

## WELLNESS

The Cashmere School Board recognizes that healthy habits and academic achievement in school are interrelated and that healthy students are better able to learn. The board also recognizes that high-value nutrition and daily physical activity are both essential in promoting lifelong health and optimal academic performance. The district believes wellness is achieved through a collaborative effort between families, school and community. The school district is committed to maintaining and working towards the wellness goals as follows.

### WELLNESS COMMITTEE:

The District will convene a wellness committee to establish goals for the district-level wellness policy and to oversee its development, periodic review and updating.

The committee is responsible for:

- Establishing membership
- Understanding the wellness policy compliance requirements
- Annual public notification of Wellness Policy to the public and families
- Progress Assessment
- Promotion of student wellness, proper nutrition education and physical activity as part of the total learning experience.

### WELLNESS POLICY GOALS:

- Improve student fitness and health.
- Encourage students to eat foods that are fresh, whole grain and rich in nutrients.
- Promote social and emotional development that supports engagement and belonging for every student.
- Promote lifelong physical activity and healthy habits.

### GENERAL NUTRITION AND FOOD SERVICES GUIDELINES:

1. Using food as a reward for appropriate behavior or academic performance is discouraged.
2. When food is distributed during school hours or sold at school events, the use of fresh, whole grain and nutrient rich food is encouraged.
3. All school employees will remain allergy aware when selling or distributing any foods during the school day, including field trips.
4. Beverages and other food items of minimal nutritional value will not be sold to students in the eating area during meal service.
5. All food service meals and ala-carte items will meet current USDA requirements.
6. Food services will use USDA commodities and local foods as much as possible, yet will meet annual fiscal goals.
7. Snacks provided by the school district will adhere to the Approved Snack List.

### HEALTH AND PHYSICAL FITNESS GUIDELINES:

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 of 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. Each building will have a documented procedure for granting waivers (excused from participation) from PE requirements and review the numbers of waivers granted annually.

#### 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.

#### **COMPLIANCE, REPORTING, AND COMMUNITY INVOLVEMENT:**

1. The food services director will provide an annual report to the Board on District compliance with USDA health and nutrition requirements.
2. Building administrators will monitor compliance and provide an annual report to the Board on District physical fitness, emotional, wellness and health activities.
3. Parent/community input on the District's Nutritional and Physical Fitness Policy and activities will be solicited and considered as part of the Board Report.
4. The Board Report will be available, as well as, the current policy and procedure.

Legal References:

RCW 28A.210.365

Food choice, physical activity, childhood fitness —

CASHMERE SCHOOL DISTRICT  
Policy 6701

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