

## **Nutrition 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 who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to provide students:

- Students access to nutritious food;
- Opportunities for physical activity and developmentally appropriate exercise; and
- Accurate information related to these topics.

The superintendent will develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. To implement 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 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 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..

- **Food Services Program**

The district supports the philosophy of the National School Lunch and Breakfast programs 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 private food service agency will require the approval of the board. Expenditures for food supplies shall not exceed the estimated revenue.

- **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 meal applications to all households at the beginning of the school year.

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**
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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.

All students in grades one through eight are required to complete 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. All high school students are required to complete two 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 physical education will be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

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.

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Cross References:	4260 2410	Use of School Facilities High School Graduation Requirements
Legal References:	RCW 28A.230.040 28A.230.050 28A.235.120  28A.235.130 28A.623.020  69.04  69.06.010	Physical Education-Grades 1-8 Physical Education in High Schools Meal Programs — Establishment and Operation — Personnel — Agreements Milk for children at school expense Nonprofit meal program for elderly- Authorized-Restrictions Intrastate Commerce in Food, Drugs and Cosmetics Food and beverage service worker's permit — Filing, duration — Minimum training requirements

69.06.020	Permit exclusive and valid throughout the state-Fee
69.06.030	Diseased persons-May not work-Employer may not hire
69.06.050	Permit to be secured within fourteen days from time of employment
69.06.070	Limited duty permit
WAC 180-50-135	Physical Education-Grade school and high school requirement
WAC 392-410-136	Physical Education Requirement-Excuse
7 CFR, Parts 210 and 220	
7 CFR, Parts 245.5	

Management Resources:

2014 - February Issue  
OSPI, January 2013 Wellness Policy Best Practices  
Policy News, February 2005 Nutrition and Physical Fitness Policy  
Policy News, December 2004 Nutrition and Physical Fitness Update

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