

## **Nutrition, Physical Fitness, and Wellness**

### **IN GENERAL**

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/procedure 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 or designee to administer the food services program, provided that any decision to enter a contract with a food service management company will require the approval of the Board. Expenditures for food supplies shall not exceed the estimated revenues. The Superintendent is responsible for ensuring compliance with all USDA school meal program requirements.

### **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 district will offer a one-credit course or its equivalent in physical education for each grade in the high school program (grades 9-12).
- 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)
- Students may be granted a waiver from physical education per state law and district procedure.

The district will make appropriate accommodations to allow opportunity for equitable participation by all students and will adapt physical education classes and equipment, as necessary. The district will ensure that any student eligible for special education will be provided appropriate physical education services.

Beginning in the 2018-19 school year, the district must conduct an annual review of their physical education programs that includes:

- The number of individual students completing a physical education class during the school year;
- The average number of minutes per week of physical education received by students in grades one through eight expressed in appropriate reporting ranges;
- The number of students granted waivers from physical education requirements;
- An indication of whether all physical education classes are taught by instructors who possess a valid health and fitness endorsement;
- The physical education 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 and sheltered areas to support the minimum amount of physical activity required of students by law or agency rule;
- An indication of whether the physical education curriculum of the district addresses the Washington state K-12 learning standards;
- An indication of whether, as a matter of policy or procedure, the district routinely modifies and adapts its physical education curriculum for students with disabilities; and
- An indication of whether the district routinely excludes students from physical education classes for disciplinary reasons.

The results of the review must be submitted by the district to the district's wellness committee and to the office of the superintendent of public instruction.

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:

<a href="#">Policy 2150</a>	Co-Curricular Program
<a href="#">Policy 2151</a>	Interscholastic Activities
<a href="#">Policy 2161</a>	Special Education and Related Services for Eligible Students
<a href="#">Policy 2162</a>	Education of Students with Disabilities under Section 504 of the Rehabilitation Act of 1973
<a href="#">Policy 2410</a>	High School Graduation Requirements
<a href="#">Policy 3210</a>	Nondiscrimination
<a href="#">Policy 3422</a>	Student Sports - Concussion, Head Injury and Sudden Cardiac Arrest
<a href="#">Policy 4260</a>	Use of School Facilities

Legal References:

<a href="#">SHB 1235</a>	Physical Education - School Districts - Annual Review
<a href="#">RCW 28A.210.365</a>	Food choice, physical activity, childhood fitness - minimum standards - district waiver or exemption policy
<a href="#">RCW 28A.230.040</a>	Physical Education - Grades 1-8
<a href="#">RCW 28A.230.050</a>	Physical Education in High Schools
<a href="#">RCW 28A.230.095</a>	Essential academic learning requirements and assessments - Verification reports
<a href="#">RCW 28A.235.120</a>	Meal Programs - Establishment and Operation - Personnel - Agreements
<a href="#">RCW 28A.235.130</a>	Milk for children at school expense
<a href="#">RCW 28A.235.140</a>	School breakfast programs
<a href="#">RCW 28A.235.145</a>	School breakfast and lunch programs - Use of state funds
<a href="#">RCW 28A.235.150</a>	School breakfast and lunch programs - Grants to increase participation - Increased state support
<a href="#">RCW 28A.235.160</a>	Requirements to implement school breakfast, lunch, and summer food service programs - Exemptions
<a href="#">RCW 28A.235.170</a>	Washington grown fresh fruit and vegetable grant program
<a href="#">RCW 28A.623.020</a>	Nonprofit program for elderly - Authorized - Restrictions
<a href="#">RCW 69.04</a>	Intrastate Commerce in Food, Drugs and Cosmetics
<a href="#">RCW 69.06.010</a>	Food and beverage service worker's permit - Filing, duration - Minimum training requirements
<a href="#">RCW 69.06.020</a>	Permit exclusive and valid throughout state - Fee
<a href="#">RCW 69.06.030</a>	Diseased persons - May not work - Employer may not hire
<a href="#">RCW 69.06.050</a>	Permit to be secured within fourteen days from time of employment
<a href="#">RCW 69.06.070</a>	Limited duty permit
<a href="#">WAC 180-51-067</a>	State subject and credit requirements for high school graduation - Students entering ninth grade on or after July 1, 2012, through June 30, 2015
<a href="#">WAC 180-51-068</a>	State subject and credit requirements for high school graduation - Students entering the ninth grade on or after July 1, 2015.
<a href="#">WAC 392-157-125</a>	Time for meals
<a href="#">WAC 392-172A-02030</a>	Physical education (special education services)
<a href="#">WAC 392-410-135</a>	Physical Education - Grade school and high school requirement.
<a href="#">WAC 392-410-136</a>	Physical Education Requirement-Excuse
<a href="#">2 CFR, Part 200</a>	Procurement
<a href="#">7 CFR, Parts 210</a>	(National School Lunch Program) and 220
<a href="#">7 CFR (School Breakfast Program), Part 245.5</a>	(Public Announcement of the Eligibility Criteria)
<a href="#">2 CFR 400.2</a>	(Conflict of Interest)

Adopted: 09/07/1999  
Amended: 03/27/1981  
06/08/2005  
12/17/2014  
11/30/2016  
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Superintendent: Dr. Shelley K. Redinger