

Nutrition, Health, and Physical Fitness

The board recognizes that ~~childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.~~

~~Children healthy school environment prepares students for college, careers, and successful futures. Students who eat well-balanced meals and are healthy engage in regular exercise are more likely to learn in the classroom. The board supports the District's increased emphasis on nutrition as well as, health and physical education, and physical activity at all grade levels to enhance the well-being of our district's youth. the District's students.~~ Therefore, it is the policy of the ~~board~~Board of Directors to provide students:

- ~~• Students with~~ access to nutritious food;
- ~~• Opportunities emphasize health education and physical education; and provide students with opportunities~~ for physical activity ~~and developmentally appropriate exercise; and~~
- ~~• Accurate information related to these topics.~~

-

Wellness Policy

The superintendent will develop and implement a comprehensive ~~district-wide nutrition program~~ consistent wellness policy in compliance with state and federal requirements for districts ~~sponsoring participating in~~ the National School Lunch Program ~~and~~ the School Breakfast Program. ~~To implement and the program, the superintendent will adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with the Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The input United States Department of staff, students, parents and public health professions in the development of the curriculum is encouraged.~~

~~Nutrition, health and fitness topics will be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.~~

~~The district will take a proactive effort to encourage students to make nutritious food choices. The superintendent will ensure that:~~

- ~~• A variety of healthy food choices are available whenever food is sold or served on district property or at district sponsored events;~~
- ~~• Schools will regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and~~
- ~~• Nutritious meals served by the school nutrition and food services operation complies with state and federal law.~~

Nutrition

- ~~• **Nutrition Standards**~~

~~The district shall provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs. Meals served in school before the end of the last lunch period will conform to the U.S. Dietary Guidelines for Americans.~~

~~All foods sold on campus during the school (e.g., vending machines, bake sales, school stores) must meet Agriculture (USDA) Smart Snacks in Schools standards. No food or drink items will be offered in vending~~

~~machines unless they have been approved by the principal.~~ School nutrition standards.

~~•~~ **Nutrition and Food Services Program**

The ~~district~~ Board of Directors supports the philosophy of the National School Lunch and School Breakfast programs ~~Program~~ and will provide wholesome and nutritious meals for children in the ~~district's~~ District's schools. The Board authorizes the ~~superintendent~~ Superintendent to administer the food services program, provided that any decision to enter into a contract with a ~~private~~ food service ~~agency~~ management company will require the approval of the ~~board~~ Board. Expenditures for food supplies shall not exceed the estimated ~~revenue~~ revenues.

The Superintendent is responsible for:

~~•~~ **Free and Reduced-Price Food Services**

~~The district will provide free and reduced-price breakfasts and lunches and milk to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state.~~

- ~~•~~ The district will distribute the Letter to Households and free and reduced ~~distributing~~ meal applications to all households at the beginning of the ~~and determining eligibility for~~ school year ~~meals~~;

~~The district will protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced price food services to the superintendent. On Test days the district may provide free, nutritious meals to all students, including those who do not qualify for free or reduced priced federal school meal benefits. However, the district is responsible for the cost of providing meals to students who are ineligible for free and reduced priced meals.~~

~~The Board of Directors may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from local, state and federal assistance (cash and food).~~

- ~~•~~ USDA Foods
- ~~•~~ USDA Foods

~~The district shall use USDA Foods made available under the Federal Food Distribution Program for school meal programs.~~

Physical Education

~~•~~ **Health and Fitness Curriculum**

~~The superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom based assessments or other strategies.~~

- ~~•~~ 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:

- All students in grades one through eight ~~are required to complete~~ receive an average of one hundred instructional minutes per week of physical education. ~~This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities.~~ per year.

All high school students are required to complete ~~two~~ a minimum of three semesters (1.5 credits) of health and fitness. ~~The district encourages all high schools to offer a variety of health and fitness classes for each grade in the high school.~~

- ~~Suitable adapted~~) of physical education will be included as part of individual education plans for students with chronic and one semester (.5 credit) of health problems, other disabling conditions, or other special needs that preclude such student's participationeducation.
- The district will offer a one-credit course or its equivalent in ~~regular~~ physical education instruction or activities for each grade in the high school program (grades 9-12).

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district will provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The district is encouraged to provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

- All students 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 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.

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
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:

2017 - April Issue
Comprehensive School Physical Activity Program
2015 - June Issue
Recommendations for Waivers in High School Physical Education/Fitness Education, OSPI (September 2013)
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