

NUTRITION, HEALTH, AND PHYSICAL FITNESS

The Board of Directors 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 district-wide 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.

Local School Wellness Policy (LSWP)

The District's Local School Wellness Policy can be found at Policy 6701 Wellness Policy.

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. Expenditures for food supplies will 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 Physical Education 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:

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

Recess (Grades K-4)

In addition to required physical education, the district will provide students with physically active daily recess opportunities. Recess will complement, not substitute, for physical education class.

Physical Activity

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);
- recess;
- family and community engagement; and
- school district facilities.

The district is encouraged to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Waivers for Physical Education

Two health and fitness credits are required (.5 credit health education; 1.5 credits fitness/physical education). Students may be excused from the fitness requirement under RCW 28A.230.050. Such excused students will be required to demonstrate proficiency/competency in the knowledge portion of the fitness requirement, in accordance with written district policy.

A physical education waiver is defined as:

1. Released from physical education class (not taking physical education at all);
2. Not receiving credit; and
3. Accountable for the knowledge portion of physical education, per statute.

Cross References:

Board Policy 2150	Co-Curricular Program
Board Policy 2151	Interscholastic Activities
Board Policy 2161	Special Education and Related Services for Eligible Students
Board Policy 2162	Education of Student with Disabilities Under Section 504 of the Rehabilitation Act of 1973
Board Policy 2410	High School Graduation Requirements
Board Policy 3210	Nondiscrimination
Board Policy 3422	Student Sports – Concussion, Head Injury, and Sudden Cardiac Arrest
Board Policy 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 in grades one through eight
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	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 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 — Excuse
2 CFR, Part 200	— Procurement; 7 CFR, Parts 210 and 220
7 CFR, Part 245.5	

Management Resources:

<i>Policy and Legal News</i> , April 2017	Comprehensive School Physical Activity Program
<i>Policy and Legal News</i> , June 2015	Recommendations for Waivers in High School Physical Education/Fitness Education, OSPI (September 2013)
<i>Policy and Legal News</i> , February 2014	Wellness Policy Best Practices, OSPI
<i>Policy News</i> , February 2005	Nutrition and Physical Fitness Policy
<i>Policy News</i> , 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	