

**Kenai Peninsula Borough School District
Policy Review Committee**

November 12, 2012

1:30 – 2:30 PM

Conference Room C, Borough Building

AGENDA

Approval of notes from Policy Meeting of August 6, 2012

Review of Policies for Updating

- *BP 100 Philosophy*
 - The Board has made changes to the Mission in its FY13-17 Strategic plan. The Mission is in BP 100. We need to update the policy to reflect the revised mission.

- *BP 0210 Vision for Student Learning*
 - The Board has made changes to the Vision in its FY13-17 Strategic plan. The Vision is in BP 0210. We need to update the policy to reflect the revised vision.
 - Do we also want to include the Guiding Principles in policy?

- *AR 200 Goals for the School District (NEW)*
 - We anticipate discussing this new AR again at the December meeting.

- *BP 5131.43 Harassment, Intimidation and Bullying*
 - AASB has updated this policy to be in line with the requirements of the Children's Internet Protection Act with more focus on cyberbullying.
 - The committee discussed this at its August 6, 2012. The District Instructional Team has also discussed it. Input from the previous meeting is included.

- *BP and AR 5040 Student Nutrition and Wellness (change in policy number from 5141.6)*
 - The policy number on this has been changed to correspond with the AASB policy.
 - The district has surveyed the Site Councils and received input from parents, students, teachers and administrators on this AASB revised policy. The input from these survey results are also attached.

Board Policy Review Committee Meeting Notes

Borough Building, Conference Room C

Meeting Notes

Date/Time: August 6, 2012, 1:30 pm

Members: Sunni Hilts - Present
Dave Jones – Present
Sarge Truesdell - Present
Lynn Hohl – Present
Marty Anderson - Absent
Steve Atwater – Present
Mari Auxier (Secretary) - Present

Guests:
Sean Dusek – Present
Pegge Erkeneff – Present
Laurie Olsen - Absent

Approval of Notes: The notes from June 4, 2012 meeting were amended as requested.

Review of Policies

➤ *AR 200 Goals for the School District - NEW*

- Need definition/examples of initiatives and programs. What constitutes a “program”?
- What is required to go through this policy? Sample form to be provided at next meeting.
- This AR gives the District something to measure by.
- First paragraph: No systematic review of student achievement.
 - Request for Board to receive all data so they know where we are strong/weak/where we are.
- Suggestion to add “shall establish a systematic intent to” after The Board of Education (first sentence)
- A timeline is needed for the items in #3.
- 3c should allow applicants to resubmit if their request is denied.
- The results of all applications should be accessible to District staff on the web for teachers to get ideas.
- Edits and additional material including sample form to be brought back to September meeting.

➤ *AR 5121 Assessment (Evaluation of Student Achievement) - NEW*

- Mr. Dusek contacted other districts to determine how parents were contact in the event a student was failing.
- 2nd sentence: change “assess” to “monitor”

- Remove duplicated “regarding the” in second paragraph
 - Last paragraph: change “failed / not proficient” to “failed / not being proficient”
 - Add a new paragraph regarding keeping the principal in the loop.
- *BP 5131.43 Harassment, Intimidation and Bullying*
- Change first sentence to read: ...”civil environment that optimizes learning.”
 - Lynn to forward a last sentence for the first paragraph.
 - Suggestion to add “walking to school” to the second paragraph. This would need to be checked with an attorney since the sidewalks are not school property.
 - Third paragraph:reach out to parents...
 - No definition of “harassment” or “intimidation”
 - Under the Reporting section: Request to add something proactive/prevention based.
 - Where is prevention? Is there any positive/preventative action that could be done.
 - An Administrative Regulation will be written to further define and get into the details.
- *AR 6153 School Sponsored Trips*
- Under Marine Vessels: Proposal to change recipient of insurance certificate from “District Office” to “Risk Management”.
 - As requested, Dave Jones responded re small aircraft insurance. They carry between \$150K to \$300K insurance--\$1 million would be prohibitive (if available) to costs.
 - Suggestion to put a minimum of \$150K insurance on small aircraft carriers, and clarify difference between commercial and charter aircraft.
 - Suggestion to have pilot’s license on file for small carriers as we require for marine vessels.
- *AR 6183 Alternative High School Programs*
- “Spring Creek” removed from policy

Meeting adjourned at 1:55 PM.

