



# Medical Lake School District

## Medical Lake School District #326, WA

### Regular Board Meeting

---

#### Date and Time

Tuesday May 28, 2024 at 6:00 PM PDT

#### Location

Medical Lake Middle School Library

---

#### Agenda

	Purpose	Presenter	Time
<b>I. Opening Items</b>			<b>6:00 PM</b>
<b>A.</b> Record Attendance			1 m
<b>B.</b> Call the Meeting to Order			
<b>C.</b> Pledge of Allegiance			1 m
<b>D.</b> Approve Agenda	Vote		1 m
<b>E.</b> What's Right			15 m
<b>Administrators, Board and Guests Comment on Something Positive They've Seen in the District and Community</b> ~ Anyone attending the meeting will be given the opportunity to share something positive following the Board's comments			
<b>F.</b> Middle School Presentation	Discuss		15 m

Purpose	Presenter	Time
---------	-----------	------

Rachael Roll and the Middle School Multicultural Club will be presenting.

<b>II.</b>	<b>Consent Agenda</b>		<b>6:33 PM</b>
------------	-----------------------	--	----------------

<b>A.</b>	Minutes	Approve Minutes
-----------	---------	--------------------

Approve minutes for Regular Board Meeting on April 23, 2024

<b>B.</b>	Approve the Consent Agenda	Vote
-----------	----------------------------	------

- Personnel (Certificated and Classified)
  - Resignations
  - Leaves
  - Staff Contracts
- Staff Travel
- Board Member Compensation
- Fiscal Vouchers
  - General Fund (Payroll and Accounts Payable)
  - A.S.B. Fund
  - Capital Projects
- Financial Report
- Enrollment

<b>III.</b>	<b>Public Comments on Individual Action Items</b>	
-------------	---	--

Anyone wishing to speak to a specific individual action item, board policy or other, listed below will be given the opportunity here, prior to action being taken by the Board.

<b>IV.</b>	<b>Individual Actions Items</b>		<b>6:33 PM</b>
------------	---------------------------------	--	----------------

<b>A.</b>	Board Policy 6700 ~ Nutrition; First Reading	Vote	1 m
-----------	--	------	-----

<b>B.</b>	Board Policy 6701 ~ Recess and Physical Activity; First Reading	Vote	1 m
-----------	---	------	-----

<b>C.</b>	Board Policy 6702 ~ Wellness; First Reading	Vote	1 m
-----------	---	------	-----

<b>D.</b>	Approve Board Resolution 23-24.06 ~ Delegate Authority to WIAA	Vote	1 m
-----------	--	------	-----

<b>E.</b>	Approve \$4,000.00 Bid for Buses 15, 23 and 32.	Vote	1 m
-----------	---	------	-----

	Purpose	Presenter	Time
<p>Rock Christian Prep School in Kennewick, Washington bid a total of \$4,000 for our 3 latest surplus approved buses.</p>			
<b>V.</b>	<b>Student Representatives Report</b>		<b>6:38 PM</b>
<b>A.</b>	Student Representatives	Discuss	5 m
<p>Student Representatives will talk about their walk throughs in school buildings.</p>			
<b>VI.</b>	<b>Reports and Discussions</b>		<b>6:43 PM</b>
<b>A.</b>	ALE Report ~ Lyra McGirk	Discuss	2 m
<b>B.</b>	Healthy Youth Survey Report ~ Tawni Barlow	Discuss	5 m
<b>VII.</b>	<b>Board Reports and Discussion</b>		
<b>VIII.</b>	<b>Superintendent's Report</b>		<b>6:50 PM</b>
<b>A.</b>	Summer Board Meeting Times	Discuss	1 m
<b>IX.</b>	<b>Communications with Staff, Guests, and District Residents</b>		
<p>Anyone wishing to speak to something other than a "What's Right" or an "Individual Action Item" will be given the opportunity to speak. Public comment period is not a time for dialogue between the board and the public. The board will not respond to the public. The board will not respond to statements, questions, or challenges made during public comment period and there will be no back-and-forth dialogue. Please know that the board's silence is neutral. It is neither a signal of agreement nor disagreement with the speaker's remarks.</p>			
<b>X.</b>	<b>Executive Session</b>		
<p>Negotiations Possible Real Estate</p>			
<b>XI.</b>	<b>Closing Items</b>		
<b>A.</b>	Adjourn Meeting	FYI	

# Coversheet

## Minutes

**Section:** II. Consent Agenda  
**Item:** A. Minutes  
**Purpose:** Approve Minutes  
**Submitted by:**  
**Related Material:** Minutes for Regular Board Meeting on April 23, 2024

APPROVED



Medical Lake  
School District

## Medical Lake School District #326, WA

### Minutes

#### Regular Board Meeting

---

**Date and Time**

Tuesday April 23, 2024 at 6:00 PM

**Location**

Michael Anderson Elementary

*Please note, access to the base is required to attend in-person. Those without base access can attend by using the zoom link available the Monday prior to the meeting.*

---

**Directors Present**

Alexis Alexander, Gerri Johnson, Laura Parsons, Ron Cooper, Wendy Williams-Gilbert

**Directors Absent**

None

**Guests Present**

Sarra Reiber

---

**I. Opening Items****A. Record Attendance****B. Call the Meeting to Order**

Wendy Williams-Gilbert called a meeting of the board of directors of Medical Lake School District #326, WA to order on Tuesday Apr 23, 2024 at 6:00 PM.

**C. Pledge of Allegiance**

**D. Approve Agenda**

Laura Parsons made a motion to approve.  
Alexis Alexander seconded the motion.  
The board **VOTED** unanimously to approve the motion.

**E. What's Right**

**F. Marci Dayton and her afterschool robotics club presentation**

Marci has been teaching after school robotics for 4th and 5th graders going on 9 years. She uses the Lego series previously used by the high school. The program helps with building and coding so students ready for robotics in the high school. Wyatt Long and Cooper Dayton talked about why they love robotics, and what they find challenging. Wyatt says they get to learn how to be a team. Cooper says teamwork can be challenging but that it is good for problem solving. They also noted that programming the robot to get around obstacles and coding can be challenging as well as coding.

They demonstrated what they programmed their robot to do on 3 separate challenges. They use a program off their Chromebook that allows them to program their robots. We were able to see the challenges they have when the robot didn't quite do what it was supposed to.

**II. Consent Agenda**

**A. Minutes**

Laura Parsons made a motion to approve the minutes from Regular Board Meeting on 03-26-24.  
Alexis Alexander seconded the motion.  
The board **VOTED** unanimously to approve the motion.

**B. Approve the Consent Agenda**

Laura Parsons made a motion to approve.  
Alexis Alexander seconded the motion.  
The board **VOTED** unanimously to approve the motion.

