

WELLNESS: 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 District considers this policy to meet the Wellness Policy requirements of the USDA program.

Public Involvement and Notification

The Board of Directors encourages the public (parents, students, and other stakeholders) to be involved in the content and implementation of this wellness policy including monitoring and assessment. Annually, the Superintendent will inform the public of this policy and any updates related to this policy.

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. The District will meet USDA guidelines for food program implementation including appropriate nutrition requirements, training for staff, home education, and cafeteria interventions (i.e., signage, Myplate, etc.)

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 meal pattern requirements;
- ensuring meal periods are in compliance with USDA regulations with a minimum of 10 minutes for breakfast and 20 minutes for lunch;
- establishing a Food Safety Plan;
- determining meal prices 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 procedure;
- accommodating children with special dietary needs;
- ensuring compliance with USDA nondiscrimination policies;
- following proper procurement procedures;
- ensuring compliance with the Smart Snacks in School standards for all foods sold on campus during the school day;
- ensuring staff meet minimum training requirements established by OSPI.

Nutrition Education and Promotion

The Superintendent is responsible for ensuring:

- all foods sold on campus during the school day will meet Smart Snacks standards;
- marketing for non-compliant Smart Snacks food and beverages is not permitted during the school day, but may be present at events that happened after the end of the school day;
- parents and teachers are encouraged to provide healthy food options for classroom parties and rewards, however, non-compliant foods will be permitted;
- nutrition standards will be integrated into curriculum instruction and cafeteria displays;
- fresh fruit and vegetable snacks are available at least three days per week in grades K-5;
- the District will collaborate with outside agencies, to the extent possible, to enhance nutrition education (i.e., the WSU Extension Office Food Sense program in grades K-5);
- where possible, the District will use scratch cooking and fewer processed entrees for breakfast and lunch;
- the District works toward the goal of offering a variety of fresh fruits and vegetables daily with each lunch and at minimum fresh fruit with each breakfast;
- staff and adult visitors model healthy eating habits by participating in healthy snacks and school meals.

Health and Physical Education Program including Physical Activity

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 Superintendent 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.
- All students have equal and equitable opportunities for health and physical education.
- OSPI- developed assessments, formerly known as classroom-based assessments (CBAs), or other strategies will be used in health and physical education to assess skills.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education teachers will be encouraged to participate in professional development.
- Physical education class is not to be used or withheld as punishment misbehavior in other classes or general school discipline.

Program Evaluation

At least once every three years, the Superintendent will conduct an assessment to determine

compliance, progress, and the extent to which the District's program compares to model school wellness policies. The public will be invited to participate in the triennial assessment. Upon conclusion, the report will be provided to the Board of Directors.

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
- 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: *Policy News*

2017 April
Comprehensive School Physical Activity Program

2015 June
Recommendations for Waivers in High School Physical Education/Fitness Education, OSPI (September 2013)

2014 February
Wellness Policy Best Practices, OSPI (January 2013)

2005 February Nutrition and Physical Fitness Policy

2004 December 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

Selkirk School District Board of Directors
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