Mission Statement

The mission of the Kenai Peninsula Borough School District is to develop productive, responsible citizens who are prepared to be successful in a dynamic world.

Vision Statement

*We envision KPBSD students **engage** in their learning, **participate** in their community, reach high levels of **achievement**, and **graduate** prepared for their future.*

Guiding principles

1. Each student can learn and be successful
2. Every student is recognized as unique, valuable, and is treated with respect and dignity
3. Learning is a lifelong process
4. The educational environment is safe, engaging and purposeful
5. Our students' educational experience depends on understanding and working with diverse communities
6. Early identification of strengths and weaknesses is crucial to ensure overall development and achievement
7. High standards and expectations are essential for student success and preventing student failure
8. Continuous improvement is student-centered, data-driven, and collaborative
9. Differentiated learning opportunities are integral to all instruction
10. A rigorous curriculum challenges students
11. Collaboration and effective instruction are district commitments
12. Teachers are facilitators of learning and agents of inspiration
13. KPBSD graduates are prepared for post-secondary education and, or, career ready
14. All financial decisions are student centered and sustainable

PHILOSOPHY

The mission of the Kenai Peninsula Borough School District, in partnership with its richly diverse communities, is to develop creative, productive learners who demonstrate the skills, knowledge, and attitudes to meet life's challenges, by providing stimulating, integrated learning opportunities in a safe, supportive environment.

The School Board is committed to providing a program of instruction which offers each child an opportunity to develop to the maximum of his/her individual capabilities.

(cf. 0410 - Nondiscrimination in District Programs and Activities)

Legal Reference:

ALASKA STATUTES

14.03.015 *State education policy*

14.08.111 *Duties*

KENAI PENINSULA BOROUGH SCHOOL DISTRICT
Adoption Date: 7/1/96

VISION FOR STUDENT LEARNING

The Kenai Peninsula Borough School District will empower all students to acquire the knowledge, skills, and insights necessary to live rewarding, productive lives, prepared to contribute to the global community. The KPBSD is comprised of diverse communities and is committed to being a district that is recognized for educational excellence and equity, providing a rigorous, innovative educational program that supports and challenges each student to achieve at a high level and graduate from high school prepared for the future.

The KPBSD believes that learning occurs when students are directly involved and invested in the discovery of their own knowledge as a partner with their teacher by engaging in meaningful learning experiences. This is facilitated through effective instruction. Effective instruction occurs through intentional planning, intentional teaching and intentional assessments to meet the individual learning needs and abilities of the student

The KPBSD Board recognizes its responsibility to set high expectations for each student to learn, achieve and fulfill his/her potential. In addition to providing a basic education program as prescribed by the State of Alaska Board of Education, the Board believes that the district's educational program must ensure that every student achieves high levels of success in a rigorous course of study that is designed to provide a skill set that will prepare our students for their future in a global setting.

In order to meet this vision the Board has established the following goals:

1. All students will graduate prepared for the future as high-achieving, creative thinking, life-long learners with the skills to be competitive in a constantly changing international environment. These students will possess:
 - a. Competencies in the use of current technology to access and demonstrate new knowledge and skills
 - b. Skills including spoken and written, to communicate, effectively and appropriately, for a variety of purposes and audiences
 - c. Experiences that foster self-expression and creativity
 - d. Critical thinking, problem-solving skills
 - e. The ability to work effectively and respectfully as a member of a diverse team
2. All educators will provide an effective educational program for students by:
 - a. Ensuring consistent high-quality curricula and engaging learning experiences

VISION FOR STUDENT LEARNING

- b. Ensuring instruction is effective and intentional to meet the learning needs of a diverse student population
- c. Using appropriate and timely assessments to improve learning and
- d. Providing immediate and effective interventions to support students
- 3. All learning environments will be safe, inviting, and respectful, in which:
 - a. Parents, staff and students have positive perceptions of the learning environment
 - b. Students feel a sense of belonging and connectedness with their school
 - c. Students feel supported by all school personnel
 - d. Every school promotes a healthy, active lifestyle where students are encouraged to make responsible choices by developing skills and attitudes necessary for good mental, physical and emotional health
 - e. Every school focuses on helping students develop
 - Skills necessary for self-advocacy, self-direction, personal responsibility accountability and conflict resolution
 - Knowledge and skills necessary to become positive, productive members of society
 - Skills to make healthy choices about activities and lifelong goals
 - f. Every school fosters respect and appreciation for diversity
 - g. Students feel a sense of personal safety while at school and during school related activities.
 - h. Bullying is not tolerated.