**4.23.2024 Consent Agenda**

**Resignations** - Tommi Ogle ~ 4th Grade Teacher, Hallett Elementary (effective 8/31/2024); Jessica Sharp ~ 4th Grade Teacher, Michael Anderson Elementary (effective 6/13/2024); Alyssa Choi ~ Core Sub, Michael Anderson Elementary (effective 4/19/2024);  
**Leaves** - None at this time  
**Staff Contracts**  
**Administrative Staff** - None at this time

**Certificated Staff** - Holly Rasmussen ~ LOA School Counselor, High School (effective 4/8/2024);

**Certificated Substitutes** - None at this time

**Long-term Substitutes** - None at this time

**Classified Staff** - Sarah Puzycki ~ Extended School Hours/Year Para, High School Golf Program

(effective 3/11/2024); Jake Klein ~ Assignment Change, From Sub Driver to Contracted Driver,

Transportation (effective 3/27/2024);

**Classified Substitutes** - None at this time

**Extra Curricular Activities** - Other - None at this time

**Teachers Teaching Out of Content Areas** - None at this time

**Staff Travel** - None at this time

**Board Member Compensation** - Laura Parsons (2/27/2024 - 4/18/2024);

### **Financials**

**The following vouchers/warrants as audited and certified by the auditing officer, as**

**required by RCW 42.24.080, and those expense reimbursement claims certified, as required by RCW 42.24.090, were approved for payment.**

General Fund (Accounts Payable) for March 29, 2024, warrants 135126 - 135148 in the amount of

\$67,199.29;

ASB Fund (Accounts Payable) for March 29, 2024, warrants 135149 - 135152 in the amount

of \$3,309.11;

General Fund (Accounts Payable) for April 18, 2024, warrants 135153 - 135214 in the amount of \$269,758.41;

Capital Fund (Accounts Payable) for April 18, 2024, warrants 135215 - 135215 in the amount of \$4,252.80;

ASB Fund (Accounts Payable) for April 18, 2024, warrants 135216 - 135222 in the amount of

\$12,782.26;

### **III. Individual Actions Items**

#### **A. Board Policies**

Laura Parsons made a motion to approve.

Alexis Alexander seconded the motion.

Board Policy ~ 5050 Contracts; Second Reading

The board **VOTED** unanimously to approve the motion.

#### **B.**

**Approve Board Resolution 23-24.05 ~ Approval for ESD101 to Run Martin Hall Juvenile Detention Facility**

Laura Parsons made a motion to approve.

Alexis Alexander seconded the motion.

The board **VOTED** unanimously to approve the motion.

**C. Approve the Updated Facility Use Agreement and Form**

Laura Parsons made a motion to approve.

Alexis Alexander seconded the motion.

The board **VOTED** unanimously to approve the motion.

**D. Approve the Corrective Action Procedure for Nutrition Services**

Laura Parsons made a motion to approve.

Alexis Alexander seconded the motion.

The board **VOTED** unanimously to approve the motion.

**E. Approve the Summer Meal Program**

Laura Parsons made a motion to approve.

Alexis Alexander seconded the motion.

The board **VOTED** unanimously to approve the motion.

**IV. Student Representatives Report**

**A. Student Representatives**

Each of our student representatives chose a school building to walk-through. They asked questions of the students and staff.

Ashley started at Michael Anderson Elementary. Every grade identified math as something that is good, it is something that they like. Students love free time and brain breaks. They said the teachers are awesome. Areas to improve on, they would like more recess and negative interactions with other students, most are not being reported. They'd also like better playground equipment and more after school opportunities.

Gabby started at Hallett. She interviewed grades 3-5. Things students said they liked are Wit and Wisdom reading curriculum, they also like all the staff and teachers and really like the lunch staff. When asked about things they'd like to see changed, the 5th grade students would like to have a second recess like the younger grades. Less computer time, more hands on activities and more time for specialist such as music, PE and art.

Trinity did her walk-through at the Middle School. Students there said they love the school environment and teaching staff. When she asked teachers something they like



about the school, they all said they love the newly implemented block schedule, students however, do not like block schedule.

Chuks surveyed students at the High School. Most students say the work load is good and that they feel good overall. He and the other student representatives say they agree. Students also said the classrooms are good. Things they'd like to focus on is less technology and more hands on learning.

Next month student representatives will be at different schools and are planning to interview students during general activity time, like lunch. It will give them more of a feel for the climate and culture during free time in each building.

## **V. Reports and Discussions**

### **A. Budget & Cash Reserve Discussion ~ Chad Moss**

Mr. Moss said the budget is in full swing. It's still early for the F203 to be ready. The District is currently sitting at \$3.5 million on our ending fund balance. We received additional impact aid payments this year that we weren't expecting, usually they're a few payments behind. There is still a lot of work to be done but we think we'll be sitting pretty good when all is said and done.

### **B. ALE Report ~ Lyra McGirk**

Due to technical issues, Lyra McGirk's ALE report will be done at the May meeting.

### **C. Recognize National Board Certified Teachers ~ Rob Haugen**

The Medical Lake School District has four National Board Certified teachers. Dr. Kat Smith at Michael Anderson Elementary, Lacey Bolin at Hallett Elementary, Kailee Knutzen at the Middle School and Rachael Backstrom at the High School. Dr. Kat is a trained instructional coach.

Pursuing a national board certification is not a light task. Candidates must complete four components; content knowledge, differentiation in instruction, teaching practice and learning environment and effective and reflective practitioner. Component 2, 3 and 4 will take no less than 50 - 150 hours to complete, outside of their regular teaching day.

Benefits to pursuing a national board certification aside from a bump in pay; direct impact on students, relevant and impactful professional development, it's created by teachers for teachers, changes to teacher practices.

## **VI. Board Reports and Discussion**

### **A. NSBA Conference ~ Ron Cooper**

Ron attended the NSBA annual conference April 6-8 in New Orleans this year. It was 2.5 days long with breakout sessions and keynote speakers. He was thankful to be able to attend. An attendee from Spokane Public Schools noted that their restraint and isolation reports had been going upwards of 5000 approximately 3-4 years ago. With the implementation of SEL those numbers have been reduced dramatically.

There are several new topics this year, some of which are centered around AI. The speaker said that 40% of jobs will be affected by AI in the future. Ron thought it was interesting when they said that "AI won't replace people, but it will replace people who don't use AI."

Ruby Bridges was a keynote speaker, she was the first African-American student to attend an all white school in New Orleans in 1960. She advocates for every student receiving opportunities.

Another keynote speaker was a migrant worker from southern California who worked at Frito lay as a janitor. Years after he'd started working there, the company CEO announced they'd be doing lay offs and asked employees to submit ideas for new products. The janitor added some chili seasoning to his Cheetos and loved it. He then pitched the idea to the CEO and it stuck. The research and development departments were displeased since that was what they're supposed to do. His take from that was "no one is created to fit in, they're created to stand out" and, he encourages everyone to try to do just that. It might get you somewhere exciting.

Ron said the student performances this year were fantastic. Bands, singers, dancers, all very emotional performances, by inspirational students.

NSBA 2025 conference is in Atlanta.

## **B. Legislative Assembly ~ Wendy Williams-Gilbert**

Dr. Williams-Gilbert, attended the latest legislative assembly meeting. She says District 10 covers a huge area on our side of the state. All the representatives met after the legislative session to see what they wanted to move forward and advocate for students.

One aspect the team agreed was something that needed to be focused on was having consistent language around literacy. Adequate funding, so that programs required to be implemented are being paid for by the district themselves. Another was giving schools local control, they know their communities, allow them to decide what needs to be taught.

Credit for student representatives came up, should they get school an elective credit for representing their schools?

