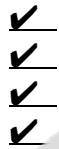


NUTRITION AND PHYSICAL FITNESS

The board recognizes that childhood obesity has reached epidemic levels 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 better able to learn in the classroom. The board supports increased emphasis on nutrition and physical activity at all grade levels to enhance the well-being of our district's students. The Board of the Board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and exercise; and
- C. Provide accurate information.



The Board of Education shall ensure that the nutrition program is implemented in accordance with the National School Lunch Act. At the time of the program, the superintendent shall submit a plan on health, fitness and nutrition concerns to the Board of Education (EALRs). The curriculum will include appropriate instruction for grades K – 12. The input of school health professionals in the development of the curriculum is encouraged.

Evaluation procedures shall be implemented assessment or other strategies and will be in place by the end of school year.

Nutrition and physical education 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. A variety of healthy food choices are available 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; 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 school breakfasts and lunches which meet the 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 U.S. Department of Agriculture's Guidelines for Americans.

The superintendent shall establish rules for the school day to encourage the eating of nutritious breakfasts and lunches. The district shall ensure that the nutritional value, as defined by the U.S. Department of Agriculture, of meals served on school premises before 30 minutes after the start of the school day is met.

Any food sales of an occasional nature, such as those from vending machines shall be limited to items that are nutritious and healthy. The district shall provide options. No food or beverage shall be sold on school premises unless it is approved by the board of directors.

The board of directors shall have the authority to approve or disapprove all programs and shall have the authority to approve or disapprove any decision made by the superintendent. The board shall have the authority to enter into any contract that requires the approval of the board. Expenditures for the purchase of food and supplies for the school nutrition program shall be approved by the board of directors.

Because of the nature of the school nutrition program, the program shall not accept donations of food or supplies without the expressed approval of the board. Should the board of directors approve a donation, the superintendent shall establish inspection and handling procedures to ensure that the provisions of all state and local laws have been met before the food is used in the school lunch menu.

Free And Reduced-Price

The district shall provide free or reduced-price breakfasts, lunches and milk to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. 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 district may provide free, nutritious meals to all children on test days, including students who do not qualify for free or reduced priced federal school meal benefits, however, the district is responsible for the cost of providing meals to students who are ineligible for free and reduced priced meals..

The board of directors may establish a program whereby school meals 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 lunch cost paid for from local, 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.

Physical Education

Curriculum

The superintendent shall adopt and implement a comprehensive physical education and fitness curriculum consistent with the Essential Academic Learning Requirements. The curriculum will provide opportunities for developmentally appropriate activities for students K – 12. Evaluation procedures will utilize classroom-based assessment. The curriculum shall be in place by the end of school year 2008-2009.

Middle school students shall have a minimum of 150 minutes of physical education per week. The student's target heart rate zone, which shall be determined by the student's age, shall be used to measure fine motor skills, progressive physical fitness, and appropriate physical education activities. All students shall be provided with an opportunity to participate in at least one hundred instructional minutes of physical education per week. The district shall employ a minimum of one hundred instructional minutes of physical education per week. The district shall be required to comply with the Washington State Physical Education Standards. The district shall offer a variety of physical education activities.

Suitable facilities shall be provided for physical education activities. The district shall provide that suitable facilities for physical education activities.

In addition, the district shall encourage students to participate in daily physical activity. The district shall provide a minimum of thirty minutes of physical education for elementary school students. The district shall provide a minimum of forty minutes of physical education for middle school students. The district shall encourage students to participate in physical education programs, including fully inclusive interscholastic programs. The district shall promote the use of school facilities for physical education activities and/or community-based organizations outside of school hours.

- Cross References: Board Policy 2100
- Board Policy 4260
- Legal References: RCW 28A.230.040
- 28A.230.050
- 28A.235
- 28A.235.120
- 28A.235.130
- 28A.623.020
- 69.04

- Instructional Program Offerings
- Use of School Facilities
- Physical Education – Grades 1-8
- Physical Education in High School
- 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

Policy No. 6700
Management Support

69.06.010	Food service worker permit
69.06.020	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	Limit duty permit
WAC 180-50-135	ation – Grade school an high irement.
WAC 180-51-085	Requirement-Excuse
7 CFR, Parts 210	
7 CFR, Part 5	

Adoption Date:
School District Name:
Revised: 8.04
Classification: Essential