This vision will be used to guide the board and all members of each school community in all of their duties.

(cf. 6143 - Courses of Study)

Legal Reference:

ALASKA STATUTES

14.03.015 *State education policy*

AASB Notes: HARASSMENT, INTIMIDATION AND BULLYING

Changes have been made to this policy in light of requirements of the Children's Internet Protection Act. That Act, while specific to Internet Safety policies (see BP 6161.4) places emphasis on educating minors about appropriate online behavior, including cyberbullying awareness and response. Accordingly, this policy has been revised to include an affirmative statement that the district will provide information and instruction on identifying, responding to, and preventing bullying. Additionally, a heading has been added so that cyberbullying is more clearly identified as an important component of the district's harassment, intimidation, and bullying policy. Finally, language has been added identifying when the district may take discipline against a student for cyberbullying that originates from a non-school computer or electronic device.

These policy changes will require formal Board adoption.

Students

BP 5131.43

Note: In 2006, HB 482 was passed requiring districts to have in place by July 1, 2007 a policy prohibiting the harassment, intimidation, or bullying of any student. AS 14.33.200-.250.

BULLYING HARASSMENT, INTIMIDATION AND BULLYING

The Board is dedicated to providing a safe and civil ~~learning~~ environment that optimizes learning. Bullying is a form of harassment and intimidation that Harassment, intimidation, and bullying disrupts a student's ability to learn and a school's ability to educate. Bullying may also impact school climate and the learning of potentially large groups of students.

(cf. 5137 – Positive School Climate)

Students and staff are prohibited from engaging in any form of ~~bullying harassment, intimidation, or bullying~~ while on school property, on school buses, at a bus stop, or at school-sponsored activities or functions. Students who engage in an act of bullying are subject to appropriate interventions and disciplinary action, up to and including suspension or expulsion. Staff who engage in an act of bullying are also subject to appropriate disciplinary action up to and including suspension and termination.

To promote an environment free of harassment, intimidation, or bullying, the principal shall take appropriate actions such as removing vulgar or offending graffiti, establishing site rules, soliciting site council/parent/community input and providing staff inservice, parent education and student instruction and counseling. Teachers shall discuss this policy with their students in age appropriate ways and assure students that they need not endure any form of harassment, intimidation, or bullying.

BULLYING HARASSMENT, INTIMIDATION AND BULLYING (Continued)

(cf. 5131.43-41 – Violent and Aggressive Conduct)
(cf. 5131.5 – Vandalism, Theft and Grafitti)
(cf. 5144 – Discipline)
(cf. 5144.1 – Suspension and Expulsion)

Bullying DefinedDefinitions

Harassment, intimidation, or bullying means an intentional act, whether written, oral, electronic or physical–aet, when the act is undertaken with the intent of threatening, intimidating, harassing, or frightening the student, and

1. physically harms the student or damages the student’s property; or
2. has the effect of substantially interfering with the student’s education;
or
3. is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment; or
4. has the effect of substantially disrupting the orderly operation of the school.

~~Bullying is the repeated intimidation of others by inflicting or threatening physical, verbal, written, electronic, or emotional abuse, or damage to another’s property. Bullying may include, but is not limited to, conduct such as physical abuse, damage or theft of another’s property, social exclusion from activities, verbal taunts, name-calling, rumors, innuendoes, drawings, jokes, gestures, pranks, and put downs relating to real or perceived differences, including another’s culture, race, ethnicity, gender, sexual orientation, religion, body size, physical appearance, clothing, personality, age, socioeconomic status, ability or disability or other distinguishing characteristics.~~

(cf. 5145.3 – Nondiscrimination)
(cf. 5145.7 – Sexual Harassment)
(cf. 4119.12 – Harassment)

