

## 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 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:

- Annually 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, eat nutritiously, access reliable health information and services, communicate effectively, and 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 dis-
- 22 ciplinary 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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2	Cross References:	2150 – Co-Curricular Program
3		2151 – Interscholastic Activities
4		2161 – Special Education and Related Services for Eligible
5		Students
6		2162 – Education of Students with Disabilities under Section 504 of
7		the Rehabilitation Act of 1973
8		2410 – High School Graduation Requirements
9		3210 - Nondiscrimination
10		3422 - Student Sports – Concussion, Head Injury and Sudden
11		Cardiac Arrest
12		4260 – Use of School Facilities
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15	Legal References:	RCW 28A.210.365 Food Choice, physical activity, childhood
16		fitness-Minimum standards-District
17		waiver or exemption policy
18		RCW 28A.230.040 Physical Education – Grades 1-8
19		RCW 28A.230.050 Physical Education in High Schools
20		RCW 28A.230.095 Essential academic learning
21		requirements and assessments-
22		Verification reports
23		RCW 28A.235.120 Meal Programs — Establishment and
24		Operation — Personnel — Agreements
25		RCW 28A.235.130 Milk for children at school expense
26		RCW 28A.235.140 School breakfast programs
27		RCW 28A. 235.145 School breakfast and lunch programs –
28		Use of state funds
29		RCW 28A. 235.150 School breakfast and lunch programs –
30		Grants to increase participation –
31		Increased state support
32		RCW 28A.235.160 Requirements to implement school
33		breakfast, lunch and summer food
34		service programs – Exemptions
35		RCW 28A.235.170 Washington grown fresh fruit and
36		vegetable grant program
37		RCW 28A.623.020 Nonprofit program for elderly —
38		Authorized — Restrictions
39		RCW 69.04 Intrastate Commerce in Food, Drugs and
40		Cosmetics
41		RCW 69.06.010 Food and beverage service worker’s
42		permit — Filing, duration —
43		Minimum training requirements
44		RCW 69.06.020 Permit exclusive and valid throughout
45		state — Fee
46		RCW 69.06.030 Diseased persons — May not work —
47		Employer may not hire

1	RCW 69.06.050	Permit to be secured within fourteen
2		days from time of employment.
3	RCW 69.06.070	Limited duty permit
4	WAC 180-51-068	State subject and credit requirements for
5		high school graduation-Students
6		entering the ninth grade on or after
7		July 1, 2015
8	WAC 392-157-125	Time for Meals
9	WAC 392-410-135	Physical Education – Grade school and
10		high school requirement.
11	WAC 392-410-136	Physical Education Requirement-Excuse
12		2 CFR Part 200 - Procurement
13		7 CFR, Parts 210 and 220
14		7 CFR, Part 245.5

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17	Management Resources:	2018 – May Issue
18		2017 – July Issue
19		2017 – April Issue
20		Comprehensive School Physical Activity Program
21		2015-June Policy Issue
22		Recommendations for Waivers in High School Physical
23		Education/Fitness Education, OSPI (Sept 2013)
24		2014-February Issue
25		Wellness Policy Best Practices, OSPI (January 2013)
26		<i>Policy News</i> , December 2004 Nutrition and Physical Fitness
27		Update
28		<i>Policy News</i> , February 2005 Nutrition and Physical Fitness Policy
29		Alliance for a Healthier Generation Wellness Policies
30		OSPI Child Nutrition School Wellness Policy Best Practices for
31		Policy Development, Implementation and Evaluation

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