

NUTRITION AND PHYSICAL FITNESS

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:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to these topics.

The superintendent shall develop and implement a district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. The superintendent shall also insure that a comprehensive curriculum on health, fitness and nutrition consistent with the Essential Academic Learning Requirements (EALRs) is developed and implemented. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

Evaluation procedures will conform to state requirements and timelines.

The school district will seek to follow the following guidelines regarding health and nutrition:

- A. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
- B. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and
- C. 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.

The superintendent shall establish rules for the sale of food during the school day.

Food Services Program

The district supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for children in the district's schools. The board authorizes the superintendent to administer the food services program. Because of the potential liability of the district, the food services program shall not accept donations of food other than as provided in this policy without the expressed approval of the board. Should the board approve a food donation, the superintendent shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school lunch menu.

Free And Reduced-Price Food Services

The district shall provide free and reduced-price breakfasts, 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 shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to 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.

Surplus Commodities

The district shall use food commodities made available under the Federal Food Commodity Program for school menus as judged appropriate by the school district staff.

Physical Education

Health and Fitness Curriculum

The superintendent shall insure that the school district provides 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 conform to state requirements and timelines. 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. Middle school students shall have an average of one hundred minutes per week of physical education, including 20 minutes per day of aerobic activity in the student’s target heart rate zone. 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 shall 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.

| | | |
|-------------------|----------------------------|--|
| Cross References: | Board Policy 2100 | Instructional Program Offering |
| | Board Policy 4260 | Use of School Facilities |
| Legal References: | RCW 28A.230.040 | Physical Education – Grades 1-8 |
| | 28A.230.050 | Physical Education in High School |
| | 28A.235 | Surplus or Donated Food Commodities for School Hot Lunch Programs |
| | 28A.235.120 | Lunchrooms — Establishment and operation — Personnel for — Agreement for |
| | 28A.235.130 | Milk for children at school expense |
| | 28A.623.020 | Nonprofit meal program for elderly — Authorized — Restrictions |
| | 69.04 | Food, Drugs, Cosmetics, and Poisons |
| 69.06.010 | Food service worker permit | |

| | |
|--------------------------|--|
| 69.06.020 | Permit exclusive and valid throughout 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 180-51-085 | Physical Education Requirement-Excuse |
| 7 CFR, Parts 210 and 220 | |
| 7 CFR, Part 245.5 | |