

MANAGEMENT SUPPORT

Nutrition and Physical Fitness

1.0 Local School Wellness Policy (LSWP)

The District will convene an advisory committee to assist in ongoing development and monitoring of the district-wide LSWP. The committee may include parents, students, representatives of the school food authority, the school board and school administrators, teachers of physical education, school health professionals and the public.

2.0 School Meal Programs and Competitive Foods

The district will follow the USDA meal patterns for the National School Lunch Program, School Breakfast Program, and Smart Snacks in School standards for all food and beverages sold to students on school campus during the school day. These are available at http://www.fns.usda.gov/cnd/governance/legislation/allfoods_flyer.pdf. While students/parents/guardians are permitted to bring commercial foods to school that do not meet the Smart Snacks standards on occasions such as birthdays and holiday celebrations, the district will encourage healthy food choices in all school operations.

2.1 Celebrations and Rewards

- 2.1.1 Classroom celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
- 2.1.2 Classroom snacks and treats brought by parents. The district will provide to parents a list of foods and beverages that are nut-free that parents may choose from. All food must be dropped off at the school office and will be distributed to the classroom at the appropriate time.
- 2.1.3 All food must be store purchased, pre-packaged, labeled with ingredients. Home prepared or home packaged food will not be allowed.
- 2.1.4 Students are discouraged from distributing candy and other food to classmates. If the student makes the choice to do this, it must be done under staff supervision in accordance with policy and procedure.
- 2.1.5 There will be no impromptu food parties. These events will be calendared at the beginning of the year on each classroom's calendar. All parents will receive notification. Parents will be given at least one week's advanced notice of any changes to the calendar. This will help parents of students with allergies and other health issues related to food to be able to plan ahead for events.
- 2.1.6 Rewards and incentives. The district will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

2.2 Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards may be sold through fundraisers on the school campus during the school day. The district will make available to parents and teachers a list of healthy fundraising ideas.

2.3 Water

To promote hydration, free, safe, and unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

3.0 School Cafeteria

- 3.1 Any student may eat in the school cafeteria or other designated place.
- 3.2 Meal prices will be established by the Executive Director of Support Services and Food Service Supervisor, with the approval of the board at the beginning of each year.
- 3.3 Healthy option foods should be competitively priced.
- 3.4 Meal prices will be conspicuously posted in each cafeteria or designated meal area.

4.0 Unpaid Meal Charges

The goal of the Pullman School District's breakfast and lunch program is to provide healthy meals to children during the school day, while maintaining a financially secure program. You play a key role in this effort! By keeping current on your student's account balance, it ensures all children at our schools have access to the food they need to focus in the classroom.

Please note that one may apply for free/reduced meals at any time throughout the school year. The application form can be picked up at any school office or found online on the Pullman School District website, www.pullmanschools.org. In addition, households struggling to pay back a negative balance may develop a repayment plan with the approval of the Pullman School District administration.

Unpaid meal charges will be carried over at the end of the school year (i.e., beyond June 30) as delinquent debt and collection efforts may continue into the new school year.

Graduating seniors must pay off fines or balances due. Graduating students with a positive meal balance may request a refund through a verbal or written request. Funds can also be transferred to a sibling's account or donated to help a student in need.

When a household has been repeatedly notified and payment has not been received, at a threshold of negative \$75.00, collection procedures will be initiated. In addition, when a student leaves the district owing a negative balance greater than negative \$25.00, collection procedures will be initiated. Households will receive a Notification/Notice of Adverse Action stating collection procedures have begun.

If there are situations that arise which contribute to an inability to repay the balance due, please contact the school foodservice director, school counselors or the school principal to discuss potential sources of gifted funds that may be available.

5.0 Nutrition and Food Services Operation

In order to support the school's nutrition and food services operation as an essential partner in the educational mission of the district and its role in the district's comprehensive nutrition program, the superintendent is responsible for:

- Encouraging students to participate in the school meal programs.;
- Providing varied and nutritious food choices consistent with the applicable school meal program guidelines; and
- Providing that:
 - Students have adequate time to eat their entire meal;
 - Seating for meals is uncrowded and occurs in a pleasant and safe environment;
 - Rules for mealtime behavior are consistently enforced;
 - Mealtime supervision is appropriate;
 - When scheduling allows, Elementary student recess held in conjunction with the lunch period occurs prior to, not immediately following, the lunch period; and
 - Buses arrive in time for students to participate in the School Breakfast Program.

6.0 Staff Development

- 6.1 Ongoing in-service and professional development training opportunities for staff in the area of food nutrition will be encouraged.

7.0 Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal/designee is responsible for ensuring:

- 7.1 Nutrition education materials and breakfast and lunch menus are made available to parents;
- 7.2 Parents are encouraged to promote their child's participation in the school meals program. If their children do not participate in the school meals program, parents will be encouraged to provide their children with healthy snacks/meals;
- 7.3 Families are invited to attend exhibitions of student nutrition projects or health fairs;

- 7.4 Nutrition education curriculum includes activities that students can do with their families (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.); and
- 7.5 School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
- 7.6 School staff considers the various cultural preferences in development of nutrition education programs and food options.

