

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 district 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 and submitting them to the board for approval 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 receive an average of one hundred instructional minutes per week of physical education per year.
- 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. The physical education graduation requirement can also be met as outlined in Policy/Procedure 2410.
- The district will offer a variety of credit bearing physical education courses in grades 9-12.
- All students have opportunities for health and physical education.
- All students, from kindergarten through grade 12, will participate in a quality, 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).

The district will conduct an annual review of their PE programs per RCW 28A.230.055. The review will consist of the following provisions:

- the number of individual students completing a PE class during the school year;
- the average number of minutes per week of PE received by students in grades 1 through 8, expressed in appropriate reporting ranges;
- the number of students granted waivers from PE requirements;
- an indication of whether all PE classes are taught by instructors who possess a valid health and fitness endorsement;
- the PE class sizes, expressed in appropriate reporting ranges;
- the frequency with which physical education is provided to students;
- an indication of whether there is sufficient dedicated gym space to support required physical activity expectations outlined in statute or agency rule;
- an indication of whether the physical education curriculum aligns to state standards;
- an indication of whether, as a matter of policy or procedure, the district routinely modifies and adapts its PE curriculum for students with disabilities; and
- an indication of whether the district routinely excludes students from PE classes for disciplinary reasons.

The district will submit the results of this review annually to the district’s wellness committee and to the Office of the Superintendent of Public Instruction.

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 promote physical activity by providing opportunities to students such as:

- quality physical education classes;
- other physical activity during the school day (i.e., recess, brain boosters/energizers);
- additional physical activity before and after school.;

Cross
References: 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 - July Issue
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

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