

NUTRITION AND PHYSICAL FITNESS

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. Research indicates that becoming physically active and maintaining a regular physical activity program significantly increases the likelihood that children maintain a healthy weight and reduces the risk of some cancers, diabetes and other chronic diseases.

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:

- Access to nutritious food;
- Opportunities for physical activity and developmentally appropriate exercise; and
- Accurate information related to these topics.

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

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

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

- A. Encourages healthy food choices being available whenever food is sold or served on district property or at district-sponsored events;
- B. Regulating the sale or serving of foods or snacks high in fat, sodium or added sugars; and
- C. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

Nutrition

Nutrition Standards

The district shall provide meals that meet meal pattern requirements for the National School Breakfast and Lunch programs.

All foods sold on campus during the school day (e.g., vending machines, bake sales, school stores) must meet USDA Smart Snacks in Schools standards. No food or drink items will be sold unless they have been approved by the principal or the school official responsible for the oversight as designated in the local school wellness policy (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-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 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 funds 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 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 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

Health and Fitness Curriculum

The superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the Washington State K-12 Health and Fitness Learning Standards. The health and physical education curriculum will promote the benefit 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 instructional minutes per week of physical education per year. All high school students are required to complete 0.5 credits of health and 1.5 credits of physical education. The district shall offer one credit course or its equivalent in physical education for each grade in the high school program (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. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

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, upon written request of a parent or guardian on account of physical disability, employment or religious belief or because of participation in directed athletics or military science and tactics. This shall not alter the credit requirements established by the board (Policy 2410).

- A physical education waiver is defined as:
 - Released from physical education class (not taking physical education at all);
 - Not receiving credit; and
 - Accountable for the knowledge portion of physical education, per statute].

Wellness/Nutrition & Physical Education Advisory Committee

The district's Wellness/Nutrition & Physical Education Advisory Committee will be comprised of representatives from the following categories: parents, students, school health professionals, food service staff, teachers of physical education, school board and school administrators. The superintendent will be responsible for convening the advisory committee to develop, update and periodically measure progress toward the attainment of Nutrition and Physical Fitness Goals.

Nutrition and Physical Fitness Goals

Nutrition Guidelines

- A. RSD will meet or exceed all current nutrition guidelines for food service meals.
- B. All foods sold to students on campus during the school day not provided through food service will meet USDA Smart Snacks in Schools standards.

Nutrition Education

- C. RSD will require our food service vendors to market healthy choices by providing posters and/or kiosks with nutritional information.
- D. RSD will require our food service vendors to include nutrition information on monthly lunch menus.
- E. RSD students will participate in cafeteria-based nutrition education programs, such as *Eat, Learn, Live*.

- F. RSD will encourage our food service vendors to participate in programs which increase the amount of locally grown agriculture served in our school meal programs, such as the Washington State Department of Agriculture Farm-to-School Program.

Nutrition Promotion

- G. RSD will increase the availability of healthy food options when offering food concessions, by including two whole foods and/or items meeting the national nutritional HUSSC Bronze, Silver or Gold Standard requirements.
- H. RSD will require our food service vendor to increase students' exposure to new and different healthy foods, through activities such as Taste Testing Days.
- I. RSD will promote good student nutrition to parents through in electronic and/or printed "Food Matters" newsletters.

Physical Activity

- J. RSD will administer on-going fitness assessments, such as the PACER.
- K. RSD will promote physical activity before school, after school and during lunch periods by making gyms, walk/run clubs and/or equipment available when feasible.
- L. RSD will incorporate physical activity into fundraising through annual walk-a-thons, etc.

The superintendent or a designee will be responsible for ensuring compliance with the policy.

Cross References:	Board Policy 4260 Board Policy 2410	Use of School Facilities High School Graduation Requirements
Legal References:	RCW 28A.210.365 28A.230.040 28A.230.050 28A.230.095 28A.235 28A.235.120 28A.235.130 28A.623.020 69.04 69.06.010 69.06.020	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. 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

69.06.030	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
WAC 392-172A-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	
Sec. 204 of P.L. 111-296	Healthy, Hunger-Free Kids Act of 2010
7 CRF 3016.36	Procurement

Management Resources:

	2015 – June Issue
	Recommendation sfor Waivers in the High School Physical Education/Fitness Education, OSPI (September 2013)
<i>Policy and Legal News</i> , February 2014	Healthy and Hunger Free Kids Act regulations on school snacks go into effect July 1, 2014
	Wellness Policy Best Practices, OSPI (January 2013)
<i>Policy News</i> , February 2005	Nutrition and Physical Fitness Policy
<i>Policy News</i> , December 2004	Nutrition and Physical Fitness Update