

## **Nutrition and Physical Fitness**

The board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

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 provide students:

- Access to nutritious food;
- Opportunities for physical activity and developmentally appropriate exercise; and
- Accurate information related to these topics.

- Goals for nutrition education, physical activity, and other school-based activities that are designed to promote school wellness in a manner that the district determines is appropriate;
- Nutrition guidelines for all foods available on school campus in accordance with USDA Smart Snacks standards for competitive foods rules with the objectives of promoting student health and reducing childhood obesity;
- Assurances that guidelines for reimbursable school meals are not less restrictive than the regulations and guidance issued by the USDA on the National School Lunch Program and School Breakfast Program;
- A plan for periodically measuring and making available to the public, including students, parents and the community (e.g., as part of the district's Annual Report) an assessment on the implementation of the LSWP, including: 1) the extent to which schools are compliant with the Policy; 2) the extent to which the LSWP compares to the model Wellness School Assessment Tool; and 3) to describe the progress made in attaining goals of the LSWP;
- Involvement of parents, students, representatives of the school food authority, the school board and school administrators, teachers of physical education, school health professionals and the public in developing, implementing, periodically reviewing and updating the LSWP; and
- Designation of one or more district officials to ensure that each school complies with the LSWP and the Smart Snacks standards.

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 and the School Breakfast Program. To implement the program, the superintendent will adopt and implement a comprehensive curriculum on health, physical education, and nutrition consistent with Washington State Learning Standards. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents and public health professions in the development of the curriculum is encouraged.

Nutrition, health, and physical education topics will be integrated within the sequential, comprehensive health and physical education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.

### **Nutrition Standards**

The district will provide meals for students that meet the meal pattern requirements for the National School Lunch Program and School Breakfast Program.

### **Food Services Program**

The district 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 schools. The board authorizes the superintendent to administer the food services program, provided that any decision to enter into a contract with a private food service management company will require the approval of the board. Expenditures for food supplies shall not exceed the estimated revenues.

Because of the potential liability of the district, the food services program will 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.

As a sponsor of the National School Lunch Program and School Breakfast Program, the district will provide free and reduced-price breakfasts and lunches to students who qualify in accordance with the program. The district will distribute the Letter to Households and Free and Reduced-price Meal Applications to all households at the beginning of each school year. The district will protect the identity of students eligible for free and reduced-price meals in accordance with USDA guidelines for confidentiality and disclosure of student eligibility for such meals.

On Test days the district may provide free, nutritious meals to all students, including those who do not qualify for free or reduced priced federal school meal benefits. However, the district must use non-Federal funds to cover the cost of providing such meals.

The board of directors may set an adult meal price to allow teachers, administrators, and parents to demonstrate their support for school meal programs by occasionally eating with students. The price must be the price charged to students paying the full meal price plus the value of federal reimbursement for paid meals and the USDA Food Value.

The district will use USDA Foods made available under the Federal Food Distribution Program for school meal programs.

## **Food Services Procurement**

### **Open bid process**

In all applicable cases, food, food products, supplies, and equipment purchased with school food service funds shall be procured in accordance with the process and procedures established in Policy 6220 in a manner that provides full and open competition consistent with the standards in applicable federal regulations.

### **Conflict of Interest**

The following conduct will be expected of all persons who are engaged in the award and administration of contracts supported by School Food Services Program Funds:

1. No employee, officer, or agent of the district shall participate in selection or in the award or administration of a contract supported by Program funds if a conflict of interest, real or apparent, would be involved. Conflicts of interest arise when one of the following has a financial or other interest in the firm selected for the award:
  - a. District employee, officer, or agent;
  - b. Any member of his/her immediate family;
  - c. His/her partner;
  - d. An organization that employs or is about to employ one of the above.
2. District employees, officers, or agents shall neither solicit nor accept gratuities, favors, or anything of monetary value from contractors, potential contractors, or parties to sub-agreements.
3. The purchase during the school day of any food or service from a contractor for individual use is prohibited.
4. The removal of any food, supplies, equipment, or school property such as records, recipe books, and the like is prohibited.
5. The outside sale of such items as used oil, empty cans, and the like will be sold by contract between the district and the outside agency. Individual sales by any school person to an outside agency or other school person is prohibited.

Failure of any employee to abide by the above-stated code may result in disciplinary action, including but not limited to, a fine, suspension, or dismissal.

## **Physical Education and Physical Activity**

### **Health and Physical Education Curriculum**

The superintendent shall adopt and implement a comprehensive health and physical education curriculum consistent with the Washington State K-12 Health and Fitness Learning Standards. The health and physical education curriculum will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

All students in grades one through eight shall be required to 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 .5 credits of health and 1.5 credits of physical education. The district shall offer a one credit course or its equivalent in physical education for each grade in the high school program (grades 9-12).

A physical education curriculum includes instruction and practice in a variety of motor skills and movement patterns; knowledge of concepts related to movement and performance; knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness; responsible personal and social behavior; and values physical activity for health and enjoyment.

All students will be provided equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow opportunity for equitable participation by all students and will reasonably adapt physical education classes and equipment as necessary. The district will ensure that any student eligible for special education will be provided appropriate physical education services.

### **Recess**

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

### **Physical Activity**

The district will attempt to provide physical activity before, during, and after school. This includes a variety of school-based physical activities to enable all students to participate in 60 minutes of physical activity each day. District teachers will provide short (2-3 minute) physical activity breaks/brain boosters to students during classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. Physical activity during the day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason.

Active transport will be encouraged in schools to promote alternative transport methods for children, such as pedestrian and bicycle safety programs (See Policy 6605, Student Safety Walking, Biking and Riding Buses).

The district is encouraged to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

### **Waivers for Physical Education**

Two health and fitness credits are required (.5 credit health education; 1.5 credits fitness/physical education). Students may be excused from the fitness requirement under RCW [28A.230.050](#). Such excused students will be required to demonstrate proficiency/competency in the knowledge portion of the fitness requirement, in accordance with written district policy.

- A physical education waiver is defined as:
  - Released from physical education class (not taking physical education at all);
  - Not receiving credit; and
  - Accountable for the knowledge portion of physical education, per statute].

#### Cross References:

4260 - Use of School Facilities  
2410 - High School Graduation Requirements

#### 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 – Grades 1-8  
RCW 28A.230.050 Physical Education in High Schools  
RCW 28A.230.095 Essential academic learning requirements and assessments — Verification reports.  
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 180-51-068 State subject and credit requirements for high school graduation— Students entering the ninth grade on or after July 1, 2015.  
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  
7 CFR 3016.36 – Procurement  
Healthy, Hunger-Free Kids Act of 2010

Management Resources:

2015 - June Policy Issue  
Recommendations for Waivers in High School Physical Education/Fitness Education, OSPI (September 2013)  
2014 - February Issue  
Wellness Policy Best Practices, OSPI (January 2013)  
Policy News, February 2005 Nutrition and Physical Fitness Policy  
Policy News, December 2004 Nutrition and Physical Fitness Update

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