

NUTRITION AND PHYSICAL FITNESS

The board recognizes that childhood obesity has reached critical levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and 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.

The board also recognizes that a number of households in Washington State are food-insecure where families have difficulty putting food on the table on a regular, consistent basis.

Based on research we know that students learn better when they are well nourished. Healthy eating has been linked to higher grades, better memory, increased alertness, faster information processing and improved overall health leading to better attendance.

There is also evidence that regular physical activity improves grades and standardized test scores, and has a positive impact on cognitive skills such as concentration and attention. Physical activity also has a positive impact on student attitudes, resulting in improved classroom behavior.

The board supports increased emphasis on nutrition and physical activity at all grade levels to enhance the well-being of our district's youth and to positively impact student learning outcomes. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide regular opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate, up-to-date, scientifically-based information related to these topics.

The superintendent or designee will maintain and implement a comprehensive district wide nutrition program consistent with local, state, and federal requirements for districts sponsoring the National School Lunch and Breakfast Programs. The district will make a proactive effort to encourage students to make nutritious food choices. The superintendent or designee will ensure that:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Food pricing strategies will be designed to encourage students to purchase nutritious items and/or reimbursable meals;
3. Nutritious meals served by Food and Nutrition Services will comply with local, state and federal law.

Nutrition, health, and fitness curriculum will be integrated within the sequential, comprehensive health education curriculum and coordinated with the district's nutrition and food services operation.

To implement the program, the superintendent or designee will adopt and implement a comprehensive curriculum on health, fitness, and nutrition consistent with state standards. The curriculum will provide opportunities for developmentally appropriate instruction for grades PreK-12.

Evaluation procedures will utilize classroom-based assessment or other strategies and will be in place as required by state timelines.

Nutrition

The superintendent or designee will establish rules for the sale of food during the school day to encourage the eating of nutritious meals and snacks.

The district will provide school meals and snacks that meet state and federal school meal program requirements. Meals and snacks served in school before the end of the school day will conform to the U.S. Dietary Guidelines for Americans.

Any food sales of an occasional nature and all vending machine items will conform to regulations as outlined in the district's nutrition and physical fitness procedures.

The district supports the philosophy of the National School Lunch and Breakfast programs and will provide wholesome and nutritious meals for children in the district's schools. The board authorizes the superintendent or designee to administer the food services program, provided that any decision to enter into a contract with a private food service agency will require the approval of the board.

Food and Nutrition Services will not accept donations of food for the use and sale in the school meal programs because of the potential liability to the district.

Physical Fitness

Suitable adapted physical education will 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 curriculum, students at the elementary level will have the opportunity to participate in daily recess and physical activity. The district will provide daily recess period(s) for elementary school students, featuring time for unstructured supervised active play.

Detailed information for a Physical Education Waiver are outlined in the Nutrition and Physical Fitness Procedure 6700

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

Adoption Date: December 19, 2005

Revised Dates: September 6, 2006; October 2007 WAC Update; August 17, 2016