

NUTRITION AND PHYSICAL FITNESS

Clarkston School District recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. Clarkston School District supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth.

The mission of Clarkston School District will be to strive to serve meals that are healthy for children and that meet the nutritional standards of the U.S. Dietary Guidelines for Americans. Healthier options such as whole grains, a variety of fresh fruit and vegetables, lower fat and lower sugar foods will be instituted into the district's meal program.

Therefore, it is the policy of Clarkston School District to:

- a. Provide students access to nutritious food;
- b. Provide opportunities for physical activity and developmentally appropriate exercise; and
- c. Provide accurate information related to these topics.

The Clarkston School District shall develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. To implement the program, the superintendent shall adopt and implement a comprehensive curriculum on health, fitness, and nutrition consistent with the Essential Academic Learning Requirements (EALR's). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents, and public health professionals in the development of the curriculum is encouraged.

Nutrition, health and fitness topics shall be integrated within the sequential, comprehensive health curriculum taught at grade levels, kindergarten through grade 9, and coordinated with the district's nutrition and food services operation.

The district shall take a proactive effort to encourage students to make nutritious food choices. The Superintendent/Designee shall ensure that:

- a. Healthy food choices are available whenever food is sold or served on district property or at a district-sponsored event;
- b. Schools shall regulate the sale or serving of foods or snacks to meet the Healthy Hunger-Free Kids Act of 2010 regulations.
- c. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

Nutrition

Nutrition Standards

The district school meal program shall provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs. Meals served from the national school lunch and breakfast program and competitive foods shall conform to the Healthy Hunger-Free Kids Act of 2010 meal regulations. Competitive foods are defined as all food and drink that is sold on the school campus during the school day. The school day is defined as midnight before a day school is in session until 30 minutes after the last bell rings.

In the elementary and middle schools, vending machines will not be on during the school day. Principals will ensure that competitive food and beverages will not be sold during the school day. In the high school, the Principal will ensure that all competitive food and beverages sold during the school day will meet the nutrition guidelines as determined by the Healthy Hunger-Free Kids Act of 2010.

Food Services Program

The district supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for children in the district's schools. The board authorizes the Superintendent to administer the food services program, provided that any decision to enter into a contract with a private food service agency shall require the approval of the board. Expenditures for food supplies shall not exceed the estimated revenues.

Because of the potential liability of the district, the food service program shall not accept donations of food other than as provided in this policy without the expressed approval of the board. Should the board approve a food donation, the Superintendent shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school lunch menu.

Free and Reduced-Price Food Services

The district shall provide free and reduced-price breakfasts, lunches and milk to students according to the terms of the National School Breakfast and Lunch programs and the laws and rules of the state. The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced-price food services to the Superintendent/Designee.

The board of directors may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged to any student plus the amount representing the portion of the lunch cost paid for from local, state and federal assistance (cash and food).

Surplus Commodities

The district shall use food commodities made available under the USDA Foods for school meals.

Physical Education

Health and Fitness Curriculum

The Superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. Middle school students shall have an average of one hundred minutes per week of physical education, including 20 minutes per session of aerobic activity in the student's target heart rate zone. All high school students are required to complete two credits of health and fitness. The district encourages offering a variety of health and fitness classes at the high school level.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play.

Cross References: Board Policy 2100 – Instructional program Offerings
Board Policy 4260 – Use of School Facilities

Legal References: RCW 28A.230.040 – Physical Education Grades 1–8
28A.230.050 – Physical Education in High School
28A.235 – Surplus or Donated Food Commodities for School Hot Lunch Programs
28A.235.120 – Lunchrooms – Establishment and operation – Personnel for – Agreement for
28A.623.020 – Nonprofit meal program for elderly – Authorized – Restrictions employment
69.04 – Food, Drugs, Cosmetics, and Poisons
69.06.010 – Food Service worker permit
69.06.020 – Permit exclusive and valid throughout state – Fee
69.06.030 – Diseased persons – May not work – Employer may not hire
69.06.050 – Permit to be secured within fourteen days from time of
69.06.070 – Limited duty permit

Adoption Date: September 8, 2014
Clarkston School District J250–185