Cyberbullying

~~Note: The following optional language is recommended to address “cyberbullying.”—Technological advances have expanded the ways in which harassment, intimidation, or bullying can occur, including the ability to bully with anonymity and to reach a much broader audience. This language notifies students and staff that cyberbullying is not permitted and will result in disciplinary action.~~

All forms of harassment, intimidation or bullying via electronic means, commonly referred to as cyberbullying, are prohibited. Cyberbullying also includes, but is not limited to, other misuses of technology to threaten, harass, intimidate, or bully, including sending or posting inappropriate email messages, instant

BULLYING HARASSMENT, INTIMIDATION AND BULLYING (Continued)

messages, text messages, digital pictures or images, or Web site postings, including blogs. An individual who redistributes a cyberbullying communication can be found in violation of this policy, even if the individual did not author or create the original communication or image.

The district’s computer network, including access to the Internet via that network, whether accessed on campus or off campus, during or after school hours, may not be used for the purpose of harassment, intimidation, or bullying. Users are responsible for the appropriateness of the material they transmit over the system. All forms of harassment, intimidation or bullying over the network, commonly referred to as cyberbullying, are prohibited. Cyberbullying also includes, but is not limited to, other misuses of technology to harass, intimidate, or bully, including sending or posting inappropriate email messages, instant messages, text messages, digital pictures or images, or Web site postings, including blogs.

Students and staff who believe they have been the victims of such misuses of technology, as described in this policy, should not erase the offending material from the system. A copy of the material should be printed and a report made under this policy.

In situations in which the cyberbullying originated-originates from a private (non-school) computer or other electronic device, but is brought to the attention of school officials, disciplinary measures may be imposed provided-when the cyberbullying and/or Internet threatscommunication:

- 1. Contains threats of violence or harm against staff members-or, students, or their property;
- 2. Suggests or advocates physical harm to staff members or students;
- or
- 3. Causes a student or staff member to experience a substantially detrimental effect on his or her physical or mental health;
- 4. Causes a student or staff member to experience substantial interference with academic or work performance, or with his or her ability to participate in or benefit from district services or activities;
- 5. Threatens vandalism to school property; or
- 6. Creates a significant disruption to the school’s educational mission, purpose and-or objectives.

Disciplinary action will include appropriate interventions, and also may include, but is not limited to, the loss of computer privileges, detention, suspension, or expulsion for those committing acts of cyberbullying. In addition, when-any kind of threat is communicated or when a-or hate crime is committed, this shall will be reported to local-law enforcement officials.

BULLYING HARASSMENT, INTIMIDATION AND BULLYING (Continued)

Students and staff who believe they have been the victims of cyberbullying, as described in this policy, should not erase the offending material from the system. A copy of the material should be printed and a report made under this policy.

(cf. 6161.4 – Acceptable Use Policy/ Internet Standards Policy)

Reporting

Note: A school employee, student or volunteer who makes a good faith report of harassment, intimidation, or bullying is entitled to statutory immunity from suit. The immunity extends to causes of action for damages arising from a failure to remedy the reported incident or for making the report. AS 14.33.230.

Students or staff members who have witnessed, or have reliable information that a student has been subjected to harassment, intimidation or bullying, should report the incident immediately to the principal who shall promptly initiate an investigation. The investigation shall include an assessment of what actions should be taken, as appropriate, to protect the student who has been found to be the victim of harassment, intimidation or bullying. Such actions may include the provision of support services necessary to permit the student to feel safe and secure in attending school. The Superintendent shall develop procedures to implement this policy.

This policy should not be interpreted to prohibit a reasoned and civil exchange of opinions or debate that is protected by law and Board policy.

(c.f. 5145.2 – Freedom of Speech/ Expression)

Conduct that does not rise to the level of harassment, intimidation and bullying may still be prohibited by other policies or rules.

