

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 the district's increased emphasis on nutrition, 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 of Directors to provide students with access to nutritious food, emphasize health education and physical education, and provide students with opportunities for physical activity.

Schools have a critical role in helping students learn and practice healthy eating habits, and in providing the knowledge and skills children need for lifelong physical activity. By practicing healthy behaviors at school, students continue to increase their capacity to learn, reduce absences, and improve physical fitness and mental alertness.

Therefore, it is the intent of the board, through this Local School Wellness Procedure, to provide:

- students with access to nutritious food at school;
- opportunities for physical activity and developmentally appropriate exercise; and
- accurate information related to nutrition and physical activity.

**Wellness Procedure**

The district, through the "Healthy Youth Task Force", will develop and implement a comprehensive wellness procedure 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 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. 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 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 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.

The district's instructional program must include curriculum on health, fitness and nutrition consistent with the Washington state standards. Developmentally appropriate nutrition, health and fitness instruction will be integrated within the sequential, comprehensive health education curriculum utilized at every grade level, and coordinated with the district's nutrition and food services operation. The input of employees, students, parents and public health professionals in the development of the curriculum is encouraged. Evaluation procedures include classroom-based assessment and other strategies.

### **Nutrition Standards**

The district will be proactive in encouraging students to make nutritious food choices. The superintendent is responsible for ensuring that:

- Healthy food choices will be the norm whenever food is sold through the district food services program or provided with district funds.
- No foods of minimal nutritional value, as defined by the USDA, may be sold to students on campus during school hours.
- Employees are encouraged not to use food as a reward in the classroom.
- Access to safe, fresh drinking water is available throughout the school day.
- No carbonated or caffeinated/coffee beverages may be consumed by students in classrooms.
- School breakfasts and lunches meet and preferably exceed the nutritional standards required by Washington State and the National School Lunch Program and the School Breakfast Program, and conform to the U.S. "2005 Dietary Guidelines for Americans."
- 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.

### **Health and Physical Education Program**

The district's K-12 health and physical education programs will be aligned with Washington State Health and Physical Education K-12 Learning Standards and will include, but not limited to, the development of knowledge and skills to be physical active, eat nutritiously, access reliable health information and services, communicate effectively, and 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.
- The district will offer at least two different health and fitness courses for each grade in the high school.
- All student 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).
- In addition to required physical education, students at the elementary level will 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, and co-curricular physical activity programs for secondary students.

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 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.

### **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.

The district will make school facilities available for physical activity programs offered by the school and/or community-based organizations outside of school hours, in accordance with board policy.

Legal References	RCW	28A.210.365	Food choice, physical activity, childhood fitness - minimum standards - district waiver or exemption policy
		28A.230.040	Physical Education 1-8
		28A.230.050	Physical Education in high schools
		28A.230.095	Essential academic learning requirements and assessments - verification reports
		28A.235.120	Meal Programs--Establishment and operation--Personnel for--Agreement
		28A.235.130	Milk for children at school expense
		28A.235.140	School breakfast programs
		28A.235.145	School breakfast and lunch programs - Use of state funds
		28A.235.150	School breakfast and lunch programs - Grants to increase participation - Increased state support
		28A.235.160	Requirements to implement school breakfast, lunch and summer food service programs – Exemptions
		28A.235.170	Washington grown fresh fruit and vegetable grant program
		28A.623.020	Nonprofit meal program for elderly--Authorized--Restrictions
		69.04	Intrastate Commerce in Food, Drugs and Cosmetics
		69.06.010	Food and beverage service worker’s permit — Filing, duration — Minimum training requirements
		69.06.020	Permit exclusive and valid throughout state — Fee
		69.06.030	Diseased persons — May not work — Employer may not hire
		69.06.050	Permit to be secured within fourteen days from time of employment.
		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.
		392-157-125	Time for meals
		392-410-135	Physical Education – grade school and high school requirement
		392-410-136	Physical Education Requirement Excuse
	2CFR	Part 200	Procurement
	7 CFR	Parts 210, 220, and 245.5	School lunch program, school breakfast program, and public announcement of the eligibility criteria