

**WHITE RIVER SCHOOL DISTRICT #416
BOARD POLICY**

No. 6700

6000 MANAGEMENT SUPPORT

Food Services

6700 – Nutrition and Physical Fitness

The board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition 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 access to nutritious food;
- Provide opportunities for physical activity and developmentally appropriate exercise; and
- Provide accurate information related to these topics.

The superintendent shall develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. To implement the program, the superintendent shall adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with the Washington State Learning Standards. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents and public health professions in the development of the curriculum is encouraged.

Nutrition, health and fitness topics shall be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.

Nutrition

Nutrition Standards

The district will provide meals for students that meet the meal pattern requirements for the National School Lunch Program and School Breakfast Program. 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.

Food Services Program

The district supports the philosophy of the National School Lunch and Breakfast programs 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, provided that any decision to enter into a contract with a private food service agency shall require the approval of the board on an annual basis.

Because of the potential liability of the district, the food services program shall not accept donations of food other than as provided in this policy without the expressed approval of the board. Should the board approve a food donation, the superintendent shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school lunch menu.

Free And Reduced-Price Meals

As a sponsor of the National School Lunch Program and School Breakfast Program, the district will provide free and reduced-price breakfasts, lunches to students who qualify for the program. The district will make available the Letter to Households and Free and Reduced-price Meal Applications to all households at the beginning of each school year. The district will protect the identity of students eligible for free and reduced-price meals in accordance with USDA guidelines for confidentiality and disclosure of student eligibility for such meals.

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 set an adult meal price to allow teachers, administrators, and parents to demonstrate their support for school meal programs by occasionally eating with students. The price must be the price charged to students paying the full meal price plus the value of federal reimbursement for paid meals and the USDA Food Value.

Surplus Commodities

The district shall use USDA Foods made available under the Federal Food Distribution Program for school meal programs.

Food Services Procurement

Open bid process

In all applicable cases, food, food products, supplies, and equipment purchased with school food service funds shall be procured in accordance with the process and procedures established in Policy 6220 in a manner that provides full and open competition consistent with the standards in applicable federal regulations.

Conflict of Interest

The following conduct will be expected of all persons who are engaged in the award and administration of contracts supported by School Food Services Program Funds:

1. No employee, officer, or agent of the district shall participate in selection or in the award or administration of a contract supported by Program funds if a conflict of interest, real or apparent, would be involved. Conflicts of interest arise when one of the following has a financial or other interest in the firm selected for the award:
 - a. District employee, officer, or agent;
 - b. Any member of his/her immediate family;
 - c. His/her partner;
 - d. An organization that employs or is about to employ one of the above.
2. District officers and employees are prohibited from accepting gifts of material value (greater than \$50) from companies or organizations doing business or seeking to do business with the district.
3. The purchase during the school day of any food or service from a contractor for individual use is prohibited.
4. The removal of any food, supplies, equipment, or school property such as records, recipe books, and the like is prohibited.
5. The outside sale of such items as used oil, empty cans, and the like will be sold by contract between the district and the outside agency. Individual sales by any school person to an outside agency or other school person is prohibited.

Failure of any employee to abide by the above-stated code may result in disciplinary action, including but not limited to, a fine, suspension, or dismissal.

Physical Education

Health and Fitness Curriculum

The superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs Washington State K-12 Health and Fitness Learning Standards. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies.

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 pursuant to RCW 28A.230.050 for waivers.

Suitable adapted physical education will be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The district is encouraged to provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Cross References:	Board Policy 4260 Board Policy 5255	Use of School Facilities Gifts to Staff
Legal References:	RCW 28A.230.040 28A.230.050 28A.235 28A.235.120 28A.235.130 28A.623.020 69.04 69.06.010 69.06.020 69.06.030 69.06.070 WAC 392-410-135 WAC 392-410-136 7 CFR, Parts 210 and 220 7 CFR, Part 245.5 Sec. 204 of P.L. 111-296	Physical Education – Grades 1-8 Physical Education in High School Surplus or Donated Food Commodities for School Hot Lunch Programs Lunchrooms — Establishment and operation — Personnel for — Agreement for Milk for children at school expense Nonprofit meal program for elderly — Authorized — Restrictions Food, Drugs, Cosmetics, and Poisons Food service worker permit Permit exclusive and valid throughout state — Fee Diseased persons — May not work — Employer may not hire 69.06.050 Permit to be secured within fourteen days from time of employment. Limited duty permitWAC 392-410-135 Physical Education – Grade school and high school requirement. Physical Education – Grade school and high school requirement Physical Education Requirement-Excuse Healthy, Hunger-Free Kids Act of 2010
Management Resources:	<i>Policy News</i> , December 2004 <i>Policy News</i> , February 2005	Nutrition and Physical Fitness Update Nutrition and Physical Fitness Policy

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