Director District representatives will get to vote on these and other topics during the general assembly in November.

## **VII. Superintendent's Report**

### **A. Certificated Employee Week Proclamation ~ May 6 - 10, 2024**

Dr. Headrick read the teacher week proclamation and thanked all Medical Lake School District teachers. Each one will receive a small token of appreciation on Monday, as well as recognition on our website and Facebook page.

### **B. National Principal Day ~ May 1, 2024**

Wednesday, May 1 is School Principal Day. Dr. Headrick gave a shout out to all our school principals and introduced our newly hired Middle School principal Shelby Schoesler.

### **C. School Lunch Hero Day ~ May 3, 2024**

School Lunch Hero Day is Friday, May 3. This team of people keeps our students fed and ready for their learning day. Thank You

## **VIII. Communications with Staff, Guests, and District Residents**

### **A. Rachel Brannan**

Rachel Brannan's family has attended Michael Anderson Elementary for the last 5 years. Her husband is active duty. They've had several positive experiences in those 5 years, but have had recent challenges for their 2 special needs students.

She decided to become a substitute teacher to help with the sub pool shortage. She observed a specialist being rude to students and let the teacher she was subbing for know when they returned.

Mrs. Brannan feels she was let go from subbing without knowing why following her reporting the issue. She felt her character was in question and believes she's been retaliated against for speaking up.

### **B. Alec Brannan**

Alex Brannan, husband to Rachel, had been deployed 6 months and was gone when she was dismissed. He says they love the teachers but have issues with the administration.

Mr. Brannan stated that his job requires him to keep people safe and believes that is also the minimal job of the school and wishes they'd step up.

### **C. Courtney Hobson**

Ms. Hobson wished to advocate for additional mental health professionals in schools. She had requested services for her student but was not contacted for 3 months so finally sought out services outside the school. She would like to see more help available for students and correspondence to families in a timely manner.

## **IX. Executive Session**

### **A. Brief 15 minute discussion for negotiations.**

Executive session ended at 7:42 p.m.

## **X. Closing Items**

### **A. Adjourn Meeting**

There being no further business to be transacted, and upon motion duly made, seconded and approved, the meeting was adjourned at 7:17 PM.

Respectfully Submitted,  
Wendy Williams-Gilbert

# Coversheet

## Approve the Consent Agenda

**Section:** II. Consent Agenda  
**Item:** B. Approve the Consent Agenda  
**Purpose:** Vote  
**Submitted by:**  
**Related Material:** 5.28.2024 Consent Agenda (1).pdf  
Financials.pdf  
Enrollment.pdf

## 5.28.2024 Consent Agenda

**Resignations** - Heidi Archer ~ Cafeteria, High School (retiring, effective end of the 2023/2024 school year); Katey Warnecke ~ Special Education Teacher, Hallett Elementary (effective end of the 2023/2024 school year); Jenna Finnerty ~ School Psychologist, District (effective end of her LOA in June); John Higgins ~ Varsity Softball Coach, High School (effective 6/1/2024); Michael Barnhart ~ Social Studies Teacher, Middle School (effective end of the 2023/2024 school year); Michael Barnhart ~ 7th Grade Boys Assistant Basketball Coach, Middle School (effective 5/6/2024); Michael Barnhart ~ Assistant Track & Field Coach, Middle School (effective end of the 2023/2024 season); Jocelyn Ziegenfuss ~ Health Aide, Middle/High School (effective 5/17/2024); Tanner Ferry ~ AG Science/CTE/FFA Advisor, High School (effective end of the 2023/2024 school year); Bill Colley ~ Assistant Wrestling Coach, High School (effective 5/20/2024);

**Leaves** - None at this time

**Staff Contracts** -

**Administrative Staff** - Shelby Schoesler ~ Middle School Principal (effective 4/22/2024);

**Certificated Staff** - Jeff Averill ~ 3rd Grade Teacher, Hallett Elementary (effective beginning of the 2024/2025 school year); Phoenix Cornwell ~ 2nd Grade Teacher, Michael Anderson Elementary (effective beginning of the 2024/2025 school year); Sara O'Donnell ~ 3rd Grade Teacher, Hallett Elementary (effective beginning of the 2024/2025 school year); Elyse McLaughlin ~ 4th Grade Teacher, Michael Anderson Elementary (effective beginning of the 2024/2025 school year); Sharon Work ~ 5th Grade Teacher, Michael Anderson Elementary (effective beginning of the 2024/2025 school year); Brandon Cornwell ~ Position Change to Health, Fitness & PE, Middle School (effective beginning of the 2024/2025 school year);

**Certificated Substitutes** - None at this time

**Long-term Substitutes** - None at this time

**Classified Staff** - Andrew Mills ~ District Maintenance Supervisor, District (effective 5/1/2024); Garrett Grau ~ Assistant Maintenance Supervisor, District (effective 6/3/2024);

**Classified Substitutes** - None at this time

**Extra Curricular Activities** - Sadie Murray ~ Cheerleading Coach, High School (effective the start of the 2024/2025 school year); Ryan Casey ~ Assistant Volleyball Coach, High School (effective start of the 2024/2025 school year);

**Other** - None at this time

**Teachers Teaching Out of Content Areas:** None at this time

**Staff Travel:** Superintendent Dr. Headrick, Board President, Dr. Williams-Gilbert, Military Family Advocate, Rey Ornelas to the MISA Summer Conference, in Savannah, GA June 23-25, 2024;

**Board Member Compensation:** Ron Cooper (2/27/2024 - 5/21/2024);

**Financials**The following vouchers/warrants as audited and certified by the auditing officer, as required by RCW 42.24.080, and those expense reimbursement claims certified, as required by RCW 42.24.090, were approved for payment.

General Fund (Payroll) for April 26, 2024, warrants 135223 - 135225 in the amount of \$4,409.00;

General Fund (Payroll/Accounts Payable) for April 26, 2024, warrants 135226 - 135241 in the amount of \$684,326.21;

General Fund (Accounts Payable) for May 2, 2024, warrants 135242 - 135286 in the amount of \$114,765.92;

ASB Fund (Accounts Payable) for May 2, 2024, warrants 135287 - 135294 in the amount of \$3,844.16;

General Fund (Accounts Payable) for May 15, 2024, warrants 135295- 135369 in the amount of \$375,643.98;

ASB Fund (Accounts Payable) for May 15, 2024, warrants 135370 - 135374 in the amount of \$22,350.47;

TVF Fund (Accounts Payable) for May 15, 2024, warrants 135375- 135375 in the amount of \$314,897.52;

10--General Fund-- FUND BALANCE -- AGENCY ACCOUNTS -- Revised -- BUDGET--STATUS--REPORT  
Fiscal Year 2023 (September 1, 2023 - August 31, 2024)

For the Medical Lake School District School District for the Month of April, 2024

