections available for students. Staff development will be provided by the District to prepare and support non-endorsed teachers in these assignments. This may include support to prepare teachers for the Praxis Test to earn the endorsement or to complete endorsement coursework if the assignment extends beyond one year.

C. Physical Activity

1. The District shall encourage physical activity as a reward and discourage using physical activity as a punishment for students.
2. The District shall minimize the loss of recess time as a consequence, unless the lost time directly relates to a student's behavior during recess.
3. Schools will identify safe routes that allow active travel to and from school, such as walking and biking.
4. Schools will distribute safe route maps and educate families and staff about the benefits of walking and biking to school.
5. Schools will promote these safe routes through education and training.
6. Students will be encouraged to commute by walking and biking if they are in the designated school walk area (less than the 1 mile radius from the school the student is assigned).
7. Where possible, schools will promote drop off and pick up zones away from the school campus to encourage active travel for children who do not live within the designated school walking area.

D. Interscholastic Sports

Interscholastic sports will follow current school district policy and guidelines provided by the Washington Interscholastic Athletics Association (WIAA).

E. Staff Development

Promoting physical activity and healthy eating is within the scope of schools as a community partner. To that end the Mount Vernon School District will provide staff development in support of physical activity and healthy eating in the following areas:

1. Physical activity during the school day
2. Classroom rewards
3. Recess activity
 - A. Structure versus unstructured
 - B. Loss of recess

4. Nutrition at school
 - A. Student food choices at school
 - B. Parent supplied classroom treats
5. General nutrition information for all staff
6. General physical activity information for all staff.

F. Evaluation, Implementation and Enforcement

The following items have been identified as priority areas for the advisory committee to study and develop further policy and/or procedures if appropriate:

1. Determine the number of sections of physical education taught by non-endorsed teachers.
2. Study and recommend creative ways to increase physical education in an effort to meet or exceed the minimum physical education requirements.
3. Study the possibility of scheduling recess before lunch.
4. Oversight of the staff development procedures.
5. Develop Advisory Committee structure.
6. Develop a Communication Plan for communicating with the school community about the Nutrition, Physical Education, Activity, and Wellness Policy and Procedures.
7. Research the issue of teacher credential or endorsement and resources as standard for nutrition curriculum educator.
8. Study and recommend a procedure for health department codes and school foods.