



## Highline Public Schools Board Action Report

DATE: 5.22.24

FROM: Dr. Ivan Duran, Superintendent

LEAD STAFF: Holly Ferguson, Chief Policy & Strategy Officer

For Introduction: 6.17.24 For Action: 7.10.24

**I. TITLE** Revisions to Board Policy 2145 Health, Physical, and Wellness Education Programs

Select one:  New Item  Renewed Item  Annual Item  Revised Item

### II. WHY BOARD ACTION IS NECESSARY

Pursuant to Board Policy 1310, School Board action is required to amend a policy. This policy is proposed for Introduction followed by Action at a subsequent meeting to allow the public to provide comment during the Public Testimony portion of the School Board meeting, pursuant to Board Policy 1310.

### III. BACKGROUND INFORMATION

In 2023 the state legislature adopted [HB 5257](#), which requires that beginning in the 2024-25 school year, districts must provide at least 30 minutes of recess during any school day that exceeds 5 hours. In addition to the length of time that must be spent at recess, the legislature also added language around what recess should include, that withholding recess should not be used to compel academic work or as disciplinary tool (except when necessary for safety reasons), and that generally technology should not be used during recess.

When surveyed last year all elementary schools were already at 30 minutes of recess so this should not require any changes at schools.

The bill requires that districts update their policy prior to the start of the 2024-25 school year. These revisions are in line with the state's model policy, although the model policy number is different. The state put the recess/physical activity policy in Series 6000, which is focused on management support (budget, contracting, etc) which makes no sense for a student-focused policy.

### IV. RECOMMENDED MOTION

I move that the Highline School Board approve the revisions to Board Policy 2145.

### V. FISCAL IMPACT/REVENUE SOURCE

Fiscal impact to this action will be N/A--because schools already offer 30 minutes of recess this change is not expected to have any fiscal impact.

The revenue source for this motion is N/A.

Expenditure:  One-time  Annual

### VI. APPLICABLE POLICY(S)

This action is in compliance with the following:

**VII. ALTERNATIVES**

The alternative is to not amend this policy. This is not recommended, as Highline would be out of compliance with the state's requirement to have information about recess included in district policy.

**VIII. COMMUNITY ENGAGEMENT**

Community Engagement Required:  Yes  No

**IX. ATTACHMENTS**

Policy 2145 red line (for review)

Policy 2145 clean (for approval)

Procedure 2145 red line (for review)

Procedure 2145 clean (for review)



HEALTH, PHYSICAL, AND WELLNESS EDUCATION PROGRAMS

Policy No. 2145 Instruction Page 1 of 1

The board recognizes that exercise, physical activity, and wellness education are important to allow students to learn to their capacity. Children who are healthy are more likely to learn and achieve in the classroom. It is the policy of the board that physical education and health education are core components of a school environment that promote students' health, well-being, ability to learn, and also mitigates education and health disparities. The board supports an emphasis on health education, physical activity, and wellness promotion at all grade levels to enhance the well-being of our district's youth and prepare students for college, career, and citizenship. Therefore, it is the policy of the board to:

- A. Provide all students with high quality physical education and health education programs that meet or exceed state health and fitness standards
B. Provide equitable opportunities for physical activity and developmentally appropriate exercise within the school day
C. Provide accurate information related to physical activity and wellness to our students, parents, and staff through regular health and fitness promotions
D. Conduct on-going assessments of the health and physical education programs to assure the positive impact of the programs.

Recess

Beginning with the 2024-25 school year, all elementary students must receive a minimum of 30 minutes of daily recess within the school day for each school day that exceeds five hours in duration.

The superintendent or designee is responsible for establishing the procedures for compliance with this policy and all related state and federal requirements including a procedure for physical education waiver and equivalency credits pursuant to RCW 28A.210.365.

Cross References:

Table listing cross references: Guidance and Counseling (Board Policy 2140), Credit for Competency/Proficiency (Board Policy 2409), Waiver of Certain High School Graduation Requirements (Board Policy 2418), Harassment, Intimidation and Bullying (Board Policy 3207), Directed Athletics (Board Procedure 2409 P4)

WSSDA Cross References:

Table listing WSSDA cross reference: Recess and Physical Activity (Policy 6701)

Legal References:

Table listing legal references: School Counselor Certification (RCW 28A.410.043), Physical Education - Grade 1-8 (RCW 28A.230.040), Physical Education in High School (RCW 28A.230.050), Model policy on developmentally appropriate exercise - School district policies (RCW 28A.210.360)

Management Resources:

Youth Suicide Awareness and Prevention Plans ..... *Policy News*, April 2011  
Nutrition and Physical Fitness Policy..... *Policy News*, February 2005  
Nutrition and Physical Fitness Update..... *Policy News*, December 2004

Highline School District 401  
Adopted by the Board: July 2005  
Revised by the Board: 07.14, 10.22, 7.24  
Classification: ~~Priority~~Essential



