

**Tumwater School District  
Board Policy**

**WELLNESS, PHYSICAL ACTIVITY AND NUTRITION**

The board recognizes that healthy eating habits and regular physical activity are essential for students to optimize their physical and mental health and achieve their full academic potential. Research indicates that obesity, malnutrition, and subsequent diseases are largely preventable through healthy eating habits and regular physical activity. Schools, parents and the community share the responsibility in promoting healthy eating habits and encouraging physically active lives amongst young people.

Thus, the Tumwater School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Tumwater School District that:

1. 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 procedures and practices.
2. All students will have opportunities, support, and encouragement to be physically active on a regular basis.
3. The school district will develop and implement nutrition standards that provide healthy food choices in the school environment. The key focus of these standards is to improve the nutritional value of foods offered to students in the school setting and reduce the calories, sugar and fat made available to students.
4. The school district's meal program will provide students access to a variety of affordable, nutritious, and appealing foods that meet their health and nutrition needs; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide a clean and safe environment and adequate time for students to eat.
5. To the maximum extent practicable, all schools will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and after school snacks.) The Summer Food Service Program, in cooperation with the City of Tumwater, is encouraged.
6. School staff will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

The superintendent and/or his designee(s) shall establish procedures promoting proper nutrition, fitness and health for students to implement this policy.

Legal References:           RCW 28A.210.360

**ADOPTED: July 14, 2005**  
**REVISED: October 24, 2013**