

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 exercises 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 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 food service agency will require the approval of the Board. Expenditures for food supplies shall not exceed the estimated revenues.

The Superintendent is responsible for:

- annual 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 Schools 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 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.

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. 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.
- 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.
- OSIP-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, 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.
- All physical education teachers will be encouraged to participate in professional development in physical education at least once a year.

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.

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	Non-Discrimination
3244	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
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	
<u>Sec. 204 of P.L. 111-296</u>	Healthy, Hunger-Free Kids Act of 2010

Management Resources:

2018 May Issue

2017 July Issue

2017 April Policy Issue

Policy and Legal News, February 2014

Policy News, February 2005

Policy News, December 2004

Comprehensive School Physical Activity
Program

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

Nutrition and Physical Fitness Policy

Nutrition and Physical Fitness
Update

Adoption Date:07.06; 07.14; 08.18;

Medical Lake School District

Revised: 11.04; 12.04; 02.05; 2.06; 10.07; 12.11; 02.14; 04.17; 07.17; 05.18;