	ANNUAL BUDGET	ACTUAL FOR MONTH	ACTUAL FOR YEAR	ENCUMBRANCES	BALANCE	PERCENT
<b>A. REVENUES/OTHER FIN. SOURCES</b>						
1000 LOCAL TAXES	1,557,148	693,421.14	1,385,520.92		171,627.08	88.98
2000 LOCAL SUPPORT NONTAX	570,626	23,234.48	461,484.65		109,141.35	80.87
3000 STATE, GENERAL PURPOSE	18,346,710	2,011,378.85	11,915,785.93		6,430,924.07	64.95
4000 STATE, SPECIAL PURPOSE	5,010,294	456,952.82	3,146,436.86		1,863,857.14	62.80
5000 FEDERAL, GENERAL PURPOSE	2,527,258	1,081,139.00	2,882,685.36		355,427.36	114.06
6000 FEDERAL, SPECIAL PURPOSE	1,962,964	240,035.14	1,451,123.58		511,840.42	73.93
7000 REVENUES FR OTH SCH DIST	25,000	.00	.00		25,000.00	0.00
8000 OTHER AGENCIES AND ASSOCIATES	0	3,104.18	9,308.07		9,308.07	0.00
9000 OTHER FINANCING SOURCES	0	.00	.00		.00	0.00
<b>Total REVENUES/OTHER FIN. SOURCES</b>	<b>30,000,000</b>	<b>4,509,265.61</b>	<b>21,252,345.37</b>		<b>8,747,654.63</b>	<b>70.84</b>
<b>B. EXPENDITURES</b>						
00 Regular Instruction	16,875,671	1,279,406.06	10,522,783.22	226,778.72	6,126,109.06	63.70
10 Federal Stimulus	381,304	29,812.21	243,047.80	0.00	138,256.20	63.74
20 Special Ed Instruction	4,128,859	358,917.10	2,823,063.78	127,802.74	1,177,992.48	71.47
30 Voc. Ed Instruction	1,161,240	86,544.45	740,932.77	10,844.36	409,462.87	64.74
40 Skills Center Instruction	0	.00	.00	0.00	.00	0.00
50+60 Compensatory Ed Instruct.	997,577	78,380.84	733,310.28	10,274.84	253,991.88	74.54
70 Other Instructional Prgms	49,993	2,916.87	23,616.67	0.00	26,376.33	47.24
80 Community Services	217,451	28,136.90	247,447.46	0.00	29,996.46	113.79
90 Support Services	6,987,905	542,207.58	4,829,771.51	702,257.49	1,455,876.00	79.17
<b>Total EXPENDITURES</b>	<b>30,800,000</b>	<b>2,406,322.01</b>	<b>20,163,973.49</b>	<b>1,077,958.15</b>	<b>9,558,068.36</b>	<b>68.97</b>
<b>C. OTHER FIN. USES TRANS. OUT (GL 536)</b>	<b>0</b>	<b>.00</b>	<b>.00</b>			
<b>D. OTHER FINANCING USES (GL 535)</b>	<b>0</b>	<b>.00</b>	<b>.00</b>			
<b>E. EXCESS OF REVENUES/OTHER FIN. SOURCES OVER(UNDER) EXP/OTH FIN USES (A-B-C-D)</b>	<b>800,000-</b>	<b>2,102,943.60</b>	<b>1,088,371.88</b>		<b>1,888,371.88</b>	<b>236.05-</b>
<b>F. TOTAL BEGINNING FUND BALANCE</b>	<b>4,750,000</b>		<b>4,521,903.14</b>			
<b>G. G/L 898 PRIOR YEAR ADJUSTMENTS(+OR-)</b>	<b>XXXXXXXXXX</b>		<b>.00</b>			
<b>H. TOTAL ENDING FUND BALANCE (E+F + OR - G)</b>	<b>3,950,000</b>		<b>5,610,275.02</b>			

I. ENDING FUND BALANCE ACCOUNTS:			
G/L 810	Restricted For Other Items	0	.00
G/L 815	Restric Unequalized Deduct Rev	0	.00
G/L 821	Restrictd for Carryover	0	.00
G/L 823	Restricted for Carryover of Tra	0	.00
G/L 825	Restricted for Skills Center	0	.00
G/L 828	Restricted for C/O of FS Rev	0	.00
G/L 830	Restricted for Debt Service	0	.00
G/L 835	Restricted For Arbitrage Rebate	0	.00
G/L 840	Nonspnd FB - Invent/Prepd Itms	100,000	48,615.46
G/L 845	Restricted for Self-Insurance	0	.00
G/L 850	Restricted for Uninsured Risks	0	.00
G/L 870	Committed to Other Purposes	0	.00
G/L 872	Committed to Econmc Stabilizatr	0	.00
G/L 873	Committed to Depreciation Sub-F	0	.00
G/L 875	Assigned Contingencies	0	.00
G/L 884	Assigned to Other Cap Projects	0	.00
G/L 888	Assigned to Other Purposes	0	.00
G/L 890	Unassigned Fund Balance	3,850,000	5,561,659.56
G/L 891	Unassigned Min Fnd Bal Policy	0	.00
G/L 896	Change in Accounting Principles	0	.00
G/L 897	Change to or within the Financi	0	.00
<b>TOTAL</b>		<b>3,950,000</b>	<b>5,610,275.02</b>



20--Capital Projects-- FUND BALANCE -- AGENCY ACCOUNTS -- Revised -- BUDGET-STATUS-REPORT  
Fiscal Year 2023 (September 1, 2023 - August 31, 2024)

For the Medical Lake School District School District for the Month of April, 2024

	ANNUAL BUDGET	ACTUAL FOR MONTH	ACTUAL FOR YEAR	ENCUMBRANCES	BALANCE	PERCENT
<u>A. REVENUES/OTHER FIN. SOURCES</u>						
1000 Local Taxes	306,038	132,370.66	272,077.74		33,960.26	88.90
2000 Local Support Nontax	4,000	190.10	3,356.52		643.48	83.91
3000 State, General Purpose	0	.00	.00		.00	0.00
4000 State, Special Purpose	0	.00	.00		.00	0.00
5000 Federal, General Purpose	0	.00	.00		.00	0.00
6000 Federal, Special Purpose	0	.00	.00		.00	0.00
7000 Revenues Fr Oth Sch Dist	0	.00	.00		.00	0.00
8000 Other Agencies and Associates	0	.00	.00		.00	0.00
9000 Other Financing Sources	0	.00	.00		.00	0.00
<u>Total REVENUES/OTHER FIN. SOURCES</u>	310,038	132,560.76	275,434.26		34,603.74	88.84
<u>B. EXPENDITURES</u>						
10 Sites	400,038	.00	.00	0.00	400,038.00	0.00
20 Buildings	0	4,252.80	342,052.41	195,000.00	537,052.41-	0.00
30 Equipment	0	.00	.00	0.00	.00	0.00
40 Energy	0	.00	.00	0.00	.00	0.00
50 Sales & Lease Expenditure	0	.00	.00	0.00	.00	0.00
60 Bond Issuance Expenditure	0	.00	.00	0.00	.00	0.00
90 Debt	0	.00	.00	0.00	.00	0.00
<u>Total EXPENDITURES</u>	400,038	4,252.80	342,052.41	195,000.00	137,014.41-	134.25
<u>C. OTHER FIN. USES TRANS. OUT (GL 536)</u>	0	.00	.00			
<u>D. OTHER FINANCING USES (GL 535)</u>	0	.00	.00			
<u>E. EXCESS OF REVENUES/OTHER FIN.SOURCES OVER(UNDER) EXP/OTH FIN USES (A-B-C-D)</u>	90,000-	128,307.96	66,618.15-		23,381.85	25.98-
<u>F. TOTAL BEGINNING FUND BALANCE</u>	200,000		273,514.94			
<u>G. G/L 898 PRIOR YEAR ADJUSTMENTS(+OR-)</u>	XXXXXXXXXX		.00			
<u>H. TOTAL ENDING FUND BALANCE (E+F + OR - G)</u>	110,000		206,896.79			

