

NUTRITION, HEALTH AND PHYSICAL FITNESS

The board 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 and 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 recognized the benefits of scheduling at least 20 minutes of seat time for lunch for every student and scheduling recess before lunch for elementary students. 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.

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.

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 will not exceed the estimated revenues.

The Superintendent/or designee is responsible for:

- Distributing meal applications and determining eligibility for school meals;
- Protecting the identity of students eligible for free and reduced-price meals;
- Ensuring meals meet USDA meal pattern requirements;
- Ensuring meal periods are in compliance with USDA regulations;
- Establishing a Food Safety Plan;
- Determining meal prices annually and submitting them to the board for approval annually;
- Using the full entitlement of USDA Foods;
- Maintaining a nonprofit school food service account;
- Ensuring all revenues are used solely for the school meal program;
- Establishing a meal charge policy;
- Accommodating children with special dietary needs;
- Ensuring compliance with USDA nondiscrimination policies;
- Following proper procurement procedures; and
- Ensuring compliance with the Smart Snacks in School standards.

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, to eat nutritiously, to access reliable health information and services, to communicate effectively, and to set health-enhancing goals.

The District will ensure that the following requirements are met:

- All students in grades one through eight receive an average of one hundred instructional minutes per week of physical education per year.
- 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.
- 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).
- All students have equal and equitable opportunities for health and physical education.
- All students, from kindergarten through grade 12, will participate in a quality, standards-based health and physical education program.
- 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:

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

As a best practice and subject to available funding, the District will strive to ensure:

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All schools will have certificated physical education teachers providing instruction.
- All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality health and physical education consistent with state standards.
- All physical education teachers will be encouraged to participate in professional development in physical education at least once a year.

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:

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

Cross References:	<p>Board Policy 2150 Board Policy 2151 Board Policy 2161 Board Policy 2162</p> <p>Board Policy 2410 Board Policy 3210 Board Policy 3222</p> <p>Board Policy 4260</p>	<p>Co-Curricular Program Interscholastic Activities Special Education and Related Services for Eligible Students Education of Students with Disabilities Under Section 504 of the Rehabilitation Act of 1973 High School Graduation Requirements Nondiscrimination Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest</p> <p>Use of School Facilities</p>
Legal References:	<p>RCW 28.210.354 28A.230.040 28A.230.050 28A.230.095</p> <p>28A.235.120 28A.235.130 28A.235.140 28A.235.145 28A.235.150</p> <p>28A.235.160</p> <p>28A.235.170 28A.623.020 69.04 69.06.010</p> <p>69.06.020 69.06.030 69.06.050 69.06.070</p> <p>WAC 180-51-068</p> <p>WAC 392-157-125 WAC 392-410-135 WAC 392-410-136</p> <p>2CFR, Part 200 - Procurement 7CFR, Parts 210 and 220 7 CFR, Part 245.5</p>	<p>Food choice, physical activity, shchildhood fitness – Miniumum standards – District waiver or exeption policy. Physical Education-Grades 1-8 Physical Education in High Schools-Food Services Essential academic learning requirements and assessments – Verification reports</p> <p>Meal Programs-Establishment and Operation-Personnel-Agreements Milk for children at school expense School breakfast programs School breakfast and lunch programs – Use of state funds School breakfast and lunch programs – Grants to increase participation – Increased state support Requirements to implement school breakfast, lunch and summer food service programs – Exemptions Washington grown fresh fruit and vegetable grant program 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 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. Time for meals Physical education-Grade school and high school requirement Physical Education Requirement-Excuse</p>

Adoption Date: 03.16.98
Finley School District
Revised: 02.21.06; 11.15.10; 07.17.17; 11.16.2020
Classification: Essential