

MANAGEMENT SUPPORT

NUTRITION AND PHYSICAL FITNESS

The Board recognizes that childhood obesity is a concern 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:

- 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.

Nutrition Standards

The district shall make a positive effort to encourage students to make nutritious food and beverage choices. The district will take the following actions:

- A. Within its scope, provide a variety of healthy food choices whenever food is sold or served on district property or at district-sponsored events.
- B. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars.

The district will comply with state and federal guidelines related to nutrition education, physical activity, and other school-based activities that are designed to promote school wellness.

The district shall provide school breakfasts and lunches that meet the school meal nutritional standards required by state and federal school breakfast and lunch programs. Meals served in school before the end of the last lunch period shall conform to the US Dietary guidelines for Americans.

The Superintendent or designee shall establish district guidelines for the sale of foods and beverages of minimal nutritional value, as defined by the US Department of Agriculture, during the school day to encourage the development of healthy eating habits.

Any food sales of an occasional nature must have the prior approval of the building principal. No food or drink items shall be offered in vending machines unless they have been approved by the building principal and/or meet district guidelines. The district will comply with applicable state or federal guidelines, including Smart Snacks in School Nutrition standards.

MANAGEMENT SUPPORT

Nutrition and Physical Fitness (continued)

Students/parents/guardians/staff are permitted to bring commercial foods to school that do not meet the Smart Snacks standards on special occasions such as classroom incentives and celebrations and parties.

Only those foods that meet the Smart Snacks in School Nutrition standards or applicable state/federal standards will be marketed by the district.

Food Service Program

The district supports the philosophy of the National School Breakfast and Lunch Programs and shall provide wholesome and nutritious breakfast and lunches 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.

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 express 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 breakfast or lunch menu.

Free and Reduced-Price Food Services

The district shall provide free and reduced price breakfast, lunches and milk to students according to the terms of the National School Breakfast and Lunch Programs and the laws, rules of the state. The district shall inform parents of the eligibility standards for free or reduced price breakfast or lunches. Reasonable efforts shall be made to protect the identity of students receiving such breakfast or lunches.

A parent has the right to appeal any decision with respect to his/her application for free or reduced price food services to the superintendent.

The Board of Directors may establish a program whereby school breakfast or lunches 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 breakfast or lunch cost paid for from state and federal assistance (cash and food).

Surplus Commodities

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

MANAGEMENT SUPPORT

Nutrition and Physical Fitness (continued)

Physical Fitness

The district will adopt and implement a health and fitness curriculum that is consistent with the grade level expectations (GLEs).

Public Involvement/Public Updates/Policy Leadership/Evaluation Plan

The Superintendent will establish procedures that address public involvement, public updates, policy leadership and an evaluation plan.

Legal References:	RCW 28A.230.040, 050 28A.235 28A.235.120 28A.235.130 28A.623.020 69.04 69.06.010 69.06.020 69.06.030 69.06.050 69.06.070 WAC 180-50-135 WAC 180-51-085 7 CFR, Parts 210 and 220 7 CFR, Part 245.5	Physical Education 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 Permit to be secured within fourteen days from time of employment. Limited duty permit Physical Education Physical Education Requirement-Excuse
-------------------	---	--

Revised: 7/19/05, 8/15/17
Adopted: 3/19/02