

Nutrition and Physical Education

The board recognizes that children need healthy foods and should be physically active in order to grow, learn and thrive. It is also recognized that good health fosters student concentration, cognitive function and academic achievement.

The board supports increased emphasis on nutrition and physical activity at all grade levels to enhance the well-being of district youth now and in the future. The Mead School District is committed to providing school environments that promote and protect children's health and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Mead School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities to be physically active on a regular basis.
- Foods and beverages sold at school will meet the nutrition requirements of the USDA (United States Department of Agriculture) and will be monitored for compliance by the site administrator.
- Qualified child nutrition professionals will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students. They will also provide clean, safe and pleasant settings as well as adequate time for students to eat. The purchase of local products and farm-to-school programs is supported.
- To the maximum extent possible, all district schools will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to help foster lifelong habits of healthy eating and physical activity.
- A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events.

The Superintendent (or designee) will develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements. The Superintendent (or designee) will adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with health and fitness standards. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

NUTRITION

Nutrition Standards

The district will provide school breakfasts and lunches which meet the nutrition regulations required by state and federal school breakfast and lunch programs, including free water available at all times during the day.

The Superintendent (or designee) will establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches.

All vending machines and food sales, including fundraisers, must meet federal guidelines and have the prior approval of the principal.

Food and Beverage Marketing

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the federal nutrition standards. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

Food Services Program

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

Because of the potential liability to 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 (or designee) will 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 meal program.

The district will provide free and reduced-price breakfasts, lunches and milk to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district will inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts will be made to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced-price food services.

The Board of Directors may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from local, state and federal assistance (cash and food).

USDA Foods

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

Nutrition Education

The district will integrate nutrition education as a part of the health/fitness curriculum and as applicable in other subject areas.

Nutrition Promotion

The district's school nutrition program and health and fitness curriculum will promote nutrition.

Physical Education

Health and Fitness Curriculum

The Superintendent (or designee) will adopt and implement a comprehensive health, nutrition and fitness curriculum consistent with the state standards. The curriculum will be articulated and coordinated for grades K-12. Evaluation procedures will identify student progress. Students in grades 4-12 in activity-based classes will pre and post-test using federal/district approved fitness assessments annually.

All students in grades 1-8 are required to complete an average of one hundred (100) instructional minutes per week of physical education (RCW 28A.230.040). This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness and wellness activities through age-appropriate activities. All high school students are required to complete two credits of health and fitness. The district encourages all high schools to offer a variety of health and fitness classes for each grade in the high school.

Suitably adapted physical education will be included as part of Individual Education Plans (IEP) for students with chronic health problems, other disabling conditions, or other special needs that preclude said student's participation in regular physical education instruction or activities. Schools will implement consistent measures for students in both middle and high school requesting to have PE classes waived.

In addition to required physical education, students at the elementary level should 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 but supervised active play. The district is encouraged to provide adequate co-curricular physical activity programs, including fully inclusive intermural programs and physical activity clubs and promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Compliance/Public Notification

The district's School Health Advisory Committee (SHAC) will annually review and evaluate compliance with the Nutrition and Physical Fitness policy. In addition, each school administrator will ensure compliance at the school level. The district will inform the public of compliance results in accordance with USDA regulations.

Cross References: Board Policy 2410 Graduation Requirements
Board Policy 6113 Use of School Facilities

Legal References: 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

Management Resources: 2014 - February Issue
OSPI, January 2013 Wellness Policy Best Practices
Policy News, February 2005 Nutrition and Physical Fitness Policy
Policy News, December 2004 Nutrition and Physical Fitness Update

Adopted: July 20, 2005
Revised: June 13, 2016