

Granite Falls School District

Administration

Policy 2030: Student Wellness Policy (Nutrition, Health and Physical Fitness)

NOTE: All nutrition guidelines became effective September 1, 2014 following the regulations on school snacks that went in effect July 1, 2014

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 to provide students:

Access to nutritious food;

Emphasize health education and physical education

Opportunities for physical activity and developmentally appropriate exercise; and

Accurate information related to these topics.

Wellness Policy

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, 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 school. Expenditures for food supplies shall not exceed the estimated revenues. The Superintendent is responsible for::

- Distributing meal applications and determining eligibility for school meals;
 - Protecting the identity of students eligible for free and reduced-price meals;
 - Ensuring meals meet USDA meal pattern requirements;

 - Ensuring meal periods are in compliance with USDA regulations;
 - Establishing a Food Safety Plan;
 - Determining meal prices annually;
 - Using the full entitlement of USDA Foods
 - Maintaining a nonprofit school food service account;
 - Ensuring all revenues are used solely for the school meal program;
 - Establishing a meal charge policy
 - Accommodating children with special dietary needs;
 - Ensuring compliance with USDA nondiscrimination policies;
 - Following proper procurement procedures; and
 - Ensuring compliance with the Smart Snacks in School standards
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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 service, 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).
- 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.
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<p>Cross References:</p> <p>Policy 5045 Policy 5048 Policy 6090 Policy 6091</p> <p>Policy 6190 Policy 7020</p>	<p>Co-Curricular Program District Sponsorship of Activity Teams Special Education and Related Services for Eligible Students Education of Students with Disabilities Under Section 504 of the Rehabilitation Act of 1973 High School Graduation Requirements Use of School Facilities</p>
<p>Legal References:</p> <p>RCW 28A.230.040 RCW 28A.230.050 RCW 28A.235.120</p> <p>RCW 28A.235.130 RCW 28A.623.020 RCW 69.04 RCW 69.06.010</p> <p>RCW 69.06.020 RCW 69.06.030</p> <p>RCW 69.06.050 RCW 69.06.070</p> <p>WAC 392-410-135 WAC 392-410-136</p> <p>7 CFR, Parts 210 and 220 7 CFR, Part 245.5 Sec. 204 of P.L. 111-296</p>	<p>Physical Education – Grades 1-8 Physical Education in High Schools Meal Programs, Establishment and Operation, Personnel Agreements Milk for children at school expense Nonprofit program for elderly — Authorized — Restrictions Intrastate Commerce in Food, Drugs and Cosmetics Food and beverage service worker’s permit — Filing, duration — Minimum training requirements Permit exclusive and valid throughout state — Fee Diseased persons — May not work — Employer may not hire Permit to be secured within fourteen days from time of employment. Limited duty permit</p> <p>Physical Education – Grade school and high school requirement. Physical Education Requirement-Excuse</p> <p>Healthy, Hunger-Free Kids Act of 2010</p>

Management Resources:

<p><i>Policy and Legal News</i>, February 2014</p> <p><i>Policy News</i>, February 2005 <i>Policy News</i>, December 2004 Wellness School Assessment Tool</p> <p>Wellness Policy Tool</p>	<p>Healthy and Hunger Free Kids Act regulations on school snacks go into effect July 1, 2014 Nutrition and Physical Fitness Policy Nutrition and Physical Fitness Update</p>
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