- (cf. 5131 – Conduct)*
- (cf. 3522.5 – Campus Disturbances)*
- (cf. 5131.41– Violent and Aggressive Conduct)*
- (cf. 5131.5 – Vandalism, Theft & Graffiti)*
- (cf. 5137 – Positive School Climate)*

Legal Reference:

- ALASKA STATUTES
- 14.33.200 Harassment, intimidation and bullying policy
- 14.33.210 Reporting of incidents of harassment, intimidation or bullying
- 14.33.220 Reporting, no reprisals
- 14.33.230 Immunity from suit
- 14.33.250 Definitions

KENAI PENINSULA BOROUGH SCHOOL DISTRICT
Adoption Date: 09/12/2005

AASB Instruction: STUDENT NUTRITION AND PHYSICAL ACTIVITY

The policy and AR have been updated to comply with the federal Healthy, Hunger-Free Kids Act (sec. 204 of P.L. 111-295). This Act expands upon the wellness policy requirements for public school districts. The law requires that school district wellness policies now provide for nutrition promotion as well as nutrition education. The policy must be developed, implemented, and reviewed by identified stakeholders, including school health professionals and P.E. teachers. The district must have goals for nutrition education and physical activity, as well as nutrition guidelines. Students, parents, and the public must be informed of the wellness policies and their implementation. Finally, districts must appoint individuals to be responsible for wellness implementation and compliance at each school. The revised policy incorporates these changes in the law. Goals for nutrition education, physical activity, and other school based activities have been set forth in the AR. Districts should review these goals to determine if they are appropriate for your school sites, taking into consideration input from the stakeholders identified in the policy. The policy changes will require formal Board adoption.

Students

BP ~~5141.65040~~(a)

| |
|--|
| Note: This policy is intended to provide a framework for developing a legally compliant wellness policy. The policy adopted by your school board must be developed with the involvement of the identified advisory group discussed in Section A. |
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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 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.

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~~school, health professionals, physical education teachers, 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. The Superintendent shall develop and implement nutrition guidelines for

all foods available on campus.

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 developed by the Superintendent 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, and maintaining a healthy weight, ~~and supporting the ability to learn~~.

*(cf. 0210 – Goals for Student Learning;
cf. 3550 – Student Nutritional Program;
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 inform and update the public, including students, parents and the community, about the content and implementation of its policies that promote student wellness.

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 Superintendent 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 health and nutrition goals.

The School Board will receive an annual (or biannual or triannual) summary report on District-wide compliance with the established nutrition and physical activity policies, and the progress made in attaining the wellness goals, 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-, and will be made available to the public in the District.

Legal Reference:

Richard B. Russell National School Lunch Act, 42 U.S.C 1751 et seq.

Child Nutrition Act of 1996, 42 U.S.C. 1771-~~et seq~~-1793.

CODE OF FEDERAL REGULATIONS

7 C.F.R parts 210 and 220, National School Lunch Program and Breakfast Program

Kenai Peninsula Borough School District
Adoption Date: April 17, 2006

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.

Nutrition Education Goals:

The primary goal of nutrition education is to influence students’ eating behaviors. Building nutrition knowledge, attitudes, and skills helps children make lifelong healthy eating choices. District schools shall work to provide age-appropriate nutrition education as part of the health and physical education curricula that respects students’ cultural practices; that 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 shall also seek to provide evidence-based nutrition education curricula that foster lifelong healthy eating behaviors. Knowledge of food – how it is grown, who grows it, how it is prepared, its connection to traditions, sustainability and its influence in shaping society – is integral to a comprehensive education. **To the extent possible:**

- a. Students in grades pre-K-12 shall receive nutrition education that teaches the skills needed to adopt lifelong healthy eating behaviors.
- b. Classroom nutrition education shall be reinforced in the school dining room

or cafeteria setting as well as in the classroom, with coordination among the nutrition service staff, administrators and teachers as much as possible.

- c. Students shall receive consistent nutrition messages from schools and the district. This includes in classrooms, cafeterias, outreach programs and other school-based activities.
- d. District health education curriculum shall be based upon Alaska standards for nutrition and physical activity.
- e. Nutrition education shall be part of the health education and core curricula (e.g., math, science, language arts).
- f. Schools shall strive to link nutrition education and physical activity with a coordinated school health program.
- g. Staff and teachers who provide nutrition education shall have appropriate training.
- h. Schools shall encourage parents and guardians to support healthy eating and physical activity behaviors.
- i. Schools shall strive to conduct nutrition and physical education activities that involve families, students and the community.
- j. Schools shall strive to establish, or support, an instructional garden to provide students with experiences in planting, harvesting, preparing, serving and tasting foods integrated with nutrition education and core curriculum.
- k. The district shall strive to develop a farm to school program to provide fresh, wholesome, local and sustainably grown foods.

