

Nutrition, Health and Physical Fitness

Purpose

This policy expresses the district's intent to emphasize quality nutrition and physical fitness among students to promote strong physical health and learning success.

Scope

This policy informs the Superintendent, administrators, teachers, school food services staff, parents or guardians and students.

Policy

1. The Board of Directors recognizes that children who eat well-balanced meals and engage in regular exercise are more likely to learn in the classroom. Schools, parents or guardians ("parents") and the community share the responsibility of promoting lifelong nutritious habits and physically active lives. The Board supports increased emphasis on quality nutrition, health and physical education, 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 with:

- (a) Access to nutritious food, health education and physical education.
- (b) Opportunities for physical activity.

2. DISTRICT WELLNESS PROGRAM

2.1. To promote the attainment of quality health, the Superintendent or designee will develop and implement a comprehensive, district-wide Wellness Program, which will be consistent with state and federal (U.S. Department of Agriculture) regulations for districts sponsoring the National School Lunch Program, the School Breakfast Program, and the Smart Snacks in School nutrition standards. The Wellness Program, as described in section 2 of this policy and related procedures, will support student instruction on nutrition and physical fitness goals, nutritional standards for food services and sales, and opportunities for physical education and related activities. The input of staff, students, parents and guardians and public health professionals is encouraged.

2.2. Health and Physical Education

2.2.1. The district's K-12 health and physical education programs will be aligned with the Washington State Health and Physical Education Learning Standards and will include, but not be limited to, the development of knowledge and skills to be physically active, eat nutritionally, access reliable health information and services, communicate effectively, and set health-enhancing goals.

2.2.2. Instruction

2.2.2.1. The district will ensure that the following requirements are met:

- (a) All students in grades one (1) through eight (8) receive an average of one hundred (100) instructional minutes per week of physical education per year.
- (b) All high school students are required to complete a minimum of 1.5 semester credits of physical education and .5 semester credit of health education.
- (c) The district will offer a .5 credit course or its equivalent in physical education for each grade in the high school program (grades 9-12).
- (d) All students have equal and equitable opportunities for health and physical education.
- (e) All students, from kindergarten through grade 12, will participate in a quality, standards-based health and physical education program.
- (f) OSPI-developed assessments or other strategies, formerly known as classroom-based assessments (CBAs), will be used in health and physical education.

2.2.2.2. Additionally, schools will conduct an annual review of their P.E. programs. The review must consist of numerous provisions, including:

- (a) The number of individual student completing a P.E. class during the school year.
- (b) The average number of minutes per week of P.E. received by students in grades 1 through 8, expressed in appropriate reporting ranges.
- (c) The number of student granted waivers from P.E. requirements.
- (d) An indication of whether all P.E. classes are taught by instructors who possess a valid health and fitness endorsement.
- (e) The P.E. class sizes, expressed in appropriate reporting ranges.
- (f) An indication of whether, as a matter of policy or procedure, the district routinely modifies and adapts its P.E. curriculum for students with disabilities.
- (g) An indication of whether the district routinely excludes students from P.E. classes for disciplinary reasons.

2.2.2.3. As a best practice and subject to available funding, the district will strive to ensure:

- (a) Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- (b) All schools will have knowledgeable and effective teachers providing instruction.
- (c) All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality health and physical education consistent with state standards.
- (d) All physical education teachers will be encouraged to participate in professional development in physical education.

2.2.3. **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, such as the Comprehensive School Physical Activity Program (CSPAP) recommended by the Centers for Disease Control and Prevention, and will provide and/or promote the following:

- (a) Quality physical education (P.E. class is not to be used or withheld as punishment for any reason)
- (b) Physical activity during the school day (brain boosters/energizers)
- (c) Physical activity before and after school
- (d) Recess (which is not to be used or withheld as punishment for any reason)
- (e) Family and community engagement
- (f) Staff wellness and health promotion
- (g) Active transport (alternatives to motor transportation)
- (h) School district facilities

2.3. **Nutrition and Food Services**

2.3.1. The district supports wholesome and nutritious meals for children in the district's schools and will provide school breakfasts and lunches that meet the requirements for the National School Lunch Program and School Breakfast Program.

2.3.2. The Board authorizes the Superintendent and/or designee(s) to administer the nutrition and food services program in accordance with the goals of the Wellness Program and Policy #6701-Nutrition and Food Services.

- 3. The Superintendent and/or designee(s) will provide for the voluntary involvement of parents or guardians, community members and other stakeholders in the development and

implementation of the district Wellness Program and in the review and updating of this policy.

Related Procedures

6700P1-Nutrition, Health and Physical Fitness

6701P1-Nutrition and Food Services

6701P2-Food Service Accounting

Policy Cross References

6701-Nutrition and Food Services

4260-Use of School Facilities

2410-High School Graduation Requirements

2151-Interscholastic Activities

Policy 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

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 392-172A-02030 – Physical education (special education services)

WAC 392-410-135 – Physical Education – Grade school and high school requirement.

WAC 392-410-136 – Physical Education Requirement-Excuse

7 CFR, Parts 210 and 220

Healthy, Hunger-Free Kids Act of 2010

Management Resources

Policy & Legal News, May 2018 – Student nutrition services

Policy & Legal News, July 2017 – Other updates

Policy & Legal News, April 2017 – Nutrition and Physical Fitness Policy/Procedure revised

Policy & Legal News, June 2015 – Nutrition and Physical Fitness policy and procedure updated

Policy & Legal News, February 2014 – Healthy, Hunger-Free Kids Act regulations go into effect July 1

Recommendations for Waivers in High School Physical Education/Fitness Education – OSPI, September 2013

School 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

Policy History

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