

## **NUTRITION AND FITNESS**

The board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight students are at a higher risk for developing severe long-term health problems, and overweight students 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.

Students 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:

- A. Access to nutritious food;
- B. Opportunities for physical activity and developmentally appropriate exercise;
- C. A physical education program as required by law, and
- D. Accurate information related to these topics.

The Port Angeles School board of directors is committed to the optimal development of every student. The Board of Directors believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

To clarify the district's role in supporting students, the following core wellness beliefs are adopted:

- Students should have equitable access to healthy foods and potable water throughout the school day – both through reimbursable school meals and other foods available throughout the school campus that meet or exceed Federal and State nutrition standards;
- Students should be given adequate time to obtain and consume meals in an environment that encourages healthy eating;
- Students should receive quality evidence-based health education, physical education, and nutrition education allowing them to develop lifelong healthy behaviors;
- Students should have adequate opportunities to be physically active before, during, and after school, including adequate recess and regular physical activity breaks;
- Students should be provided equitable access to healthy food and opportunities for physical activity with appropriate accommodations and modifications to school meals, nutrition education, physical education and physical activity;
- Foods that do not meet USDA Smart Snacks standards should not be marketed or sold on school grounds during the school day;
- School staff should be encouraged to promote healthy nutrition and support physical activity; including not using food as a reward, scheduling recess before lunch, and practicing healthy celebrations;
- Each school should include a Wellness Goal in their Comprehensive School Improvement Plan (CSIP)

The superintendent will 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 will adopt and implement a comprehensive curriculum on health, physical education, ~~and~~ nutrition consistent with Washington State Learning Standards. The curriculum will provide opportunities for developmentally appropriate instruction for grades K12. The input of staff, students, parents/guardians and public health professions in the development of the curriculum is encouraged.

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

A.

The superintendent will, in concert with applicable Board policy, consult with the district's food service vendor to encourage the purchase of fresh, locally grown food products for the district's food service program.

### **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. The district will 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, 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 Nutrition and Fitness Policy.

### **Food Services Program**

The district supports the philosophy of the National School Lunch and School Breakfast Programs and will provide wholesome and nutritious meals for children in the district's schools. The board of directors authorizes the superintendent to administer the food services program, provided that any decision to enter into a contract with a private food service ~~agency~~ 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 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 lunch menu.

As a sponsor of the National School Lunch Program and School Breakfast Program, the district will provide free and reduced-price 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 USDA 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/guardians 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.

### **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 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 any 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 sub-agreements.
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 and Physical Activity**

### **Health and Physical Education Curriculum**

The superintendent shall adopt and implement a comprehensive health and physical education curriculum consistent with the Washington State K-12 Health and Fitness Learning Standards. The health and physical education curriculum will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. All students in grades one through eight shall be required to receive an average of one hundred and fifty instructional minutes per week of physical education per year. All high school students are required to complete a minimum of .5 credits of health and 1.5 credits of physical education. The district shall offer a one credit course or its equivalent in physical education for each grade in the high school program (grades 9 – 12).

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.

All students will be provided equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow opportunity for equitable participation by all students and will reasonably adapt physical education classes and equipment as necessary. The district will ensure that any student eligible for special education will be provided appropriate physical education services.

### **Recess**

In addition to required physical education, the district will provide students with physically active daily recess opportunities. Recess will complement, not substitute, for physical education class.

### **Physical Activity**

The district will attempt to provide physical activity before, during, and after school. This includes a variety of school-based physical activities to enable all students to participate in 60 minutes of physical activity each day. District teachers will provide short (2-3 minute) physical activity breaks/brain boosters to students during classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. Physical activity during the day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason.

Active transport will be encouraged in schools to promote alternative transport methods for children, such as pedestrian and bicycle safety programs.

The district is encouraged to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

### **Waivers for Physical Education**

Two health and fitness credits are required (.5 credit health education; 1.5 credits fitness/physical education). Students may be excused from the fitness requirement under RCW 28A.230.050. Such excused students will be required to demonstrate proficiency/competency in the knowledge portion of the fitness requirement, in accordance with written district policy.

- A physical education waiver is defined as:
  - Released from physical education class
  - Not receiving credit; and
  - Accountable for the knowledge portion of physical education, per statute.

Cross References:	Board Policy 2100 Board Policy 4260 2410	Instructional Program Offerings Use of School Facilities High School Graduation Requirements
Legal References:	RCW 28A.210.365  RCW 28A.230.040 28A.230.050 28A.230.095  <del>28A.235</del> 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 180-51-068  WAC 392-172A-02030	Food choice, physical activity, childhood fitness – minimum standards – district waiver or exemption policy Physical Education – Grades 1-8 Physical Education in High Schools Essential academic learning requirements and assessments – verification reports <del>Food Services</del> Meal Programs – Establishment and Operation – Personnel -- Agreements Milk for children at school expense Nonprofit meal 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 Permit to be secured within fourteen days from time of employment. Limited duty permit  State subject and credit requirements for high school graduation – Students entering the ninth grade on or after July 1, 2015  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**

**7 CFR 3016.36 Procurement**

Management Resources: 2015 – June Issue  
Recommendations for Waivers in High School Physical Education/Fitness Education, OSPI (September 2013)

2014 – February Issue  
OSPI, January 2013 Wellness Policy Best Practices, OSPI (January 2013)

Policy News, February 2005 Nutrition and Physical Fitness Policy  
Policy News, December 2004 Nutrition and Physical Fitness Update

**Adoption Date: 2/12/2007**

**Revision: 6/22/2009**

**First Reading: 2/25/2016**

**Second Reading: 3/10/2016**

