

NUTRITION, HEALTH AND PHYSICAL FITNESS

Nutrition and Food Services Program

The Board of Directors recognizes that a healthy school environment prepares students for a successful future. 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.

Nutrition and Food Services Program

The Board of Directors support 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 and designees 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 and designees are responsible for:

1. Distributing meal applications and determining eligibility for school meals;
2. Protecting the identity of students eligible for free and reduced-price meals;
3. Ensuring meals meet USDA meal pattern requirements;
4. Ensuring meal periods are in compliance with USDA regulations;
5. Establishing a Food Safety Plan
6. Determining meal prices annually; using the full entitlement of USDA Foods;
7. Maintaining a nonprofit school food service account;
8. Ensuring all revenues are used solely for the school meal program;
9. Establishing a meal charge policy;
10. Accommodating children with special dietary needs;
11. Ensuring compliance with USDA nondiscrimination policies;
12. Following proper procurement procedures; and
13. Ensuring compliance with the Smart Snacks in School Standards.

Smart Snack Standards

Foods sold to students on campus during the school day will meet the nutritional requirements set forth in United States Department of Agriculture 7CFR Parts 210 and 220, Nutrition Standards for All Foods Sold in School, as required by the Healthy, Hunger-Free Kids Act of 2010. Guidelines apply to all foods sold during the school day which is defined as any time before the start of school to thirty minutes after the school day – included but not limited to DECA sales, student stores, vending machines, fundraisers and cafeteria sales. (See Smart Snack Standards attached).

Health and Physical Education Programs

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.

1. Students will be provided at least the minimum state required average minutes physical fitness instruction/activities per year.
2. All students will have equal and equitable opportunities for health and physical education.
3. Health and physical fitness instruction will follow a District K-12 curriculum that reflects national best practices and state standards.
4. Instruction and activities will be provided, or overseen, by a PE and Health certificated teacher at grades 1-12.
5. OSPI-developed and calibrated assessments or other strategies will be used in health and physical education, formerly known as classroom-based assessments (CBAs).
6. It is recommended that recess will not be withheld as a form of punishment.
7. Each building will have a documented procedure for granting waivers (excused from participation) from PE requirements and review the numbers of waivers granted annually

Recess

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

Physical Activity Best Practices

Waivers for Physical Education

Individual students may be excused from participating in physical education otherwise required under section RCW 28A.230.050 on account of physical disability, employment, or religious belief, or because of participation in directed athletics or military science and tactics or for other good cause. Such excused students will be required to demonstrate proficiency/competency in the required knowledge and state fitness standards.

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.

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