

## **Northshore School District**

### **BOARD POLICY**

**No. 3700**

**Page 1 of 4**

#### **STUDENTS**

##### **Nutrition, Health and Physical Education**

The board 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 supports increased emphasis on nutrition, health, physical education, and physical activity at all grade levels to enhance the wellbeing of our district's youth. Therefore, it is the policy of the board to provide students with equitable access to:

- A. Nutritious, foods, drinks, and snacks
- B. Health and fitness education for all students and opportunities for physical activities and developmentally appropriate exercise;
- C. Accurate, and current information related to these topics

The district shall develop and implement a comprehensive, district-wide, Nutrition & Fitness Plan. This plan shall be designed to identify and remove barriers to equitable nutrition and fitness opportunities impacting overall health and student success. The plan shall help students develop behaviors and attitudes that contribute to healthy lifestyles and teach them to make appropriate choices. The plan shall adhere to state and federal guidelines by including, at a minimum:

- Goals for nutrition education, nutrition promotion and other school-based activities to promote wellness;
- The Smart Snacks in School standards for all foods and beverages sold to students on campus during the school day including access to water;
- Standards consistent with federal regulations for school meal programs and the Smart Snacks in School standards for other foods available to students (e.g., food brought from home for classroom events/parties and food used as rewards or incentives);
- Policies for marketing only food and beverages that meet the Smart Snacks in School standards;
- Standards for quality physical education and nutrition education programs aligned to state learning standards that help students develop lifelong healthy behaviors;
- Promotion of activities that provide students opportunities to be physically active before, during, and after school;
- Engagement of the community in support of the district's work in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;

- Establishment of a Nutrition & Fitness Advisory committee that invites parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public to participate in the development, implementation, review and updating of the Nutrition & Fitness Plan;
- Designation of one or more official(s) to ensure compliance of each school; and
- Direct committee review and assessment of the wellness policy every three years.

#### Nutrition and Food Services Program

The Board of Directors supports the goal of the National School Lunch and School Breakfast Programs to provide nutritionally balanced, low-cost, or no-cost meals to children each school day. The board authorizes the superintendent to administer the food services program.

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 USDA meal pattern requirements;
- Ensuring meal periods are in compliance with USDA regulations;
- Establishing a Food Safety Plan;
- Determining meal prices and submitting them to the board 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 procedure;
- 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, eat nutritiously, access reliable health information and services, communicate effectively, and set health-enhancing goals.

The superintendent 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 assessment

#### Physical Activity

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. Physical activity opportunities will not be used or withheld as punishment for any reason.

#### Cross Reference:

WSSDA Policy 6700 Nutrition, Health and Physical Education  
Board Policy 3211 Gender Inclusive Schools

#### Legal References:

RCW 28A.210.360	Model Policy on Access to Nutritious Foods and Developmentally Appropriate Exercise – School District Policies School
RCW 28A.210.365	Food choice, physical activity, childhood fitness — Minimum standards — District waiver or exemption policy.
RCW 28A.230.095	Essential academic learning requirements and assessments — Verification reports
RCW 28A.230.040	Physical Education – Grades 1-8
RCW 28A.230.050	Physical Education in High School
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 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	

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