Nutrition Guidelines:

Food and Beverages

Foods served through the National School Lunch and School Breakfast Programs will comply with nutrition standards established by the U.S. Department of Agriculture. Other food and beverages (including but not limited to vending, concessions, a la carte, student store, parties and fundraising), served from one-half hour before the start of the school day until one-half hour after the end of the school day, must meet the following food and beverage nutrition guidelines.

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 ~~20-12~~ oz.

Milk approved for sale:

- 2%, 1%, or fat free (skim) milk. Maximum size allowed for sale is ~~20-16~~ oz.
- Enriched rice, nut, or soy milk (may be “low fat”). Maximum size allowed for sale is ~~20-16~~ 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 ~~67-55~~ grams of sugar total per ~~20-16~~ oz. (27 grams of sugar per 8 oz.) including both naturally-occurring and added sweetener. Maximum size allowed for sale is ~~20-16~~ oz.

Sports Drinks approved for sale: Beverages that contain less than ~~37-30~~ grams of sugar per ~~20-16~~ oz. serving with no artificial sweeteners. Maximum size allowed for sale is ~~20-16~~ 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:

1. 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).
2. 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).
3. 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).

4. Portion Sizes (maximums):
 - a. One and one-quarter ounces for chips, crackers, popcorn, cereal, or jerky
 - b. Two and one-half ounces for trail mix, nuts, seeds, or dried fruit
 - c. Two ounces for cookies or cereal bars
 - d. Three ounces for bakery items
 - e. Three fluid ounces for frozen desserts, including, but not limited to, ice cream
 - f. 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.

Physical Activity Goals

The primary goals for physical activity are to: build knowledge and skills through physical education (PE) programs that enable all students to participate in a variety of lifetime physical activities; promote safe and appropriate physical activity opportunities for all students; increase the amount of movement for students throughout the school day, while decreasing sedentary time; and to promote a physically active lifestyle for all community members, including staff, families and students. **To the extent possible:**

- a. Provide quality physical education (PE) programs and adapted physical education programs in accordance with the district's physical education curriculum standards:
 - (1) Adequately and appropriately develop knowledge and skills for a variety of traditional and non-traditional physical activities;
 - (2) Improve and/or maintain students' physical fitness, providing the tools to self assess;
 - (3) Teach short- and long-term benefits of a physically active and healthy lifestyle; and
 - (4) Promote a lifelong physically active lifestyle.

b. At a minimum, provide physical education or its equivalent to all students, including students with disabilities, special health care needs, and in alternative educational settings, as follows:

(1) Elementary school students – _____ times per week during the school year.

(2) Middle school students – the equivalent of daily physical education for _____ semesters.

(3) High school students – daily physical education for _____ years in accordance with graduation requirements.

c. Whenever possible, physical education classes will be taught by teachers with appropriate training and credentials for physical education.

d. Whenever possible, all students shall be physically active during the school day through PE classes, daily recess periods for elementary school students, the use of evidence-based classroom teaching techniques, such as stretching and movement breaks, and the integration of physical activity into the academic curriculum. Recess shall not be a substitute for PE classes.

e. Whenever possible, all students shall be given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals and interscholastic athletics and physical activity clubs.

f. Schools shall encourage families to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

g. Schools shall provide adequate training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

h. Schools shall encourage, promote and conduct physical activities that involve families, students, school staff and the community, including safe walking or biking to school.

i. Schools shall encourage students to meet the American Academy of Pediatrics recommendation of 50 minutes of daily physical activity.

~~_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.~~

OTHER SCHOOL-BASED ACTIVITIES

The primary goal for other school-based activities is to create a total school environment that is conducive to student well-being. This includes, but is not limited to the following:

Dining Environment Goals

- (a) Schools shall provide clean, safe and pleasant meal environments for students.
- (b) Schools shall provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- (c) To the extent feasible, the school district shall make drinking fountains available and accessible in all schools, so that students have access to water at meals and throughout the day.
- (d) The school district shall encourage all students to participate in school meal programs and protect the identity of students who eat free and reduced price meals.
- (e) The school district shall encourage all students to eat healthy and nutritious meals within the school dining environment.
- (f) In accordance with applicable laws, schools are encouraged to involve

students in meal preparation, service, and clean-up.