I. ENDING FUND BALANCE ACCOUNTS:		
G/L 810 Restricted For Other Items	0	.00
G/L 825 Restricted for Skills Center	0	.00
G/L 830 Restricted for Debt Service	0	.00
G/L 835 Restricted For Arbitrage Rebate	0	.00
G/L 840 Nonspnd FB - Invent/Prepd Itms	0	.00
G/L 850 Restricted for Uninsured Risks	0	.00
G/L 861 Restricted from Bond Proceeds	0	.00
G/L 862 Committed from Levy Proceeds	0	38,024.81
G/L 863 Restricted from State Proceeds	0	.00
G/L 864 Restricted from Fed Proceeds	0	.00
G/L 865 Restricted from Other Proceeds	400,038-	342,052.41-
G/L 866 Restricted Impact Fees	0	.00
G/L 867 Restricted Mitigation Fees	0	.00
G/L 869 Restricted fr Undistr Proceeds	0	.00
G/L 870 Committed to Other Purposes	0	.00
G/L 889 Assigned to Fund Purposes	510,038	510,924.39
G/L 890 Unassigned Fund Balance	0	.00
G/L 896 Change in Accounting Principles	0	.00
G/L 897 Change to or within the Financi	0	.00
<b>TOTAL</b>	<b>110,000</b>	<b>206,896.79</b>

30--Debt Service Fund-- FUND BALANCE -- AGENCY ACCOUNTS -- Revised -- BUDGET-STATUS-REPORT  
Fiscal Year 2023 (September 1, 2023 - August 31, 2024)

For the Medical Lake School District School District for the Month of April, 2024

	ANNUAL BUDGET	ACTUAL FOR MONTH	ACTUAL FOR YEAR	ENCUMBRANCES	BALANCE	PERCENT
<u>A. REVENUES/OTHER FIN. SOURCES</u>						
1000 Local Taxes	1,481,720	637,873.97	1,317,166.36		164,553.64	88.89
2000 Local Support Nontax	4,000	1,255.89	14,508.86		10,508.86-	362.72
3000 State, General Purpose	0	.00	.00		.00	0.00
5000 Federal, General Purpose	0	.00	.00		.00	0.00
9000 Other Financing Sources	0	.00	.00		.00	0.00
<u>Total REVENUES/OTHER FIN. SOURCES</u>	1,485,720	639,129.86	1,331,675.22		154,044.78	89.93
<u>B. EXPENDITURES</u>						
Matured Bond Expenditures	1,190,000	.00	1,190,000.00	0.00	.00	100.00
Interest On Bonds	304,050	.00	160,950.00	0.00	143,100.00	52.94
Interfund Loan Interest	0	.00	.00	0.00	.00	0.00
Bond Transfer Fees	25,000	.00	.00	0.00	25,000.00	0.00
Arbitrage Rebate	0	.00	.00	0.00	.00	0.00
Underwriter's Fees	0	.00	.00	0.00	.00	0.00
<u>Total EXPENDITURES</u>	1,519,050	.00	1,350,950.00	0.00	168,100.00	88.93
<u>C. OTHER FIN. USES TRANS. OUT (GL 536)</u>	0	.00	.00			
<u>D. OTHER FINANCING USES (GL 535)</u>	0	.00	.00			
<u>E. EXCESS OF REVENUES/OTHER FIN. SOURCES OVER (UNDER) EXPENDITURES (A-B-C-D)</u>	33,330-	639,129.86	19,274.78-		14,055.22	42.17-
<u>F. TOTAL BEGINNING FUND BALANCE</u>	1,140,000		1,171,051.83			
<u>G. G/L 898 PRIOR YEAR ADJUSTMENTS (+OR-)</u>	XXXXXXXXXX		.00			
<u>H. TOTAL ENDING FUND BALANCE (E+F + OR - G)</u>	1,106,670		1,151,777.05			
<u>I. ENDING FUND BALANCE ACCOUNTS:</u>						
G/L 810 Restricted for Other Items	0		.00			
G/L 830 Restricted for Debt Service	1,106,670		1,151,777.05			
G/L 835 Restricted For Arbitrage Rebate	0		.00			
G/L 870 Committed to Other Purposes	0		.00			
G/L 889 Assigned to Fund Purposes	0		.00			
G/L 890 Unassigned Fund Balance	0		.00			
G/L 896 Change in Accounting Principles	0		.00			
G/L 897 Change to or within the Financi	0		.00			
<u>TOTAL</u>	1,106,670		1,151,777.05			

40--Associated Student Body Fund-- FUND BALANCE -- AGENCY ACCOUNTS -- Revised -- BUDGET-STATUS-REPORT  
 Fiscal Year 2023 (September 1, 2023 - August 31, 2024)

For the Medical Lake School District School District for the Month of April, 2024

A. REVENUES	ANNUAL BUDGET	ACTUAL FOR MONTH	ACTUAL FOR YEAR	ENCUMBRANCES	BALANCE	PERCENT
1000 General Student Body	193,600	2,533.24	68,292.65		125,307.35	35.28
2000 Athletics	136,310	6,054.29	94,079.87		42,230.13	69.02
3000 Classes	11,900	5,150.00	6,819.00		5,081.00	57.30
4000 Clubs	90,571	1,231.50	64,982.17		25,588.83	71.75
6000 Private Moneys	8,150	500.00	30,479.48		22,329.48-	373.98
<u>Total REVENUES</u>	440,531	15,469.03	264,653.17		175,877.83	60.08
<u>B. EXPENDITURES</u>						
1000 General Student Body	219,650	3,537.02	55,536.20	18,596.13	145,517.67	33.75
2000 Athletics	138,676	1,622.27	65,839.04	21,889.50	50,947.46	63.26
3000 Classes	16,455	.00	1,421.80	1,117.58	13,915.62	15.43
4000 Clubs	79,480	4,697.99	58,730.92	6,585.04	14,164.04	82.18
6000 Private Moneys	10,211	2,857.84	12,316.91	18.49	2,124.40-	120.81
<u>Total EXPENDITURES</u>	464,472	12,715.12	193,844.87	48,206.74	222,420.39	52.11
<u>C. EXCESS OF REVENUES</u>						
OVER(UNDER) EXPENDITURES (A-B)	23,941-	2,753.91	70,808.30		94,749.30	395.76-
<u>D. TOTAL BEGINNING FUND BALANCE</u>	225,000		244,631.82			
<u>E. G/L 898 PRIOR YEAR ADJUSTMENTS(+OR-)</u>	XXXXXXXXXX		.00			
<u>F. TOTAL ENDING FUND BALANCE</u>	201,059		315,440.12			
<u>C+D + OR - E)</u>						
<u>G. ENDING FUND BALANCE ACCOUNTS:</u>						
G/L 810 Restricted for Other Items	0		.00			
G/L 819 Restricted for Fund Purposes	201,059		315,440.12			
G/L 840 Nonspnd FB - Invent/Prepd Itms	0		.00			
G/L 850 Restricted for Uninsured Risks	0		.00			
G/L 870 Committed to Other Purposes	0		.00			
G/L 889 Assigned to Fund Purposes	0		.00			
G/L 890 Unassigned Fund Balance	0		.00			
G/L 896 Change in Accounting Principles	0		.00			
G/L 897 Change to or within the Financi	0		.00			
<u>TOTAL</u>	201,059		315,440.12			

