

Nutrition, Health, and Physical Fitness

The Skamania 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.

Wellness Policy

The District will develop and implement a comprehensive wellness policy in compliance with state and federal requirements for the National School Lunch Program, the School Breakfast Program and the United States Department of Agriculture (USDA) Smart Snacks in School nutrition standards. The input from the advisory committee along with staff, students, parents and public health professionals in the development of the wellness plan are encouraged.

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 shall not exceed the estimated revenues.

The Superintendent 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 nutrition standards;
- ensuring meal periods are in compliance with USDA regulations;
- establishing a Food Safety Plan;
- determining meal prices and submitting them to the board for approval annually;
- using 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-8 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.
- Suitable adapted physical education will be included as part of individual education plans for students with chronic health problems, disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.
- All students, from kindergarten through grade 8, 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.

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

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 will provide daily recess period(s) for elementary school students, featuring time for unstructured, supervised active play. The district is encouraged to provide adequate co-curricular physical activity programs and to 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:

2150 - Co-Curricular Program
 2151 - Interscholastic Activities
 2161 - Special Education and Related Services for Eligible Students
 2162 - Education of Students With Disabilities Under Section 504 of the Rehabilitation Act of 1973
 2410 - High School Graduation Requirements
 3210 - Nondiscrimination
 3422 - Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest
 4260 - Use of School Facilities

Legal References:

RCW 28A.210.365 Food choice, physical activity, childhood fitness — Minimum standards — District waiver or exemption policy.
 RCW 28A.230.040 Physical Education – Grades 1-8
 RCW 28A.230.050 Physical Education in High Schools
 RCW 28A.230.095 Essential academic learning requirements and assessments — Verification reports.
 RCW 28A.235.120 Meal Programs — Establishment and Operation — Personnel — Agreements
 RCW 28A.235.130 Milk for children at school expense
 RCW 28A.235.140 School breakfast programs
 RCW 28A. 235.145 School breakfast and lunch programs –Use

of state funds
RCW 28A. 235.150 School breakfast and lunch programs –
Grants to increase participation – Increased state support
RCW 28A.235.160 Requirements to implement school
breakfast, lunch and summer food service programs –
Exemptions
RCW 28A.235.170 Washington grown fresh fruit and vegetable
grant program
RCW 28A.623.020 Nonprofit program for elderly – Authorized
– Restrictions
RCW 69.04 Intrastate Commerce in Food, Drugs and
Cosmetics
RCW 69.06.010 Food and beverage service worker’s permit –
Filing, duration – Minimum training requirements
RCW 69.06.020 Permit exclusive and valid throughout state –
Fee
RCW 69.06.030 Diseased persons – May not work –
Employer may not hire
RCW 69.06.050 Permit to be secured within fourteen days
from time of employment.
RCW 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 392-157-125 Time for meals
WAC 392-410-135 Physical Education – Grade school and high
school requirement.
WAC 392-410-136 Physical Education Requirement-Excuse
2 CFR Part 200 - Procurement
7 CFR, Parts 210 and 220
7 CFR, Part 245.5

Management Resources:

2017 - July Issue
2017 - April Issue
Comprehensive School Physical Activity Program
2015 - June Issue
Recommendations for Waivers in High School Physical
Education/Fitness Education, OSPI (September 2013)
2014 - February Issue
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
Alliance for a Healthier Generation Wellness Policies
OSPI Child Nutrition School Wellness Policy Best Practices for
Policy Development, Implementation and Evaluation

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