

Nutrition, Health and Physical Fitness

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 and 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.

Wellness Policy

The District, through a wellness committee, will develop and implement a 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 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:

- 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 non-profit 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 non-discrimination 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, to eat nutritiously, to access reliable health information and services, to communicate effectively, and to set health-enhancing goals.

The District will ensure that the following requirements are met:

- All students in grades one through eight (1-8) receive an average of one hundred (100) instructional minutes per week of physical education per year;
- All high school students are required to complete a minimum of three (3) semesters (1.5 credits) of physical education and one semester (.5 credit) of health education;
- The District will offer a one- (1-) 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; and
- OSPI- developed assessments or other strategies will be used in health and physical education, formerly known as classroom-based assessments (CBAs).

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 (1-8), 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.

As a best practice and subject to available funding, the District will strive to ensure:

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

Board Policy 2150 – Co-Curricular Program

Board Policy 2151 – Interscholastic Activities

Board Policy 2161 – Special Education and Related Services for Eligible Students

Board Policy 2162 – Education of Students With Disabilities Under Section 504 of the Rehabilitation Act of 1973

Board Policy 2410 – High School Graduation Requirements

Board Policy 3210 – Non-discrimination

Board Policy 3422 - Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest

Board Policy 4260 – Use of School Facilities

Legal Reference(s)

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

RCW 28A.623.020 – Non-profit 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 Resource(s)

Policy News, July 2017 2010
Policy News, April 2017
Policy News, June 2015
Policy News, February 2014
Policy News, February 2005 – Nutrition and Physical Fitness – Policy
Policy News, December 2004 – Nutrition and Physical Fitness – Update
Comprehensive School Physical Activity Program
OSPI, September 2013 – Recommendations for Waivers in High School Physical Education/Fitness Education
OSPI, January 2013 – Wellness Policy Best Practices
Alliance for a Healthier Generation – Wellness Policies
OSPI – Child Nutrition School Wellness Policy Best Practices for Policy Development, Implementation and Evaluation

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