90--Transportation Vehicle Fund-- FUND BALANCE -- AGENCY ACCOUNTS -- Revised -- BUDGET-STATUS-REPORT  
Fiscal Year 2023 (September 1, 2023 - August 31, 2024)

For the Medical Lake School District School District for the Month of April, 2024

<u>A. REVENUES/OTHER FIN. SOURCES</u>	<u>ANNUAL BUDGET</u>	<u>ACTUAL FOR MONTH</u>	<u>ACTUAL FOR YEAR</u>	<u>ENCUMBRANCES</u>	<u>BALANCE</u>	<u>PERCENT</u>
1000 Local Taxes	0	.00	.00		.00	0.00
2000 Local Nontax	2,000	1,231.14	9,428.85		7,428.85-	471.44
3000 State, General Purpose	0	.00	.00		.00	0.00
4000 State, Special Purpose	388,000	.00	.00		388,000.00	0.00
5000 Federal, General Purpose	0	.00	.00		.00	0.00
6000 Federal, Special Purpose	0	.00	.00		.00	0.00
8000 Other Agencies and Associates	0	.00	.00		.00	0.00
9000 Other Financing Sources	0	.00	.00		.00	0.00
<u>A. TOTAL REV/OTHER FIN.SRCS(LESS TRANS)</u>	<u>390,000</u>	<u>1,231.14</u>	<u>9,428.85</u>		<u>380,571.15</u>	<u>2.42</u>
<u>B. 9900 TRANSFERS IN FROM GF</u>	<u>0</u>	<u>.00</u>	<u>.00</u>		<u>.00</u>	<u>0.00</u>
<u>C. Total REV./OTHER FIN. SOURCES</u>	<u>390,000</u>	<u>1,231.14</u>	<u>9,428.85</u>		<u>380,571.15</u>	<u>2.42</u>
<u>D. EXPENDITURES</u>						
Type 30 Equipment	315,000	.00	.00	314,897.52	102.48	99.97
Type 40 Energy	0	.00	.00	0.00	.00	0.00
Type 60 Bond Levy Issuance	0	.00	.00	0.00	.00	0.00
Type 90 Debt	0	.00	.00	0.00	.00	0.00
<u>Total EXPENDITURES</u>	<u>315,000</u>	<u>.00</u>	<u>.00</u>	<u>314,897.52</u>	<u>102.48</u>	<u>99.97</u>
<u>E. OTHER FIN. USES TRANS. OUT (GL 536)</u>	<u>0</u>	<u>.00</u>	<u>.00</u>			
<u>F. OTHER FINANCING USES (GL 535)</u>	<u>0</u>	<u>.00</u>	<u>.00</u>			
<u>G. EXCESS OF REVENUES/OTHER FIN SOURCES OVER(UNDER) EXP/OTH FIN USES (C-D-E-F)</u>	<u>75,000</u>	<u>1,231.14</u>	<u>9,428.85</u>		<u>65,571.15-</u>	<u>87.43-</u>
<u>H. TOTAL BEGINNING FUND BALANCE</u>	<u>104,000</u>		<u>494,345.57</u>			
<u>I. G/L 898 PRIOR YEAR ADJUSTMENTS(+OR-)</u>	<u>XXXXXXXX</u>		<u>.00</u>			
<u>J. TOTAL ENDING FUND BALANCE (G+H + OR - I)</u>	<u>179,000</u>		<u>503,774.42</u>			
<u>K. ENDING FUND BALANCE ACCOUNTS:</u>						
G/L 810 Restricted For Other Items	0		.00			
G/L 819 Restricted for Fund Purposes	179,000		503,774.42			
G/L 830 Restricted for Debt Service	0		.00			
G/L 835 Restrictd For Arbitrage Rebate	0		.00			
G/L 850 Restricted for Uninsured Risks	0		.00			
G/L 889 Assigned to Fund Purposes	0		.00			
G/L 890 Unassigned Fund Balance	0		.00			
G/L 896 Change in Accounting Principles	0		.00			
G/L 897 Change to or within the Financi	0		.00			
<u>TOTAL</u>	<u>179,000</u>		<u>503,774.42</u>			



# Coversheet

## Board Policy 6700 ~ Nutrition; First Reading

**Section:** IV. Individual Actions Items  
**Item:** A. Board Policy 6700 ~ Nutrition; First Reading  
**Purpose:** Vote  
**Submitted by:**  
**Related Material:** REQ 6700 Revised 5.24.pdf

**Medical Lake School District Board Policy**

6700

1

**Nutrition, ~~Health, and Physical Education~~**

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 exercises~~ 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 to provide students with access to nutritious food ~~as stated in this policy and the accompanying procedure. emphasize health education and physical education, and provide students with opportunities for physical activity.~~

**~~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 supports the philosophy of the National School Lunch and Breakfast programs and will 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 food service agency will require the approval of the board. Expenditures for food supplies shall not exceed the estimated revenues.

The designee is responsible for:

- annual 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 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 if not serving meals at no cost to students;
- 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 nutrition standards.

**Federal Programs**

Participation in various federal programs related to nutrition, including the National School Lunch Program, the School Breakfast Program, and the United States Department of Agriculture (USDA Smart Snacks in School



**Medical Lake School District Board Policy****6700****2**

nutrition standards, require a wellness policy. The district will address and follow its comprehensive wellness policy in accordance with **6702 – Wellness modify number and nomenclature as accurate for your district.**

**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 limited to, the development of knowledge and skills to be physically active, eat nutritiously, access reliable health information and services, communicate effectively, and 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 (0.5) of health education~~
- ~~Any student who is excused from participation on account of physical disability, employment, religious belief, participation in directed athletics or military science and tactics, or for other good cause will be required to demonstrate mastery of the knowledge portion of the fitness requirement, in accordance with district policy.~~
- ~~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.~~

Additionally, school districts must conduct an annual review of their physical education (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 that the following occur:

- ~~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.~~

**Medical Lake School District Board Policy**

**6700**

**3**

- ~~● 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 multicomponent approach by which schools use all opportunities for students to be physically active, such as the Comprehensive School Physical Activity Program recommended by the Centers for Disease Control and Prevention, and will provide the following:~~

- ~~● quality physical education;~~
- ~~● physical activity during the school day (e.g., brain boosters/energizers);~~
- ~~● physical activity before and after school;~~
- ~~● recess that aims to be safe, inclusive, and high quality;~~
- ~~● family and community engagement;~~
- ~~● staff wellness and health promotion;~~
- ~~● opportunities for active transportation to school; and~~
- ~~● access to school district facilities for physical activity, fitness, sports, and recreation programs.~~

