

Nutrition, Health, and Physical Education

The Auburn School District Board of Directors is committed to providing a school environment that enhances student learning and the development of lifelong wellness practices. The board supports emphasis on nutrition as well as physical activity at all grade levels. Therefore, the board supports the implementation of this policy to provide students access to nutritious food; opportunities for physical activity and developmentally appropriate exercise; provide accurate and readily available information on wellness and nutrition and maintain a wellness council to review the Wellness policy and provide feedback on the implementation of the policy. Nutrition, health, and fitness topics shall be integrated within the sequential, comprehensive health education curriculum taught at each grade level, kindergarten through grade 12, and coordinated with the district's nutrition and food services operation. The district will take a proactive effort to encourage students to make nutritious food choices.

Wellness Policy

The district, through a wellness committee, has developed and will implement this 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 Programs and will provide wholesome and nutritious meals for children in the District's schools. The Board authorizes the Superintendent or designee 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.

The Superintendent or designee is responsible for:

- Annually distributing meal applications if required 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 changes to the board for approval annually;
- Using the full entitlement of USDA Foods; the Child Nutrition Program shall not accept donation of food due to potential liability;
- Maintaining a nonprofit school food service account;
- Ensuring all revenues are used solely for the school meal program;
- Establishing a meal charge policy if not serving meals at no cost to students;
- Accommodating children with special dietary needs;
- Ensuring compliance with USDA nondiscrimination policies;
- Following proper procurement procedures;
- Ensuring compliance with the Smart Snacks in School standards;
- Access to meals will not be used or withheld as punishment for any reason;
- Ensuring safe and unflavored water is available to students during the school day and during school-sponsored out-of-school time events and activities; and
- Ensuring all Child Nutrition Staff participate annually in related professional development as required by USDA.

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.

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.

Social Emotional Climate

Social-emotional climate refers to the aspects of students’ experience in school which impact their social-emotional development. The social-emotional climate can impact student engagement in school activities, relationships with other students, staff, family and the community as well as academic performance. A positive social-emotional school climate is conducive to effective teaching and learning.

The District is committed to shaping a positive social-emotional school climate across all school campuses during the day and during school-sponsored out-of-school time events and activities.

Employee Wellness

Ensuring that school employees’ physical, social-emotional and mental health needs are met is pivotal to employee and student well-being and precedes students’ academic success.

The District is committed to supporting the physical and mental health and well-being of all District employees.

- Cross References:
- 2150 - Co-Curricular Program
 - 2151 - Interscholastic Activities
 - 2161 - Special Education and Related Services for Eligible Students
 - 2162 - Education of Students With Disabilities Under Section 504 of the Rehabilitation Act of 1973
 - 2410 - High School Graduation Requirements
 - 3210 - Nondiscrimination
 - 3422 - Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest
 - 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. |

28A.235	28A.235 Food Services
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:

2022 - June Issue

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

Adoption Date: 07.25.05

Auburn School District

Revised Dates: 07.11.11; 11.12.13; 3.25.24