(g) Schools shall encourage and facilitate access to hand washing before and after meals.

Time to Eat Goals

(a) Schools shall provide adequate time for students to enjoy eating healthy foods with friends in school; a minimum of _____ minutes of eating time, after being served, for lunch and _____ minutes for breakfast.

(b) Schools shall schedule lunch as close to the middle of the school day as possible. Opportunities for mid-morning or mid-afternoon healthy snack breaks shall be encouraged.

(c) Whenever possible, schools shall work to schedule recess for elementary schools before lunch so that children will come to lunch less distracted and ready to eat. Schools are encouraged to schedule separate recess and dining times.

Food or Physical Activity as a Reward or Punishment

(a) The use of food as a reward or punishment in schools is prohibited.

(b) Schools shall not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time. While this practice has been used by many throughout the years, continued use is strongly discouraged and should be avoided.

Consistent School Activities and Environment

(a) Schools' fundraising efforts should be supportive of student wellness, comply with Nutrition Guidelines, promote physical activity and limit commercial influence.

(b) The school district shall work to provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.

(c) The school district shall encourage and provide opportunities for parents, staff, teachers, school administrators, students, nutrition service professionals and community members to serve as role models in practicing healthy eating and being physically active, both in the school environment and at home.

(e) Schools, to the extent possible, shall seek to limit commercial influence and exposure to advertising as it relates to nutrition, wellness and

physical activity, consistent with existing and future Board policy.

(f) The district supports and encourages the creation of school gardens and integrated food system education that provides hands-on learning experiences linking the cafeteria with the classroom and core curriculum, such as math, science and language arts.

(g) 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)

Legal References

US Public Law 111-296, Healthy Hunger-Free Kids Act of 2010

Kenai Peninsula Borough School District
Adoption Date: ~~April 17, 2006~~ _____

Input from Parents, Students, Teachers on Proposed Nutrition Policy

Soldotna High

- Concerns about not being able to have diet drinks, suspects students will purchase Red Bull, sweet coffee drinks and Energy drinks and bring on campus.
- Students will continue to buy pop and bring it into the school.
- Wants more local/school control with regard to student nutrition guidelines.
- Doesn't think removing all sugar, snacks and pop is going to solve the problem. Suggests having smaller containers.
- If more snack and drink options in school, kids will be less likely to be on the road over lunch.
- High school and elem school lunch menus are the same. Concerns re too little food for high school students (4 little wieners wraps ok of elem., not for high school.)
- Fair and equitable enforcement of these policies for all schools.
- Serving sizes this year are reduced from last year. Kids complain that they are still hungry after lunch.
- All money spent on pop and snacks (in schools) goes right back to the school. Better than going to Fred Meyers, Safeway, Subway, etc.
- Pop and snack machines should be open and available in the evening to groups using the school. Good money making opportunity.
- By so carefully controlling what foods are available for students, we see reverse affects. If they are hungry –they go for junk food.
- Serve something healthy and delicious—spaghetti, pizza, hamburgers, nachos can be made healthy.
- Turn lunch into a positive social time for kids by having foods that they will eat instead of them leaving school for lunch.

Sterling El

- Good nutrition should start at home.
- Portions are controlled at schools
- A comment was made that we should offer more choices for lunches, ala carte items.
- A comment was made about the “Nutrition Education Goals” # J- schools shall strive to establish a garden ... Where do the funds come from for this?
- The wording “whole grain” does not make it healthy. Parents are aware of this.
- A comment was made regarding the Time to Eat Goals relating to the lunch/recess order. Discussion about how we as a school do it.
- Is there a parent committee that can get together to help with the district's lunch menus?

