

	NUTRITION HEALTH AND PHYSICAL EDUCATION	Board Policy No. 6700
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Nutrition, Health, and Physical Education

The Board of Directors 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 of Directors 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 of Directors to provide students with access to nutritious food; emphasize health education and physical education; and provide students with opportunities for physical activity. The Board of Directors recognizes the benefits of scheduling at least 20 minutes of seat time for lunch for every student and scheduling recess before lunch for elementary students. Therefore, to the extent appropriate and feasible, the Superintendent will strive to identify and remove barriers to these practices and periodically report back to the board.

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 Services Program

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

The Superintendent is responsible for:

- Annually distributing meal applications and determining eligibility for school meals;
- protecting the identity of students eligible for free and reduced-price meals;
- ensuring meals meet and/or exceed USDA meal patterns and through this the District will strive to provide the most nutritious and culturally respectable options for our students.
- ensuring a vegetarian option is available for all meal periods. ensuring meal periods are in compliance with USDA regulations;
- establishing a Food Safety Plan;
- determining meal prices and submitting them to the Board of Directors for approval annually;
- using the full entitlement of USDA Foods;

- maintaining a nonprofit school food service account;
- ensuring all revenues are used solely for the school meal program;
- establishing a meal charge policy;
- accommodating children with special dietary needs;
- ensuring compliance with USDA nondiscrimination policies;
- following proper procurement procedures; and
- ensuring compliance with the Smart Snacks in School standards.

Health and Physical Education Program

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

The District will ensure that the following requirements are met:

- All students in grades one through eight receive an average of one hundred instructional minutes per week of physical education per year.
- 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.
- 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.
- 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).
- All students have equal and equitable opportunities for health and physical education.
- All students, from kindergarten through grade 12, will participate in a quality, standards-based health and physical education program.
- 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 PE programs. The review must consist of numerous provisions, including:

- the number of individual students completing a PE class during the school year;
- the average number of minutes per week of PE received by students in grades 1 through 8, expressed in appropriate reporting ranges;
- the number of students granted waivers (excused from participation) from PE requirements;
- an indication of whether all PE classes are taught by instructors who possess a valid health and fitness endorsement;
- the PE class sizes, expressed in appropriate reporting ranges;
- an indication of whether, as a matter of policy or procedure, the District routinely modifies and adapts its PE curriculum for students with disabilities; and
- an indication of whether the District routinely excludes students from PE classes for disciplinary reasons.

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

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All schools will have certificated physical education teachers providing instruction.
- All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality health and physical education consistent with state standards.
- 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 use all opportunities for students to be physically active, such as the Comprehensive School Physical Activity Program (CSPAP) recommended by the Centers for Disease Control and Prevention, and will provide the following:

- quality physical education;
- physical activity during the school day (brain boosters/energizers); physical activity before and after school;
- recess (which will not be used or withheld as punishment for any reason); family and community engagement;
- staff wellness and health promotion; active transportation; and
- School District facilities.

Cross References:

Policy 2150 - Co-Curricular Program

Policy 2151 - Interscholastic Activities

Policy 2161 - Special Education and Related Services for Eligible Students

Policy 2162 - Education of Students With Disabilities Under Section 504 of the Rehabilitation Act of 1973

Policy 2410 - High School Graduation Requirements

Policy 3210 - Nondiscrimination

Policy 3422 - Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest

Policy 4260 - Use of School Facilities

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.

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

Management Resources:

2020- February Issue

2018 – May 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

Adoption Date:

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Classification: Essential