

POLICY



BOARD OF DIRECTORS
Cheney School District No. 360

Policy No. 6700

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Date Adopted: 8-16-23

Supersedes:

Issued: 7-20-05, 9-26-07, 5-9-12,
4-30-14, 7-13-16, 9-20-17,
10-10-18

NUTRITION, HEALTH, AND PHYSICAL FITNESS

POLICY:

The Board 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 Board supports the District's increased emphasis on nutrition, health and physical education, and physical activity at all grade levels to enhance the well-being of the District's students. Therefore, it is the policy of the Board to provide students with access to nutritious food; emphasize health education and physical education; and provide students with opportunities for physical activity.

WELLNESS POLICY

The District, through a wellness committee, will develop and implement a comprehensive wellness policy in compliance with state and federal requirements for districts participating in the National School Lunch Program, the School Breakfast Program, and the United States Department of Agriculture (USDA) Smart Snacks in School nutrition standards.

NUTRITION AND FOOD SERVICE PROGRAM

The Board 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/designee to administer the food service program, provided that any decision to enter into a contract with a food service management company will require the approval of the Board. Expenditures for food supplies will not exceed the estimated revenues.

The Superintendent/designee is responsible for:

1. Annually distributing meal applications and determining eligibility for school meals;
2. Protecting the identity of students eligible for free and reduced-price meals;

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3. Ensuring meals meet USDA meal pattern requirements;
4. Ensuring meal periods are in compliance with USDA regulations;
5. Establishing a Food Safety Plan;
6. Determining meal prices and submitting them to the Board for approval annually;
7. Using the full entitlement of USDA Foods;
8. Maintaining a nonprofit school food service account;
9. Ensuring all revenues are used solely for the school meal program;
10. Establishing a meal charge policy;
11. Accommodating children with special dietary needs;
12. Ensuring compliance with USDA nondiscrimination policies;
13. Following proper procurement procedures; and
14. Ensuring compliance with the Smart Snacks in School standards.
15. Sourcing local, minimally processed and sustainable products to provide whole food inspired meals to all students.

HEALTH AND PHYSICAL EDUCATION PROGRAMS

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, eat nutritiously, access reliable health information and services, communicate effectively, and set health-enhancing goals.

The District will ensure that the following requirements are met:

1. All students in grades one through eight receive an average of one hundred instructional minutes per week of physical education.

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2. 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.
3. 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.
4. 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).
5. All students will have equal and equitable opportunities for health and physical education.
6. All students, from kindergarten through grade 12, will participate in a quality, standards-based health and physical education program.
7. OSPI-developed assessments or other strategies will be used in health and physical education, formerly known as classroom-based assessments (CBAs).

Additionally, school districts must conduct an annual review of their physical education programs. The review must consist of numerous provisions, including:

1. The number of individual students completing a physical education class during the school year;
2. The average number of minutes per week of physical education received by students in grades one through eight, expressed in appropriate reporting ranges;
3. The number of students granted waivers from physical education requirements;
4. An indication of whether all physical education classes are taught by instructors who possess a valid health and fitness endorsement;
5. The physical education class sizes, expressed in appropriate reporting ranges;
6. An indication of whether, as a matter of policy or procedure, the District routinely modifies and adapts its physical education curriculum for students with disabilities; and

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7. An indication of whether the District routinely excludes students from physical education classes for disciplinary reasons.

As a best practice and subject to available funding, the District will strive to ensure:

1. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
2. All schools will have certificated physical education teachers providing instruction.
3. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality health and physical education consistent with state standards.
4. All physical education teachers will be encouraged to participate in professional development in physical education at least once a year.

PHYSICAL ACTIVITY

Physical education class is not to be used or withheld as punishment for any reason. All schools, as a best practice and subject to available funding, will participate in a multi-component approach by which schools seek opportunities for students to be physically active, including the following options:

1. Quality physical education;
2. Physical activity during the school day (brain boosters/energizers);
3. Physical activity before and after school;
4. Recess;
5. Family and community engagement;
6. Staff wellness and health promotion;
7. Active transportation; and
8. School district facilities.

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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

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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

Policy References: 2150 Co-Curricular Program
2151 Interscholastic Activities
2161 Special Education and Related Services for Eligible Students
2162 Education of Students with Disabilities Under Section 504
of the Rehabilitation Act of 1973
2410 High School Graduation Requirements
3210 Nondiscrimination
3422 Student Sports - Concussion, Head Injury and Sudden
Cardiac Arrest
4260 Use of School Facilities