

NUTRITION AND PHYSICAL FITNESS

The board recognizes that childhood obesity has reached critical 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 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:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

The superintendent or designee 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 or designee should adopt and implement a comprehensive curriculum on health, fitness, and nutrition consistent with the Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents or guardians and public health professions in the development of the curriculum is encouraged.

Evaluation procedures will utilize classroom-based assessment or other strategies and will be in place as required by state timelines.

Nutrition, health, and fitness topics should be integrated within the sequential, comprehensive health education curriculum 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 or designee shall strongly encourage that:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Food pricing strategies should be designed to encourage students to purchase nutritious items/and or reimbursable meals;
3. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

NUTRITION

Nutrition Standards

The superintendent or designee shall establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches.

The district shall provide school breakfasts and lunches that 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. Dietary Guidelines for Americans.

Any food sales of an occasional nature and all vending machine items should conform to regulation as outlined in procedure.

Food Services Program

The district supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for children in the district's schools. The board authorizes the superintendent or designee to administer the food services program, provided that any decision to enter into a contract with a private food service agency shall require the approval of the board.

The food services program shall not accept donations of food other than as provided in this policy without the expressed approval of the board because of the potential liability of the district. Should the board approve a food donation, the superintendent or designee 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.

Free And Reduced-Price Food Services

The district shall provide free and reduced-price breakfasts and lunches 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 or guardians 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 or guardian has the right to appeal any decision with respect to his/her application for free or reduced-price food services to the superintendent or designee.

The district may provide free, nutritious snacks to all children on statewide test days.

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 should use food commodities made available under the Federal Food Commodity Program for school menus.

PHYSICAL EDUCATION

Health and Fitness Curriculum

The superintendent or designee shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies and will be in place as required by state timelines.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student’s participation in regular physical education instruction or activities.

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The district will promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Cross References: 2100 Instructional Program Offerings
 4260 Use of School Facilities

Legal Ref:	RCW 28A.230.040, 050	Policy Revised	June 14, 2005
	RCW 28A.235. 120, 130	Policy Revised	October 14, 2003
	RCW 28A.623.020	Policy Revised	June 13, 2000
	RCW 69.04	Policy Adopted	March 13, 1990
	RCW 60.06.010, 020, 030, 050, 070	Policy Adopted	September 26, 1989
	WAC 180-50-135, 180-51-085	Policy Adopted	July 22, 1986
	7 CFR, Parts 210, 220, 245.5	Policy Adopted	October 14, 1980
		Bethel School District #403	