



Book	Administrative & Board Policies
Section	6000: Management Support
Title	Nutrition, Health and Physical Fitness (plus Meal Charge Policy attached)
Code	6700 A
Status	Active
Adopted	June 22, 2006
Last Revised	December 19, 2022

NUTRITION, HEALTH, AND PHYSICAL EDUCATION

Statement of Responsibility

The Mercer Island School District ("District") 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 District is committed to emphasizing nutrition, health, physical education, and activity at all grade levels to enhance the well-being of the District's students. Therefore, it is the policy of the District to provide students with access to nutritious food, emphasize health education and physical education, and provide students with opportunities for physical activity. The District recognizes the benefits of scheduling at least 20 minutes of seat time for lunch for every student and scheduling recess for elementary students. Therefore, to the extent appropriate and feasible, the Superintendent will strive to identify and remove barriers to these practices.

Nutrition and Food Services Program

Consistent with applicable state and federal laws, the Superintendent or designee shall:

- distribute meal applications and determine eligibility for school meals;
- protect the identity of students eligible for free and reduced-price meals;
- ensure meals meet USDA meal pattern requirements;
- ensure meal periods are in compliance with USDA regulations;
- establish a Food Safety Plan;
- annually determine meal prices and submit determined price increases, if any, to the Board for approval;
- use the full entitlement of USDA Foods;
- maintain a nonprofit school food service account;
- ensure all revenues are used solely for the school meal program;
- establish a meal charge policy if not serving meals at no cost to students;
- accommodate children with special dietary needs;
- ensure compliance with USDA nondiscrimination policies;
- follow proper procurement procedures; and
- ensure compliance with the Smart Snacks in School standards by the District's NSLP campuses.

The Board authorizes the Superintendent or designee to administer the food services program, provided that any decision to contract with a private food service agency to provide the food services program will require Board approval. The Board further authorizes the Superintendent or designee to establish meal prices annually in accordance with state and federal regulations, with consideration given to changes in food and labor costs and current economic conditions.

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 services, 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.
- Any student who is excused from participation on account of physical disability, employment, religious belief, participation in directed athletics or military science and tactics, or for other good cause will be required to demonstrate proficiency/competency in the knowledge portion of the fitness requirement, in accordance with District Policy/Procedure

2409. 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.

Additionally, the District will annually review its PE programs. This review must consist of numerous provisions, including:

- the number of individual students completing a PE class during the school year;
- the average number of minutes per week of PE received by students in grades 1 through 8, expressed in appropriate reporting ranges;
- the number of students granted waivers (excused from participation) from PE requirements;
- an indication of whether all PE classes are taught by instructors who possess a valid health and fitness endorsement;
- the PE class sizes, expressed in appropriate reporting ranges;
- an indication of whether, as a matter of policy or procedure, the District routinely modifies and adapts its PE curriculum for students with disabilities; and
- an indication of whether the District routinely excludes students from PE classes for disciplinary reasons.

Physical Activity

Physical education class will not to be used or withheld as punishment. 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.

Cross References:

[2090 A – Instructional Materials Development and Program Review](#)
[2150 BP – Co-Curricular Program](#)
[2151 BP – Interscholastic Activities](#)
[2161 A – Special Education and Related Services for Eligible Students](#)
[2162 BP – Education of Students with Disabilities Under Section 504 of the Rehabilitation Act of 1973](#)
[2409 A – Competency \(Proficiency\) Credits](#)
[2410 BP – High School Graduation Requirements \(Grades 9-12\)](#)
[3210 BP – Nondiscrimination](#)
[3423 BP – Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest](#)
[4260 A – Use of School Facilities](#)
[6220 A – Purchasing – Bids, Requests for Proposals, and Contracts](#)

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.235.140 School breakfast programs](#)
[RCW 28A.235.145 School breakfast and lunch programs – Use of state funds](#)
[RCW 28A.235.150 School breakfast and lunch programs – Grants to increase participation – Increased state support](#)
[RCW 28A.235.160 Requirements to implement school breakfast, lunch and summer food service programs – Exemptions](#)
[RCW 28A.235.170 Washington grown fresh fruit and vegetable grant program](#)
[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 392-157-125 Time for meals](#)
[WAC 392-410-135 Physical Education – Grade school and high school requirement](#)
[WAC 392-410-136 Physical Education Requirement-Excuse](#)
[2 CFR Part 200 - Procurement](#)
[7 CFR, Parts 210 and 220](#)
[7 CFR, Part 245.5](#)

Management Resources:

2022 Policy and Legal News – June Issue
 2018 Policy and Legal News – May Issue
 2017 Policy and Legal News – July Issue
 2017 Policy and Legal News – April Issue
 Comprehensive School Physical Activity Program
 2015 Policy and Legal News – June Issue
 Recommendations for Waivers in High School Physical Education/Fitness Education, OSPI (September 2013)
 2014 Policy and Legal News – February Issue
 Wellness Policy Best Practices, OSPI (January 2013)

Policy News – February 2005 Nutrition and Physical Fitness Update

Adopted: 06/22/06

Revised: 04/05/07, 11/15/08, 01/30/15, 09/08/15, 08/30/18; 12/19/22

[Meal Charge Policy 8.2018 Clean.pdf \(54 KB\)](#)