

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 provide students:

- Access to nutritious food;
- Opportunities for physical activity and developmentally appropriate exercise; and
- Accurate information related to these topics.

The Local School Wellness Policy (LSWP) developed with the appropriate stakeholders. The local policy must include the following provisions:

- Goals for nutrition education, physical activity, and other school-based activities that are designed to promote school wellness in a manner that the district determines is appropriate;
- Nutrition guidelines for all foods available on school campus in accordance with USDA Smart Snacks in Schools competitive foods rules with the objectives of promoting student health and reducing childhood obesity;
- Assurances that guidelines for reimbursable school meals are not less restrictive than the regulations and guidance issued by the U.S. Department of Agriculture (USDA) on the National School Lunch Program and School Breakfast Program.
- A plan for periodically measuring and making available to the public, including students, parents and the community (e.g., as part of the district's Annual Report) an assessment on the implementation of the LSWP, including: 1) the extent to which schools are compliant with the Policy; 2) the extent to which the LSWP compares to the model Wellness School Assessment Tool; and 3) to describe the progress made in attaining goals of the LSWP;
- Involvement of parents, students, representatives of the school food authority, the school board and school administrators, teachers of physical education, school health professionals and the public in developing, implementing, periodically reviewing and updating the LSWP; and
- Designation of one or more district officials to ensure that each school complies with the LSWP.

Or, the district may use the following recommendation, which reflects current laws regarding nutrition and physical fitness that you may want to include in your policy.

The superintendent will 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 will 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 input of staff, students, parents and public health professions in the development of the curriculum is encouraged.

Nutrition, health and fitness topics will be integrated within the sequential, comprehensive health education curriculum taught at every 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. The superintendent will ensure that:

- A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
- Schools will regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and
- Nutritious meals served by the school nutrition and food services operation complies with state and federal law.
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Nutrition

- **Nutrition Standards**

The district will provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs.

Note: If the district sponsors the National School Lunch Program, it must comply with the following Smart Snacks in Schools nutritional guidelines:

All foods sold on campus during the school day (e.g., vending machines, bake sales, school stores) must meet USDA Smart Snacks in Schools standards. No food or drink items will be offered in vending machines unless they have been approved by the principal.

- **Food Services Program**

The district supports the philosophy of the National School Lunch and Breakfast programs and will 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 will require the approval of the board. Expenditures for food supplies shall not exceed the estimated revenues.

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 Meals**

The district will 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 will distribute the Letter to Households and free and reduced price meal applications to all households at the beginning of the school year.

The district will 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.

On test days, the district may provide free, nutritious meals to all students, including those who do not qualify for free or reduced priced federal school meal benefits. However, the district is responsible for the cost of providing meals to students who are ineligible for free and reduced priced meals.

The board of directors may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from local, state and federal assistance (cash and food).

- **USDA Foods**

The district will use USDA Foods made available under the Federal Food Distribution Program for school meal programs.

Physical Education

A. Health and Fitness Curriculum

The superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies.

All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All high school students are required to complete two credits of health and fitness. The district encourages all high schools to offer a variety of health and fitness classes for each grade in the high school.

Suitable adapted physical education will be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities. 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 will 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.

Cross References:	Policy 2020 Policy 2410 Policy 4260	Curriculum Development and Adoption of Instructional Materials High School Graduation Requirements Use of School Facilities
Legal References:	RCW 28A.230.040 RCW 28A.230.050 RCW 28A.235.120 RCW 28A.235.130 RCW 28A.623.020 RCW 69.04 RCW 69.06.010 RCW 69.06.020 RCW 69.06.030 RCW 69.06.050 RCW 69.06.070 WAC 392-410-135	Physical Education – Grades 1-8 Physical Education in High Schools Meal Programs, Establishment and Operation, Personnel Agreements Milk for children at school expense Nonprofit program for elderly — Authorized — Restrictions Intrastate Commerce in Food, Drugs and Cosmetics Food and beverage service worker's permit — Filing, duration — Minimum training requirements Permit exclusive and valid throughout state — Fee Diseased persons — May not work — Employer may not hire Permit to be secured within fourteen days from time of employment. Limited duty permit Physical Education – Grade school and high school requirement.

WAC 392-410-136

Physical Education Requirement-Excuse

7 CFR, Parts 210 and 220

7 CFR, Part 245.5

[Sec. 204 of P.L. 111-296](#)

Healthy, Hunger-Free Kids Act of 2010

Management Resources:

Policy and Legal News, February 2014

Healthy and Hunger Free Kids Act
regulations on school snacks go into
effect July 1, 2014

Policy News, February 2005

Policy News, December 2004

[Wellness School Assessment Tool](#)

Nutrition and Physical Fitness Policy
Nutrition and Physical Fitness Update

[Wellness Policy Tool](#)

Adoption Date: August 27, 2014

Classification: Essential