

NUTRITION AND PHYSICAL FITNESS

The board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to these topics.

The superintendent shall develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. To implement the program, the superintendent shall adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with the Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

- A. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and
- B. Nutritious meals served by the food services operation complies with state and federal law
- C. Healthy food options are encouraged whenever food is sold or served at district sponsored-events or on district property outside the instructional day.

Nutrition

Nutrition Standards

The Aberdeen School Board recognizes that optimal nutrition is essential for lifelong health and optimal academic performance. The Aberdeen School District is committed to providing an environment which promotes healthful food choices. This environment includes not only the food services program, but also school vending operations, student stores, fundraising sales and any other foods available on campus during the school day.

Food and beverages available at school shall support the nutritional needs of students and include appealing, nutritious foods and drinks. Food and beverages available to students before, during and immediately after the regular school day in district schools and facilities will meet the nutrition standards determined by the district, unless otherwise regulated by the USDA.

Food Services Program

The district supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for children in the district's schools. The board authorizes the superintendent to administer the food services program, provided that any decision to enter into a contract with a private food service agency shall require the approval of the board.

Because of the potential liability of the district, the food services program shall not accept donations of food other than as provided in this policy without the expressed approval of the board. Should the board approve a food donation, the superintendent shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school lunch menu.

Free And Reduced-Price Food Services

The district shall provide free and reduced-price breakfasts, lunches and milk to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced-price food services to the superintendent.

Physical Education

Health and Fitness Curriculum

It is the policy of the Aberdeen School Board that physical education is a central component of a school's overall learning environment. Aberdeen School District will provide all students with a high quality physical education program taught by teachers with expertise in physical education, and designed to give students the knowledge necessary to sustain lifelong fitness through a quality, success-oriented physical education curricula that meets or exceeds state physical education requirements.

In order to provide a quality physical education program, a sequential, developmentally appropriate K-12 curriculum will be adopted or developed. This curriculum, designed to emphasize lifetime sport and fitness skills, will align with the Health and Fitness Essential Academic Learning Requirements, and will regularly assess students' health and fitness knowledge.

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 shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The district is encouraged 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.