WELLNESS: 0300

In alignment with the Strategic Plan, Federal Way Public Schools commits to supporting the health and well-being of all scholars and staff through creating a culturally responsive environment that promotes quality of life, wellness, and a healthy, thriving community. Federal Way Public Schools (hereto referred to as the District) is committed to the optimal development of every student. For students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods and water throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is an important partner in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District.

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Cross References: Administrative Policy – 2020 Curriculum Development

Administrative Policy – 2115 Health/Fitness Education

Administrative Policy – 6710 Nutrition Services

Administrative Policy – 6720 Competitive School Sales

Legal References: RCW 28A.210.360(3) Model policy on access to nutritious foods and developmentally appropriate exercise– School district policies. 28A.230.040 Physical education–Grades 1-8

28A.230.050 Physical education in high schools

28A.235 Food services

28A.235.120 Meal programs–Establishment and operation–Personnel–Agreements

28A.235.130 Milk for children at school expense (continued) 28A.623.020 Nonprofit program for elderly–Authorized–Restrictions

69.04 Intrastate commerce in food, drugs and cosmetics

69.06.010 Food and beverage service worker's permit–Filing, duration–Minimum training requirements

69.06.020 Permit exclusive and valid throughout state–Fee 69.06.030 Diseased persons–May not work–Employer may not hire 69.06.050 Permit to be secured within fourteen days from time of employment.

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