

ANCHORAGE SCHOOL DISTRICT
ANCHORAGE, ALASKA

ASD MEMORANDUM #300 (2005-2006)

June 12, 2006

TO: SCHOOL BOARD

FROM: OFFICE OF THE SUPERINTENDENT

SUBJECT: NEW SCHOOL BOARD POLICY: SECTION 351 STUDENT
NUTRITION AND PHYSICAL ACTIVITY (SECOND READING)

ASD Goal: *Ensure public accountability through effective communication with students, staff, parents, community and government at all levels.*

RECOMMENDATION:

It is the Administration's recommendation that the School Board adopt on Second Reading the recommended policy addition of School Board Policy Section 351 Student Nutrition and Physical Activity on Attachment A.

PERTINENT FACTS:

Section 204 of the Public Law 108-265, the Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC Reauthorization Act of 2004, established a Local Wellness Policy requirement. Each school district participating in the National School Lunch Program and/or School Breakfast Program must develop a local wellness policy that promotes the health of students. According to the law, the policy must be in place no later than the first day of the school year beginning after June 30, 2006, and the process of development must involve parents, students, a representative from the School Food Authority, School Board, school administrators, and the public.

The policy should include the following elements:

- set goals for nutrition education;
- set goals for physical activity;
- set nutrition guidelines for all foods and beverages available on school campuses during the school day;

- ensure that local guidelines for reimbursable school meals meet the program requirements and nutrition standards set forth by federal regulations;
- set goals for other school-based activities designed to promote student wellness;
- designate one or more persons within the district to ensure that each school fulfills the district's Local Wellness Policy; and
- include an implementation plan.

In October of 2005, forty-two individuals were invited to serve as committee members. Thirty-one accepted the invitation, and they made up the Anchorage School District Wellness Committee. The committee consisted of teachers, parents, school administrators, students, legislators, school nurses, school district administrators, local vendors, and a local registered dietitian. The committee members met for eight meetings and considered both the issues of policy statement development and administrative regulations. The administrative regulations, however, were the primary focus of the wellness committee efforts.

The ASD Wellness Committee forwarded to the policy subcommittee the sample policy statement provided by the Association of Alaska School Boards. The proposed policy for Board adoption, drafted by legal counsel, is based on that AASB sample and meets the technical requirements of the law. The Board policy subcommittee unanimously approved this policy at their meeting on May 11, 2006. The adoption of this policy is intended to meet the technical requirements of the law by the ascribed deadline. The policy may be revisited following further processing of the recommendations to the School Board and the Administration from the Anchorage School District Wellness Committee and the Mayor's Obesity Task Force.

The full School Board unanimously approved this policy on First Reading at their May 22, 2006 meeting.

CC/RG

Attachment

Prepared by: Rhonda Gardner, Assistant Superintendent, Instruction

Approved by: Carol Comeau, Superintendent

351 STUDENT NUTRITION AND PHYSICAL ACTIVITY

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity with the goal of promoting overall student wellness. Linkages will be established between nutrition education and school meal programs.

____.1 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. 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 practicable, all schools will participate in available federal school meal programs.

All other foods and beverages made available on campus during the school day (including, but not limited to vending, concessions, a la carte, student stores, classroom parties and fundraising) will be consistent with nutrition standards developed by the superintendent or designees and be based upon U.S. Dietary Guidelines for Americans. These standards should promote the benefits of good nutrition and maintaining a healthy weight.

____.2 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. Physical education will be closely coordinated with the overall school health program so that students thoroughly understand the benefits of being physically active.

____.3 Monitoring

The superintendent or designee will ensure compliance with established districtwide nutrition and physical activity wellness policies and administrative regulations. Administrative regulations will be developed to ensure that information will be gathered to assist the Board and District in evaluating implementation and effectiveness of these policies.