KBeach EI

- Some foods donated by parents may not be in compliance with school guidelines, despite communication between school and home. For example, cupcakes for birthday parties.
- Would offering healthy alternatives suffice for school events and special thought to those events that occur after school hours (games, concerts)?
- Please define celebrations?
- What are the Wellness goals of the district?
- What specific health curriculum will be provided? How much time will be required to teach the curriculum? What training will be provided for staff?
- What is the time allotment or window for lunch?
- In order to establish an instructional garden, we would require a greenhouse. Where will the funding come for this, organization... etc. Our site council entertained the idea, but realized it would be difficult without intensive community support in AK.
- Will the DO provide more support to hire recess duties in order to increase time for recess. Maybe lengthen the school day so more breaks could be made. It was suggested schools increase opportunities for extra-curricular stipends.

Tebughna

- This means our Student Store will be greatly diminished in what it can sell.
- This [student store] has been our primary source of fund raising.
- Portions, give explicit examples, e.g., ½ c. or ¼ c.
- Physical Activity: What are the minimum PE requirements for Elementary/Middle School/High School?
- Breakfast—students should have 20 minutes to eat
- Need to be more specific for small schools

Student Comments from Tebughna

- The portion sizes are too small.
- We don't have a restaurant here, so we like having the student store.
- We will not raise as much money as before.
- We always opened [the student store] after school was out.

West Homer Elementary

- Student celebrations should be able to include celebratory food.
- Packing healthy lunches... is not the school's business.
- RE: Monitoring, Compliance and Evaluation...Do we have resources for that? I thought you (the school) were here to teach my children. Fundraisers are sold out in the community and the funds support education in the schools.
- Who will be responsible for classroom nutrition education in dining room, cafeteria setting, and classroom?

- Define how nutrition education will be funded. Is this teacher training that will take away from educational goals?
- Re: 2%, 1% or fat free milk. Some students need whole milk. My doctor told me that my son needs more fat in his diet.
- Not the school's business to encourage school meals (in Dining Environment Goals)

Seward Site Based Council

BP 5040

- Delete the 6th and 7th sentences of the AASB Instruction: "Finally, districts must appoint...these changes in law."
- Delete second sentence under Planning and Periodic Review by Stakeholders: "The advisory group....interested community members."
- Delete 3rd and 4th paragraphs under Nutrition: "All other foods....supporting the ability to learn."
- Delete 3rd and 4th sentences in second paragraph under Communication with Parents: "Schools should encourage...rewards, and fundraising activities."
- Change third paragraph under Communication with Parents to read: "The District/school will provide information about physical education during the school day."
- Delete 2nd paragraph under Monitoring, Compliance and Evaluation: "The Superintendenthealth and nutrition goals."
- Change 3rd paragraph under Monitoring, Compliance and Evaluation to read "The School Board will receive an annual summary report on District-wide compliance with established nutrition and physical activity policies, and the progress made in attaining the wellness goals."

AR 5040

- Delete under the first paragraph under Nutrition the section reading: "will accommodate...adequate time for students to eat."
- Delete the entire 6th paragraph under Nutrition: "Food and beverages available...appropriate choices will be provided."
- Delete everything including the lettered list under Nutrition Education Goals. Replace with "The primary goal of nutrition education is to promote healthy lifestyle choices."
- Under Milk approved for sale: Lower 55 grams of sugar per 16 oz. of flavored milk. (*Note: checked on USDA website and there are 24.85 grams of sugar in 8 oz of lowfat chocolate milk. – Mari*)
- Under Food Standards, #2 Saturated plus Trans Fat: change to "0% or less of total calories from saturated plus trans fat"...
- Under Food Standards, #3 Sugar: change to "No more than **15-20%** total sugar by weight..."
- Under Food Standards, #4 Portion Sizes (maximums): Increase portion sizes, not enough food.

- Under Physical Activity Goals: Not enough time for items c. – i.
- Under Dining Environment Goals, item (d): Change to read “The school district shall protect the identity of students who eat free and reduced price meals.” (deleting encourage all students to participate in school meal programs and)
- Please add where appropriate:
 - “Practice what you preach.” “Lead by example.”
 - 35% sugar – make less to 15-20% sugar
 - Trans fatty acids – 0%
 - No monitoring kids: parents
 - Let’s focus on food prepared and served by food service personnel that would fall under the policy (“school provided meals.”)
 - Recommend that school board eat school lunch once a month

Seward Site Based Council