Wellness

The board recognizes that a healthy school environment prepares students for college, careers, and successful futures. Students who engage in regular exercise are more likely to learn in the classroom. The board supports the district's increased emphasis on health, 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 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.

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 recommended by the Centers for Disease Control and Prevention, and will provide the following:

- Quality physical education;
- Physical activity during the school day (e.g., brain boosters/energizers);
- Physical activity before and after school;
- Recess that aims to be safe, inclusive, and high quality;
- Family and community engagement;
- Staff wellness and health promotion;
- Opportunities for active transportation to school; and
- Access to school district facilities for physical activity, fitness, sports, and recreation programs.

Cross References:	3210 - Nondiscrimination
Legal References:	RCW 28A.210.365 Food choice, physical activity, childhood fitness □□□ Minimum standards □□□ District waiver or exemption policy. RCW 28A.235.120Meal Programs □□□ Establishment and Operation □□□ Personnel □□□ Agreements RCW 28A.235.130Milk 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.623.020Nonprofit program for elderly □□□ Authorized □□□ Restrictions

RCW 69.04Intrastate Commerce in Food, Drugs and Cosmetics

RCW 69.06.010Food and beverage service worker□□□s permit □□□ Filing, duration □□□ Minimum training requirements

RCW 69.06.020Permit exclusive and valid throughout state □□□ Fee

RCW 69.06.030Diseased 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 392-157-125 Time for meals

2 CFR Part 200 - Procurement

7 CFR, Parts 210 and 220

7 CFR, Part 245.5

Management Resources:

2022 - June

2018 - May Policy Issue

2017 - July Issue

2017 - April Issue

Comprehensive School Physical Activity Program

2015 - June Issue

Recommendations for Waivers in High School Physical Education/Fitness Education, OSPI (September 2013)

2014 - February Issue

Wellness Policy Best Practices, OSPI (January 2013)

Policy News, February 2005 Nutrition and Physical Fitness Policy

Policy News, December 2004 Nutrition and Physical Fitness Update

Alliance for a Healthier Generation Wellness Policies

OSPI Child Nutrition School Wellness Policy Best Practices for Policy Development, Implementation and Evaluation

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