

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 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 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 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 Physical Education Program

The District's K-12 health and physical education programs shall be aligned with the Washington State K-12 Health and Fitness Education 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:

- 1 • All students in grades one through eight receive an average of one hundred instructional
2 minutes per week of physical education.
- 3 • All high school students are required to complete a minimum of three trimesters (1.5
4 credits) of physical education and one semester (.5 credit) of health education.
- 5 • All students have equal and equitable opportunities for health and physical education.
- 6 • All students, from kindergarten through grade 12, will participate in a quality, standards-
7 based health and physical education program.
- 8 • OSPI- developed assessments or other strategies will be used in health and physical edu-
9 cation, formerly known as classroom-based assessments (CBAs).

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

- 12 • the number of individual students completing a PE class during the school year;
- 13 • the average number of minutes per week of PE received by students in grades 1 through
14 8, expressed in appropriate reporting ranges;
- 15 • the number of students granted waivers from PE requirements;
- 16 • an indication of whether all PE classes are taught by instructors who possess a valid
17 health and fitness endorsement;
- 18 • the PE class sizes, expressed in appropriate reporting ranges;
- 19 • an indication of whether, as a matter of policy or procedure, the district routinely modi-
20 fies and adapts its PE curriculum for students with disabilities; and
- 21 • an indication of whether the district routinely excludes students from PE classes for disci-
22 plinary reasons.

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

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

31 32 **Physical Activity**

33 Physical education class is not to be used or withheld as punishment for any reason. All schools,
34 as a best practice and subject to available funding, will participate in a multi-component ap-
35 proach by which schools use all opportunities for students to be physically active, such as the
36 Comprehensive School Physical Activity Program (CSPAP) recommended by the Centers for
37 Disease Control and Prevention, and will provide the following:

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

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- Cross References:
- 2150 – Co-Curricular Program
 - 2151 – Interscholastic Activities
 - 2161 – Special Education and Related Services for Eligible Students
 - 2162 – Education of Students with Disabilities under Section 504 of the Rehabilitation Act of 1973
 - 2410 – High School Graduation Requirements
 - 3210 - Nondiscrimination
 - 3422 - Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest
 - 4260 – Use of School 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.230.050 | 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

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| 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 |

1	RCW 69.06.030	Diseased persons — May not work —
2		Employer may not hire
3	RCW 69.06.050	Permit to be secured within fourteen
4		days from time of employment.
5	RCW 69.06.070	Limited duty permit
6	WAC 180-51-068	State subject and credit requirements for
7		high school graduation-Students
8		entering the ninth grade on or after
9		July 1, 2015
10	WAC 392-157-125	Time for Meals
11	WAC 392-410-135	Physical Education – Grade school and
12		high school requirement.
13	WAC 392-410-136	Physical Education Requirement-Excuse
14	2 CFR Part 200 - Procurement	
15	7 CFR, Parts 210 and 220	
16	7 CFR, Part 245.5	
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19	Management Resources:	2017 – July Issue
20		2017 – April Issue
21		Comprehensive School Physical Activity Program
22		2015-June Policy Issue
23		Recommendations for Waivers in High School Physical
24		Education/Fitness Education, OSPI
25		(Sept 2013)
26		2014-February Issue
27		Wellness Policy Best Practices, OSPI (January 2013)
28		<i>Policy News</i> , December 2004 Nutrition and Physical Fitness
29		Update
30		<i>Policy News</i> , February 2005 Nutrition and Physical Fitness Policy
31		Alliance for a Healthier Generation Wellness Policies
32		OSPI Child Nutrition School Wellness Policy Best Practices for
33		Policy Development,
34		Implementation and Evaluation
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41	Adoption Date:	08/25/05
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