**Cross References:**

- ~~Board Policy 2150 — Co-Curricular Program~~
- ~~Board Policy 2151 — Interscholastic Activities~~
- ~~Board Policy 2161 — Special Education and Related Services for Eligible Students~~
- ~~Board Policy 2162 — Education of Students with Disabilities Under Section 504 of the Rehabilitation Act of 1973~~
- ~~Board Policy 2410 — High School Graduation Requirements~~
- ~~Board Policy 3210 — Non-Discrimination~~
- ~~Board Policy 3244 — Student Sports — Concussion, Head Injury and Sudden Cardiac Arrest~~
- ~~Board Policy 4260 — Use of School Facilities~~
- Board Policy 6701 — Physical Education and Recess
- Board Policy 6702 — Health and Wellness

**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~~
- ~~Laws of 2023, ch. 272 (ESSB 5257) public schools – daily recess~~
- RCW 28A.235.120 — Meal Programs, Establishment and Operation, Personnel Agreements

**Medical Lake School District Board Policy**

**6700**

**4**

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
<del>Laws of 2023, ch 379 (ESSHB) school meals – various provisions</del>	
RCW 28A.623.020	Nonprofit program for elderly — Authorized — Restrictions
RCW 69.04	Intrastate Commerce in 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
<del>WAC 180-51-068</del>	<del>State subject and credit requirements for high school graduation — Students entering the ninth grade on or after July 1, 2015 through June 30, 2017;</del>
WAC 392-157-125	Time for meals
<del>WAC 392-410-135</del>	<del>Physical Education — Grade school and high school requirement.</del>
<del>WAC 392-410-136</del>	<del>Physical Education Requirement-Excuse</del>
2 CFR Part 200	Procurement standards
7 CFR, Parts 210 and 220	National School Lunch Program and School Breakfast Program
7 CFR, Part 245.5	
<del>Sec. 204 of P.L. 111-296</del>	<del>Healthy, Hunger-Free Kids Act of 2011</del>

**Management Resources:**

- 2023 July Issue
- 2022 June Issue
- 2020 February Issue
- 2018 May Issue
- 2017 July Issue
- 2017 April Policy Issue ~~Comprehensive School Physical Activity Program~~
- Policy and Legal News, February 2014 Healthy and Hunger Free Kids Act regulations on school snacks go into effect July 1, 2014
- Policy News, February 2005 Nutrition and Physical Fitness Policy

**Medical Lake School District Board Policy**

**6700**

**5**

Policy News, December 2004 Nutrition and Physical Fitness Update

**Adoption Date: 07.06; 07.14; 08.18; 07.22;**

**Medical Lake School District**

**Revised Date: 11.04; 12.04; 02.05; 2.06; 10.07; 12.11; 02.14; 04.17; 07.17; 05.18; 02.20; 06.22; 07.23; 03.24;**

# Coversheet

## Board Policy 6701 ~ Recess and Physical Activity; First Reading

**Section:** IV. Individual Actions Items  
**Item:** B. Board Policy 6701 ~ Recess and Physical Activity; First Reading  
**Purpose:** Vote  
**Submitted by:**  
**Related Material:** REQ NEW 6701 Revised 5.24.pdf

**Medical Lake School District Board Policy**

**6701**

**1**

**Recess and Physical Activity**

The board recognizes that recess is an essential part of the day for elementary school students, Young students learn through play, and recess supports the mental, physical, and emotional health of students and positively impacts their learning and behavior. Similarly, the board recognizes that students who engage in regular exercise are more likely to learn in the classroom and supports the district’s increased emphasis on physical activity at all grade levels to enhance the well-being of the district’s students. Therefore, it is the policy of the board to provide students with recess and opportunities for physical activity.

**Recess**

The district aims to make elementary school recess safe, inclusive, and high quality for all students. All district elementary schools (whether K-5 and/or K-6) will receive a minimum of 30 minutes per day of unstructured physical activity as recess. The accompanying procedure will specify how the district will meet other legal requirements.

**Physical Activity**

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 recommended by the Centers for Disease Control and Prevention, and will provide the following:

- Quality physical education;
- Physical activity during the school day (e.g., brain boosters/energizers);
- Physical activity before and after school;
- Recess that aims to be safe, inclusive, and high quality;
- Family and community engagement;
- Staff wellness and health promotion;
- Opportunities for active transportation to school; and
- Access to school district facilities for physical activity, fitness, sports, and recreation programs.

**Cross References:**

Board Policy 2161	Special Education and Related Services for Eligible Students
Board Policy 2162	Education of Students With Disabilities Under Section 504 of the Rehabilitation Act of 1973
Board Policy 3210	Nondiscrimination
Board Policy 3422	Student Sports - Concussion, Head Injury and Sudden Cardiac Arrest
Board Policy 4260	Use of School Facilities

**Management Resources:**

2024 Policy News

**Adoption Date:**

**Medical Lake School District**

**Revised Date: 03.24;**

# Coversheet

## Board Policy 6702 ~ Wellness; First Reading

**Section:** IV. Individual Actions Items  
**Item:** C. Board Policy 6702 ~ Wellness; First Reading  
**Purpose:** Vote  
**Submitted by:**  
**Related Material:** REQ NEW 6702 Revised 5.24.pdf

## Medical Lake School District Board Policy

6702

1

### Wellness

The board recognizes that a healthy school environment prepares students for college, careers, and successful futures. Students who engage in regular exercise are more likely to learn in the classroom. The board supports the district’s increased emphasis on health, 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 to emphasize health education and physical education and provide students with opportunities for physical activity.

### 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.

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 recommended by the Centers for Disease Control and Prevention, and will provide the following:

- Quality physical education;
- Physical activity during the school day (e.g., brain boosters/energizers);
- Physical activity before and after school;
- Recess that aims to be safe, inclusive, and high quality;
- Family and community engagement;
- Staff wellness and health promotion;
- Opportunities for active transportation to school; and
- Access to school district facilities for physical activity, fitness, sports, and recreation programs.

### Cross References:

Board Policy 2124	Physical Education and Health Class
Board Policy 4260	Use of School Facilities
Board Policy 6700	Nutrition

### Legal References:

RCW 28A.210.365	Food choice, physical activity, childhood fitness - Minimum standards - District waiver or exemption policy
2 CFR Part 200	Procurement
7 CFR, Parts 210 and 220	
7 CFR, Part 245.5	

### Management Resources:

2024 March Issue

### Adoption Date:

Medical Lake School District

Revised Date: 03.24;



## Coversheet

### Approve Board Resolution 23-24.06 ~ Delegate Authority to WIAA

**Section:** IV. Individual Actions Items  
**Item:** D. Approve Board Resolution 23-24.06 ~ Delegate Authority to WIAA  
**Purpose:** Vote  
**Submitted by:**  
**Related Material:** WIAA Delegation Resolution 23-24.06.pdf

**MEDICAL LAKE SCHOOL DISTRICT NO. 326  
MEDICAL LAKE, WASHINGTON**

**Resolution 23-24.06**

**WHEREAS** Chapter 32, Laws of 1975-76, 2<sup>nd</sup> Ex. Sess. Grants authority to each school district board of directors to control, supervise and regulate the conduct of interschool athletic activities and other interschool extracurricular activities of an athletic, cultural, social, or recreational nature for students in the district.

