

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 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 Program and will 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 food service management company will require the approval of the Board.

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;
- 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 Physical Education Program

The District's K-6 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 six receive an average of one hundred instructional minutes per week of physical education per year.
- All students have equal and equitable opportunities for health and physical education.
- All students, from kindergarten through grade 6, will participate in a quality, standards-based health and physical education program.
- OSPI- developed 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 provide the following:

- quality physical education;
- physical activity during the school day (brain boosters/energizers);
- physical activity before and after school;
- recess (which will not be used or withheld as punishment for any reason);
- family and community engagement;
- staff wellness and health promotion;
- active transportation; and
- school district facilities.

Legal References

[RCW 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.230.095 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 Diseased persons — May not work — Employer may not hire](#)
[RCW 69.06.050 Permit to be secured within fourteen days from time of employment.](#)

[RCW 69.06.070 Limited duty permit](#)

[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-Excuse](#)

[2 CFR Part 200 - Procurement](#)

[7 CFR, Parts 210 and 220](#)

[7 CFR, Part 245.5](#)

Cross References

[2150 - Co-Curricular Program](#)

[2161 - Special Education and Related Services for Eligible Students](#)

[2162 - Education of Students With Disabilities Under Section 504 of the Rehabilitation Act of 1973](#)

[3210 - Nondiscrimination](#)

[4260 - Use of School Facilities](#)

Management Resources

[2017 - April Issue](#)

[Comprehensive School Physical Activity Program](#)

[2015 - June Issue](#)

2014 - February Issue

Wellness Policy Best Practices, OSPI (January 2013)

Policy News, February 2005 Nutrition and Physical Fitness Policy

Policy News, December 2004 Nutrition and Physical Fitness Update

Alliance for a Healthier Generation Wellness Policies

OSPI Child Nutrition School Wellness Policy Best Practices for Policy Development, Implementation and Evaluation

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