8.0 Nutrition Education

- 8.1 A district's K-12 nutrition education curriculum shall be in alignment with the Washington State K-12 Learning Standards.
- 8.2 A district's nutrition education K-12 curriculum should include, but not be limited to, the following:
- 8.3 Age-appropriate nutritional knowledge, including:
 - understand the relationship of nutrition and food nutrients to physical performance and body composition;
 - learn the benefits of healthy eating;
 - understand essential nutrients;
 - learn about nutritional deficiencies;
 - understand the principles of healthy weight management;
 - understand the use and misuse of dietary supplements;
 - learn safe food preparation, handling, and storage;
 - appreciate cultural diversity related to food and eating;
- 8.4 Age-appropriate nutrition-related skills, including:
 - Gather and analyze health information;
 - Analyze nutrition information to plan and prepare a healthy meal,
 - Understand and use food labels,
 - Evaluate nutrition information, misinformation, and commercial food and advertising; and Assess one's personal eating habits, set goals for improvement, and achieve those goals.

9.0 Physical Education and Physical Activity

Health and Fitness Curriculum:

It is the district's position that all students have equal and equitable opportunities for health and physical education in our schools. The District's K-12 curriculum shall be in alignment with the Washington State K-12 Learning Standards. The goals of the district are:

- 9.1 All children, from 1st grade through grade 12, will participate in a quality, standards-based health and physical education program;
- 9.2 OSPI-developed assessments or other strategies will be used in Health and Fitness/Physical Education, formerly known as classroom-based assessments (CBAs).
- 9.3 The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment necessary. The district will ensure that any student eligible for special education will be provided appropriate physical education services.
- 9.4 All schools will have certificated physical education teachers providing instruction; and
- 9.5 All schools will strive to have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with state and national standards.

A physical education curriculum includes instruction and practice in a variety of motor skills and movement patterns; knowledge of concepts related to movement and performance; knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness; responsible personal and social behavior; and values physical activity for health and enjoyment.

10.0 Physical Education Requirements and Waiver Policy

- 10.1 Two health and fitness credits (.5 credit health; 1.5 credits fitness). Students may be excused from the fitness requirement under RCW 28A.230.050. Such excused students shall be required to demonstrate

proficiency/competency in the knowledge portion of the fitness requirement, in accordance with written district policy (**WAC 180-51-067 (5)**)

- 10.2 All high schools of the state shall emphasize the work of physical education, and carry into effect all physical education requirements established by rule of the superintendent of public instruction: PROVIDED, That individual students may be excused from participating in physical education otherwise required under this section on account of physical disability, employment, or religious belief, or because of participation in directed athletics or military science and tactics or for other good cause ([RCW 28A.230.050](#)).

11.0 Physical Activity

- 11.1 All students, (1-12), will participate in a Comprehensive School Physical Activity Program.

A Comprehensive School Physical Activity Program (CSPAP) is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement.

- 11.2 Physical activity during the school day (including but not limited to recess, brain boosters/energizers, or physical education) will not be used or withheld as punishment for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

12.0 Recess

Each school will offer physically active daily recess opportunities that align with state and national recess recommendations and maintain safe and age-appropriate equipment to use during recess. Recess monitors or teachers will encourage students to be active. Recess will complement, not substitute for, physical education class.

13.0 Staff Development

Ongoing in-service and professional development training opportunities for staff in the area of health education, physical education and physical activity will be encouraged.

14.0 Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school principal is responsible for ensuring:

- Physical education activity ideas are sent home with students;
- Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities;
- Families are invited to attend and participate in physical education activity programs and health fairs;
- Physical education curriculum includes homework that students can do with their families;
- School staff consider the various cultural preferences in development of physical education programs; and
- School staff is encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

15.0 School District Facilities

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the district's facilities use policy, community college, and municipal joint use agreements and partnerships with youth organizations so additional opportunities are available for all youth in the community to participate in quality physical activity, fitness, sports, and recreation programs.

16.0 Active Transport

The district will identify safe and active routes to and from school to promote alternative transport methods for children, such as walking and bicycle programs. The district will encourage this behavior by engaging and promoting activities such as:

- Designation of safe or preferred routes to school;

- Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week;
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area);
- Instruction on walking/bicycling safety provided to students;
- Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper;
- Use of crossing guards;
- Creation and distribution of maps of the school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.).

17.0 Program Evaluation and Assessment

A plan for periodically measuring and making available to the public, including students, parents and the community (e.g., as part of the district's Annual Report) an assessment on the implementation of the LSWP including:

- 17.1 The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- 17.2 The extent to which the District's wellness policy compares to the model Wellness School Assessment Tool; and
- 17.3 A description of the progress made in attaining the goals of the District's wellness policy.

Cross Reference(s):

Board Policy 2410 High School Graduation Requirements
Board Policy 4260 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 in grades one through eight
RCW 28A.230.050 Physical Education in High Schools
RCW 28A.235 Food Services
RCW 28A.235.120 Meal Programs—Establishment and operation—Personnel - Agreements
RCW 28A.235.130 Milk for children at school expense
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 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

Management Resources:

Policy News, December 2004 Nutrition and Physical Fitness Update
Policy News, February 2005 Nutrition and Physical Fitness Policy
Policy News, December 2011
Policy News, February 2014
Policy News, June 2015

Approved: April 2006
Revised: January 12, 2011
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