

Section: **MANAGEMENT SUPPORT**

Policy Title: **Nutrition, Health and Physical Fitness**

The board recognizes that a healthy school environment prepares students for college, careers, and successful futures. Students who eat well-balanced meals and engage in regular exercise are more likely to learn in the classroom. The board supports the District's increased emphasis on nutrition, health and physical education, and physical activity at all grade levels to enhance the well-being of the District's students. Therefore, it is the policy of the Board of Directors to provide to students with access to nutritious food; emphasize health education and physical education; and provide students with opportunities for physical activity.

**Wellness Policy**

The District, through a wellness committee, will develop and implement a comprehensive wellness policy in compliance with state and federal requirements for districts participating in the National School Lunch Program, the School Breakfast Program and the United States Department of Agriculture (USDA) Smart Snacks in School nutrition standards.

**Nutrition and Food Services Program**

The Board of Directors supports the philosophy of the National School Lunch and School Breakfast programs and will provide wholesome and nutritious meals for children in the District's schools. The board authorizes the Superintendent, or designee, 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.

**The Superintendent is responsible for:**

- Distributing meal applications and determining eligibility for school meals;
- Protecting the identity of students eligible for free and reduced-price meals;
- Ensuring meals meet USDA meal pattern requirements;
- Ensuring meal periods are in compliance with USDA regulations;
- Establishing a Food Safety Plan;
- Determining meal prices annually;
- Using the full entitlement of USDA Foods;
- Maintaining a nonprofit school food service account;
- Ensuring all revenues are used solely for the school meal program;
- Establishing a meal charge policy;
- Accommodating children with special dietary needs;

- Ensuring compliance with USDA nondiscrimination policies;
- Following proper procurement procedures; and
- Ensuring compliance with the Smart Snacks in School standards.

### **Health and Fitness Program**

The District's K-12 health and physical education programs will be aligned with the Washington State Health and Physical Education K-12 Learning Standards and will include, but not be limited to, the development of knowledge and skills to be physically active, to eat nutritiously, to access reliable health information and services, to communicate effectively, and to set health-enhancing goals.

The District will ensure that the following requirements are met:

- All students in grades one through eight receive an average of one hundred instructional minutes per week of physical education per year.
- All high school students are required to complete a minimum of .5 credits of health and 2.0 credits of physical education.
- The district will offer a one credit course or its equivalent in physical education for each grade in the high school program (grades 9-12).
- All students will have equal and equitable opportunities for health and physical education.
- All students, from kindergarten through grade 12, will participate in a quality, standards-based health and physical education program.
- OSPI-developed assessments, WelNet Focused Fitness Performance Assessments, or other strategies will be used in health and physical education, formerly known as classroom-based assessments (CBAs).

As a best practice and subject to available funding, the District will strive to ensure;

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All schools will have certificated physical education teachers providing instruction.
- All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality health and physical education consistent with state standards.
- All physical education teachers will be encouraged to participate in professional development in physical education at least once a year.

### **Physical Activity**

Physical education class is not to be used or withheld as punishment for any reason. All schools, as a best practice and subject to available funding, will participate in a multi-

component approach by which schools use all opportunities for students to be physically active, such as the Comprehensive School Physical Activity Program (CSPAP) recommended by the Centers for Disease Control and Prevention, and will strive to provide the following:

- Quality physical education;
- Physical activity during the school day (brain boosters/energizers);
- Family and community engagement;
- Staff wellness and health promotion;
- Active transportation; and
- School district facilities.

Cross References:	Policy 2150 Policy 2151 Policy 2161  Policy 2162  Policy 2410 Policy 3210 Policy 3422  Policy 4260	Co-Curricular Program Interscholastic Activities Special Education and Related Services for Eligible Students Education of Students with Disabilities Under Section 504 of the Rehabilitation Act of 1973 High School Graduation Requirements Nondiscrimination Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest Use of School Facilities
Legal References:	RCS 28A.210.365  RCW 28A.230.040 RCW 28A.230.050 RCW 28A.230.095  RCW 28A.235.120  RCW 28A. 235. 130 RCW 28A.235.140 RCW 28A.235.145  RCW 28A.235.150	Food choice, physical activity, childhood fitness – Minimum Standards – District waiver or exemption policy. Physical Education – Grades 1-8 Physical Education in High Schools Essential academic learning requirements and assessments – Verification reports. Meal Programs, Establishment and Operation, Personnel Agreements Milk for children at school expense School breakfast programs School breakfast and lunch programs – use of state funds

**Policy 6700 Continued**

RCW 28A.235.160	School breakfast and lunch programs - Grants to increase participation - Increased state support
RCW 28A.235.170	Requirements to implement school breakfast, lunch and summer food service programs - Exemptions Washington grown fresh fruit and vegetable grant program
RCW 28A. 623.020	Nonprofit program for elderly - Authorized - Restrictions
RCW 69.04	Intrastate Commerce in Food, Drugs and Cosmetics
RCW 69.06.010	Food and beverage service worker's permit - Filing, duration - Minimum training requirements
RCW 69.06.020	Permit exclusive and valid throughout state - Fee
RCW 69.06.030	Disease persons - May not work - Employer may not hire
RCW 69.060.050	Permit to be secured within fourteen days from time of employment.
RCW 69.06.070	Limited duty permit
WAC 180-51-068	State subject and credit requirements for high school graduation - Students entering the ninth grade on or after July 1, 2015.
WAC 392-157-125	Time for meals
WAC 392-410-135	Physical Education - Grade school and high school requirement.
WAC 392-410-136	Physical Education Requirement -
2 CFR Part 200	Excuse Procurement
7 CFR, Parts 210 and 220	
7 CFR, Part 245.5	

Management Resources:

*Policy and Legal News, April 2017*

*Policy News, June 2015*

Comprehensive School Physical Activity  
Program

**Policy 6700 Continued**

*Policy and Legal News*, February 2014

Healthy and Hunger Free Kids Act  
regulations on school snacks go into effect  
July 1, 2014

*Policy News*, February 2005

Nutrition and Physical Fitness Policy

*Policy News*, December 2004

Nutrition and Physical Fitness Update

Wellness School Assessment Tool

Wellness Policy Tool

Alliance for a Healthier Generation

Wellness Policies

OSPI Child Nutrition School

Wellness Policy Best Practices for

Policy Development,

Implementation and Evaluation

Adopted: July 18, 2005

Revised: September 19, 2016

Revised: December 5, 2016

Revised: June 12, 2017