



Book	Policy Manual
Section	6000 - Management Support
Title	Student Wellness Policy (Nutrition, Health and Physical Fitness)
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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

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.

Legal	RCW 28A.230.040 - Physical Education – Grades 1-8
	RCW 28A.230.050 - Physical Education in High Schools
	RCW 28A.235.120 - Meal Programs, Establishment and Operation, Personnel Agreements
	RCW 28A.235.130 - Milk for children at school expense
	RCW 28A.623.020 - Nonprofit program for elderly — Authorized — Restrictions
	RCW 69.04 - Intrastate Commerce in Food, Drugs and Cosmetics
	RCW 69.06.010 - Food and beverage service worker’s permit — Filing, duration — Minimum training requirements
	RCW 69.06.020 - Permit exclusive and valid throughout state — Fee
	RCW 69.06.030 - Diseased persons — May not work — Employer may not hire
	RCW 69.06.050 Permit to be secured within fourteen days from time of employment.
	RCW 69.06.070 Limited duty permit
	WAC 392-410-135 Physical Education – Grade school and high school requirement.
	WAC 392-410-136 Physical Education Requirement-Excuse
	7 CFR, Parts 210 and 220
	7 CFR, Part 245.5
	Sec. 204 of P.L. 111-296 Healthy, Hunger-Free Kids Act of 2010
	Policy and Legal News, February 2014 Healthy and Hunger Free Kids Act regulations on school snacks go into effect July 1, 2014
	Policy News, December 2004 Nutrition and Physical Fitness Update
	Wellness School Assessment Tool
	Wellness Policy Tool

Cross References	7020
	6090 - Post-Issuance Compliance Policy For Tax-Exempt Bonds
	6091 - Bonds: Disclosure Policy For Publicly Offered Bonds