

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 *and submitting them to the board for approval* 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).

*Additionally, School districts must conduct an annual review of their PE programs. The review must consist of numerous provisions, including:*

- *The number of individual students completing a PE class during the school year;*
- *The average number of minutes per week of PE received by student in grades 1 through 8, expressed in appropriate reporting ranges;*
- *The number of students granted waivers from PE requirements;*
- *An indication of whether all PE classes are taught by instructors who possess a valid health and fitness endorsement;*
- *The PE class sizes, expressed in appropriate reporting ranges;*
- *An indication of whether, as a matter of policy or procedure, the district routinely modifies and adapts its PE curriculum for students with disabilities; and*

- *An indication of whether the district routinely excludes students from PE classes for disciplinary reasons.*

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	Co-Curricular Program
	Policy 2151	Interscholastic Activities
	Policy 2161	Special Education and Related Services for Eligible Students
	Policy 2162	Education of Students with Disabilities Under Section 504 of the Rehabilitation Act of 1973
	Policy 2410	High School Graduation Requirements
	Policy 3210	Nondiscrimination
	Policy 3422	Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest
	Policy 4260	Use of School Facilities

**Policy 6700 Continued**

Legal References:	RCS 28A.210.365	Food choice, physical activity, childhood fitness – Minimum Standards – District waiver or exemption policy.
	RCW 28A.230.040	Physical Education – Grades 1-8
	RCW 28A.230.050	Physical Education in High Schools
	RCW 28A.230.095	Essential academic learning requirements and assessments – Verification reports.
	RCW 28A.235.120	Meal Programs, Establishment and Operation, Personnel Agreements
	RCW 28A. 235. 130	Milk for children at school expense
	RCW 28A.235.140	School breakfast programs
	RCW 28A.235.145	School breakfast and lunch programs – use of state funds
	RCW 28A.235.150	School breakfast and lunch programs – Grants to increase participation – Increased state support
	RCW 28A.235.160	Requirements to implement school breakfast, lunch and summer food service programs – Exemptions
	RCW 28A.235.170	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.

**Policy 6700 Continued**

WAC 392-410-136  
2 CFR Part 200

Physical Education Requirement - Excuse  
Procurement

7 CFR, Parts 210 and 220  
7 CFR, Part 245.5

**Management Resources:**

*Policy News, July 2017*

*Policy and Legal News, April 2017*

*Policy News, June 2015*

*Policy and Legal News, February 2014*

*Policy News, February 2005*

*Policy News, December 2004*

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

Comprehensive School Physical Activity  
Program

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

Nutrition and Physical Fitness Policy

Nutrition and Physical Fitness Update

Adopted: July 18, 2005  
Revised: September 19, 2016  
Revised: December 5, 2016  
Revised: June 12, 2017  
Revised: September 9, 2019