

Nutrition and Physical Fitness

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports 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 board's policy to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally-appropriate exercise; and
3. Provide accurate information related to these topics.

The superintendent will develop and implement a 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 will adopt and implement a curriculum on health, fitness and nutrition consistent with state standards. The curriculum will provide opportunities for developmentally-appropriate instruction for grades K-12. Input from staff, students, parents, and public health professionals in the development of the curriculum is encouraged.

Nutrition, health, and fitness topics will be integrated within the sequential health education curriculum and coordinated with the district's nutrition and food services operation.

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. If the district sponsors the National School Lunch Program, it must comply with the following Smart Snacks in Schools nutritional guidelines: All foods and beverages sold to students on campus during the school day (e.g., vending machines, DECA school stores, bake sales, and other school fundraisers) must meet USDA Smart Snacks standards. No food or drink items will be sold unless they have been approved by the principal or school official responsible for oversight as designated in the LSWP.

Food Services Program

The district 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 private food service management company will require the approval of the board. Expenditures for food supplies shall not exceed the estimated revenues.

Because of the potential liability of the district, the food services program will 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.

As a sponsor of the National School Lunch Program and School Breakfast Program, the district will provide free and reduced-priced breakfasts and lunches to students who qualify in accordance with the program. The district will distribute 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 ESDA guidelines for confidentiality and disclosure of student eligibility for such meals.

On test days, the district may provide free, nutritious meals to all students, including those who do not qualify for free or reduced priced federal school meal benefits. However, the district must use non-federal funds to cover the cost of providing such 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.

The district will 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 funded 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 of 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 employees or is about to employ one of the above.
2. District employees, officers, or agents shall neither solicit nor accept gratuities, favors, or anything of monetary value from contractors, potential contractors, or parties to subagreements.
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 items such 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 will adopt and implement a health and fitness curriculum consistent with state standards. The curriculum will provide opportunities for developmentally-appropriate instruction.

All students in grades one through eight are required to complete an average of 100 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 unless waived as permitted by law. The district encourages all high schools to offer a variety of health and fitness classes for each grade in the high school.

Suitable adaptive physical education will be included as part of individual education plans or 504 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 will have the opportunity to participate in daily recess and physical activity. The district will provide a daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The district may also provide co-curricular physical activity programs, including inclusive intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered outside of school hours by the school and/or community-based organizations.

Cross References:	Board Policy 4260	Use of School Facilities
Legal References:	RCW 28A.230.040 28A.230.050 28A.210.365 28A.230.095 28A.235 28A.235.120 28A.235.130 28A.623.020 69.04 69.06.010 69.06.020 69.06.030	Physical Education – Grades 1-8 Physical Education in High Schools Food choice, physical activity, childhood fitness – minimum standards – district waiver or exemption policy Essential academic learning requirements and assessments – verification reports Food Services Meal Programs — Establishment and Operation — Personnel — Agreements Milk for children at school expense Nonprofit program for elderly — Authorized — Restrictions Intrastate Commerce in Food, Drugs and Cosmetics Food and beverage service worker's permit — Filing, duration — Minimum training requirements 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.
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.
WAC392-172A-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	
7 CFR, Part 245.5	
Healthy, Hunger-Free Kids Act of 2010	

Management Resources:

<i>Policy News</i> , June 2015	Recommendations for Waivers in High School Physical Education/Fitness Education, OSPI (September 2013)
<i>Policy News</i> , December 2004	Nutrition and Physical Fitness Update
<i>Policy News</i> , February 2005	Nutrition and Physical Fitness Policy