

MANAGEMENT SUPPORT

Nutrition, Health, and Physical Education

The Pullman School District Board of Directors recognizes that a healthy school environment prepares students for college, careers, and successful futures. Students who eat well-balanced meals and engage in regular exercise are more likely to learn in the classroom. The board supports the district's increased emphasis on nutrition, health, 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. The board recognizes the benefits of scheduling a reasonable amount of time to eat lunch for every student and scheduling recess before lunch for elementary students if feasible. Therefore, to the extent appropriate and feasible, the superintendent will strive to identify and remove barriers to these practices and periodically report back to the board.

I. Wellness Advisory Committee

The superintendent or designee will convene and conduct meetings of a Nutrition and Physical Fitness Wellness Advisory Committee (WAC) to assist in development of the district wide nutrition and physical fitness policy and goals. The committee may include food service directors and staff, parents, building level administrators, school board members, students, nutritionists, health care professionals, physical education staff, the public, and interested community organizations. The WAC will provide an annual report to the superintendent or designee for review and will regularly assess program compliance and progress made in attaining goals.

II. 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.

The wellness policy, its current goals, and meeting times of the Wellness Advisory Committee will be posted on the Pullman School District website. Comments, suggestions, or requests related to the district wellness policy should be directed to the district office, (509) 332-3581 or info@psd267.org. Public comment and input regarding the wellness plan are welcomed and encouraged.

III. Nutrition and Food Services Program

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

The superintendent or designee is responsible for:

- A. Annually distributing meal applications and determining eligibility for school meals;
- B. Protecting the identity of students eligible for free and reduced-price meals;
- C. Ensuring meals meet USDA meal pattern requirements;
- D. Ensuring meal periods are in compliance with USDA regulations;
- E. Establishing a Food Safety Plan;
- F. Determining meal prices and submitting them to the board for approval annually;
- G. Using the full entitlement of USDA Foods;
- H. Maintaining a nonprofit school food service account;

- I. Ensuring all revenues are used solely for the school meal program;
- J. Establishing a meal charge policy if not serving meals at no cost to students;
- K. Accommodating children with special dietary needs;
- L. Ensuring compliance with USDA nondiscrimination policies;
- M. Following proper procurement procedures; and
- N. Ensuring compliance with the Smart Snacks in School standards.

IV. 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 be 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:

- A. All students in grades one through eight receive an average of one hundred instructional minutes per week of physical education per year.
- B. All high school students are required to complete a minimum of three semesters (1.5 credits) of physical education and one semester (.5 credit) of health education.
- C. Any student who is excused from participation on account of physical disability, employment, religious belief, participation in directed athletics or military science and tactics, or for other good cause will be required to demonstrate proficiency/competency in the knowledge portion of the fitness requirement, in accordance with district policy.
- D. The district will offer a one-credit course or its equivalent in physical education for each grade in the high school program (grades 9-12).
- E. All students have equal and equitable opportunities for health and physical education.
- F. All students, from kindergarten through grade 12, will participate in a quality, standards-based health and physical education program.
- G. OSPI 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:

- A. The number of individual students completing a PE class during the school year;
- B. The average number of minutes per week of PE received by students in grades 1 through 8, expressed in appropriate reporting ranges;
- C. The number of students granted waivers (excused from participation) from PE requirements;
- D. An indication of whether all PE classes are taught by instructors who possess a valid health and fitness endorsement;
- E. The PE class sizes, expressed in appropriate reporting ranges;
- F. 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
- G. An indication of whether the district routinely excludes students from PE classes for disciplinary reasons.

The district will explore and implement best practices related to health and fitness.

V. 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:

- A. Quality physical education;
- B. Physical activity during the school day (brain boosters/energizers);
- C. Physical activity before and after school;
- D. Recess (which will not be used or withheld as punishment for any reason);
- E. Family and community engagement;
- F. Staff wellness and health promotion;
- G. Active transportation; and
- H. School district facilities.

Cross Reference(s):

Board policy, 2150/P	Co-curricular Program
Board policy, 2151/P	Interscholastic Athletics
Board policy, 2161/P	Special Education and Related services for Eligible Students
Board policy, 2162/P	Education of Students with Disabilities Under Section 504 of the Rehabilitation Act of 1973
Board Policy, 2410/P	High School Graduation Requirements
Board policy, 3210/P	Nondiscrimination
Board policy, 3422/P	Student Sports – Concussion, Head Injury and Sudden Cardiac Death
Board Policy, 4260/P	Use of School Facilities

Legal Reference(s):

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 meal 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 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	

Management Resources:

<i>Policy News</i> , December 2004	Nutrition and Physical Fitness Update
<i>Policy News</i> , February 2005	Nutrition and Physical Fitness Policy
<i>Wellness Policy Best Practices, OSPI (January 2013)</i>	
<i>Recommendations for Waivers in High School Physical Education/Fitness Education, OSPI (September 2013)</i>	
<i>Policy News</i> , February 2014	
<i>Policy News</i> , June 2015	
<i>Comprehensive School Physical Activity Program</i>	
<i>Policy News</i> , April 2017	
<i>Policy News</i> , July 2017	Nutrition, Health Physical Fitness

Policy News, May 2018

Policy News, February 2020

Policy News, June 2022

Helping School Districts Translate Law into Action

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