

NUTRITION AND PHYSICAL FITNESS

The board recognizes that children who eat well-balanced meals and are healthy are more likely to be successful in the classroom. Further, the board supports placing a strong emphasis on nutrition as well as physical activity at all grade levels. Therefore it is the policy of the board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to these topics.

The superintendent shall develop and implement a comprehensive, district-wide student wellness program consistent with the state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program and including a comprehensive health, fitness, and nutrition curriculum consistent with the Essential Academic Learning Requirements.

Nutrition

The district shall provide school meals which meet or exceed the nutritional standards required by state and federal school breakfast and lunch programs.

The superintendent shall establish specific guidelines to ensure that:

- A. Healthy foods are available whenever food is sold or served on district property or at district sponsored events;
- B. Schools shall limit the sale or serving of foods or snacks high in fat, sodium or added sugars during school hours; and
- C. Nutritious meals served by the District's food services operation comply with state and federal law.

Food Service Program

The District supports the philosophy of the National School Lunch Program and shall provide wholesome and nutritious meals for children in the District's schools. The Board authorizes the superintendent to administer the food services program.

The district shall provide free and reduced-price breakfasts, lunches, and milk to students according to the terms of the national School Lunch Program and the laws and rules of the state.

The district may provide free, nutritious meals to all children on test days, including students 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 from local, state and federal assistance.

The District shall use food commodities made available under the Federal Food Commodity Program for school menus.

Physical Education/Health/Nutrition Curriculum

The superintendent shall develop and implement a comprehensive physical education, health fitness and nutrition curriculum consistent with the Essential Academic Learning Requirements and related state regulations. The curriculum shall provide opportunities for developmentally appropriate instruction for students in grades K-12. Evaluation procedures will utilize classroom-based assessment or other strategies and will be in place by the end of the 2008-2009 school year.

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.

Cross References:	Board Policy 2100	Instructional Program Offerings.
Legal References:	RCW 28A.230.040	Physical Education – Grades 1-8
	28A.230.050	Physical Education in High School
	28A.235	Surplus or Donated Food Commodities for School Hot Lunch Programs
	28A.235.120	Lunchrooms – Establishment and Operation – Personnel for – Agreement for
	28A.235.130	Milk for children at school expense
	28A.623.020	Nonprofit meal program for elderly – Authorized - Restrictions
	69.04	Foods, Drugs, Cosmetics, and Poisons
	69.06.010	Food service workers permit
	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 180-50-135	Physical Education – Grade school and high school requirement
	7 CFR, Parts 210 and 220	
	7 CFR, Part 245.5	

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