## Policy 2145 – HEALTH, PHYSICAL, AND WELLNESS EDUCATION PROGRAMS

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### **Cross References:**

Board Policy 2140 – Guidance and Counseling

Board Policy 2409 – Credit for Competency/Proficiency

Board Policy 2418 – Waiver of Certain High School Graduation Requirements  
Board Policy 3207 – Harassment, Intimidation and Bullying  
Board Procedure 2409 P4 – Directed Athletics

**WSSDA Cross Reference:**

Policy 6701 – Recess and Physical Activity

**Legal References:**

RCW 28A.410.043 - School Counselor Certification

RCW 28A.230.040 - Physical Education – Grade 1-8

RCW 28A.230.050 - Physical Education in High School

RCW 28A.210.360 - Model policy on developmentally appropriate exercise —  
School district policies

**Management Resources:**

Policy News, April 2011 - Youth Suicide Awareness and Prevention Plans

Policy News, February 2005 – Nutrition and Physical Fitness Policy

Policy News, December 2004 – Nutrition and Physical Fitness Update

Highline School District No. 401

Adopted by the Board: July 2005

Revised by the Board: 07.14, 10.22, 07.24

Classification: Essential



## Superintendent Procedure 2145P - Health, Physical, and Wellness Education Programs

~~In order to provide high quality health and physical education, Highline Public Schools shall:~~

Health & Physical Education: The District shall

- Implement a high quality health education curriculum that aligns with National Standards, the Washington State Health and Fitness Essential Academic Learning Requirements, will regularly assess students' health and fitness knowledge, and will be feasible to implement district-wide on an equitable basis. The district is encouraged to provide an equivalent of 30 minutes a week of district-adopted health education curriculum to all students in grades K-5. In addition, all students in grades seven and eight will participate in the equivalent of one semester of health education each year. High school students are required to complete one semester of health education that includes cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) instruction.
- Implement a culturally appropriate K-12 physical education program that maximizes physical activity. This includes delivering curriculum designed to emphasize lifetime health, sport, and fitness skills and that align with National Standards and the Washington State Health and Fitness Essential Academic Learning Requirements. The program will regularly assess students' health and fitness knowledge, physical fitness levels, and will be feasible to implement district-wide on an equitable basis. Evaluation procedures will utilize the district-approved motor skills, fitness, and cognitive assessments
- Provide adapted physical education classes. Suitable adapted physical education will be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.
- Ensure that the state minimum amount of minutes in physical education are met. All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education. In order to meet the minimum minutes of physical education, school administrators will make every effort to support students receiving at

least 100 minutes of physical education per week. This includes ensuring that all physical education classes have appropriate class sizes, facilities, and equipment needed to deliver quality physical education consistent with the established curriculum guide. Schools are encouraged to offer more minutes, with a goal of reaching 150 minutes per week. All high school students are required to complete 1.5 semesters of physical education and all are encouraged to participate in 225 minutes of physical education each week. The district encourages all high schools to offer a variety of physical education classes for each grade in the high school.

- Require that physical education classes be taught by teachers who are certified in Physical Education or Health/Fitness and shall encourage that secondary health education classes are taught by teachers who are certified in Health Education. In addition, the district will provide professional development to staff that focuses on strategies to improve students' health and helps to maintain program consistency across schools.

~~In order to provide equitable opportunities for physical activity: The District shall; Highline Public Schools shall:~~

- Promote physical activity within the school day. 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. Schools should prohibit the use of withholding of physical education class and other forms of physical activity as punishment.
- Encourage schools to provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

In order to providing accurate information related to physical activity and wellness, Highline Public Schools shall:

- Coordinate district efforts to provide health and wellness information to students, parents, and staff through regularly scheduled health fairs and promotions on school sites.
- Collaborate with community partners to provide opportunities to students, parents, and staff to participate in health and wellness events.

In order to regularly evaluate the effectiveness of the programs Highline Public Schools shall:

- Provide adequate oversight and accountability for the health and physical education programs at the school and district level through a designated



coordinator or program manager.

- Use tools like the PECAT, Healthy Youth Survey, CDC School Health Index, WELNET, or an OSPI approved assessment to regularly monitor and assess the programs. Results of these surveys and assessments will be reported to the board, school sites, and made available to parents and community on an annual basis.

### Recess

Recess must be supervised and student-directed, and must aim to be safe, inclusive, and high quality. Schools should maintain safe and age-appropriate equipment. Schools may include organized games as part of recess, but they should avoid including or permitting students to use computers, tablets, or phones during recess. However, students who use electronic devices as part of their educational program shall be permitted to use them during recess. Recess should be held in appropriate spaces that promote physical activity, and when possible should be held outside.

Recess is designed to complement, not substitute for, physical education classes. Schools should not withhold recess as a form of discipline unless a student's participation in recess poses an immediate threat to the safety of the student or others. Additionally, schools should not withhold recess to compel a student to complete academic work.

Recess time before or after the school day may not be counted towards the required 30 minutes of recess. Additionally, time spent changing into and out of clothes for outdoor play should not be used to meet the thirty-minute requirement.

Highline School District 401

Adopted by the Superintendent: September 2006

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