**WHEREAS** Chapter 32, Laws of 1975-76, 2<sup>nd</sup> Ex. Sess. Authorizes school district boards of directors to delegate control, supervision and regulation of any of the aforesaid activities to any voluntary, nonprofit entity and to compensate any such entity for services provided subject to the satisfaction of certain conditions and approval by the State Board of Education.

**WHEREAS** the Washington Interscholastic Activities Association is a voluntary, nonprofit entity which has satisfied the conditions, expressly set forth in Chapter 32, Laws of 1975-76, 2<sup>nd</sup> Ex. Sess. and has further been approved by the State Board of Education in action taken on August 17, 1977.

**WHEREAS** the board of directors of the following School District being otherwise fully informed of the rules and regulations of the WASHINGTON Interscholastic Activities Association as approved by the State Board of Education and recognizing that said rules and regulations provide for private sponsorship of post-season tournaments or extracurricular activities by WIAA, consent to abide by such rules and regulations.

**NOW THEREFORE**, the board of directors of the following School District or School hereby delegates to the Washington Interscholastic Activities Association and the authority to control, supervise and regulate interscholastic activities consistent with the rules and regulations of WIAA. The Board of Directors retains the right to establish eligibility standards that meet or exceed the rules and regulations of WIAA.

**Dated this 28th day of May 2024**

\_\_\_\_\_  
Secretary, Board of Directors

\_\_\_\_\_  
President, Board of Directors

\_\_\_\_\_  
Board Member

\_\_\_\_\_  
Board Member

\_\_\_\_\_  
Board Member

\_\_\_\_\_  
Board Member

# Coversheet

## Healthy Youth Survey Report ~ Tawni Barlow

**Section:** VI. Reports and Discussions  
**Item:** B. Healthy Youth Survey Report ~ Tawni Barlow  
**Purpose:** Discuss  
**Submitted by:**  
**Related Material:** Healthy Youth Survey.pdf



# Medical Lake School District

Highlights from the 2023 Healthy Youth Survey  
(February 15, 2024)



# Medical Lake

## SCHOOL DISTRICT

The Medical Lake Promise- **We promise to:**

Foster a **safe and supportive learning environment** through a culture of belonging.

Focus on **personalized instruction that is engaging, challenging, and relevant.**

Promote **hope and a vision for the future** from Early Learning through Post-Secondary.

***for Every Student, Every Day***

**[MLSD Strategic Plan](#)**

## What is the HYS?

The Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Instruction, the Department of Health, the Health Care Authority - Division of Behavioral Health and Recovery, and the Liquor and Cannabis Board.

The Healthy Youth Survey provides important survey results about the health of adolescents in Washington. Schools, school districts, local health jurisdiction, county prevention coordinators, community mobilization coalitions, community public health and safety networks, and others use this information to guide policy and programs that serve youth.

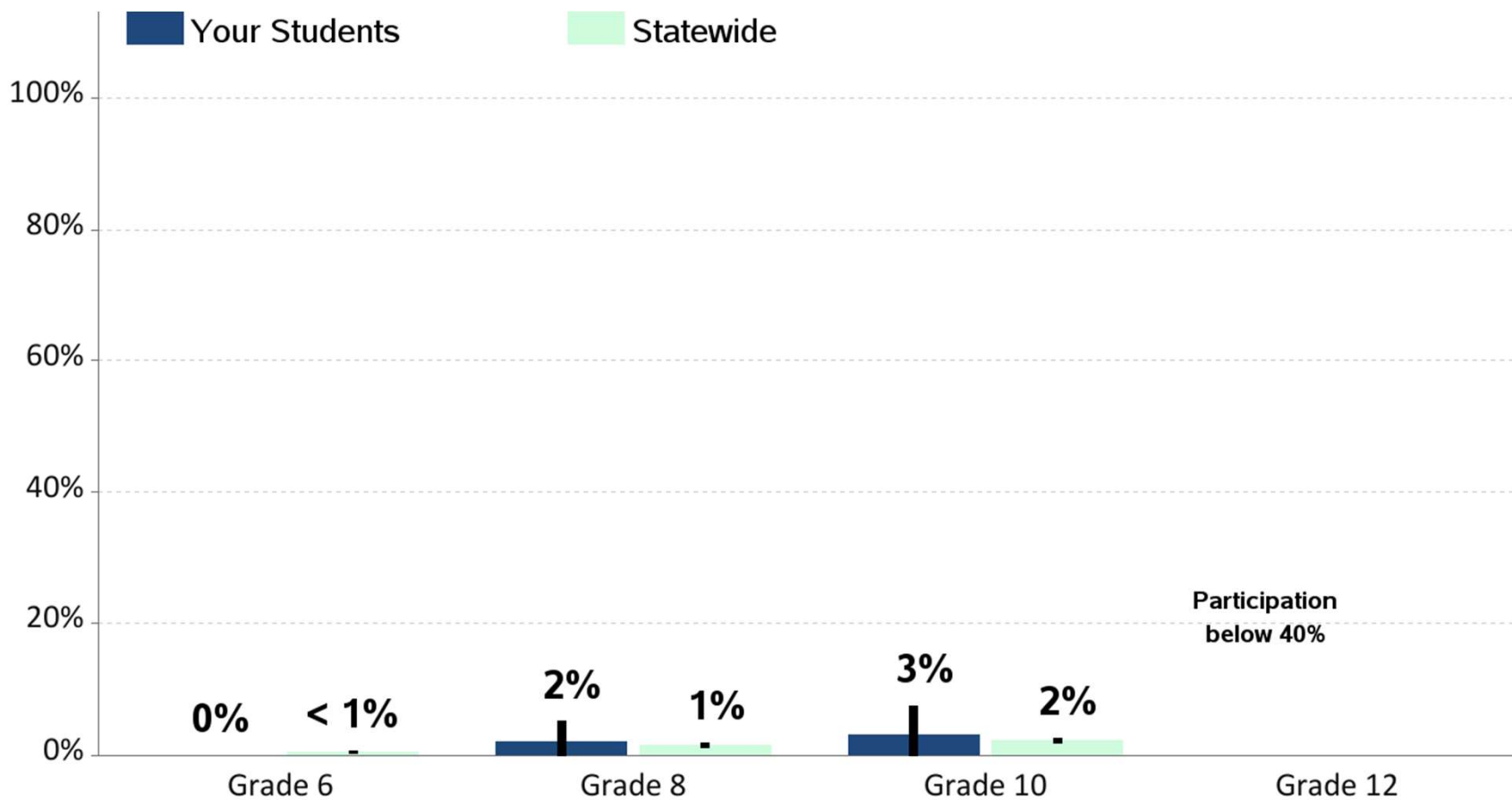
# **Student Participation**

## **Medical Lake School District**

- 115 (87%) of Grade 6 students
- 99 (80%) of Grade 8 students
- 67 (50%) of Grade 10 students
- 33 (27%) of Grade 12 students

## Current Cigarette Smoking

Percent of students who report smoking cigarettes in the past 30 days

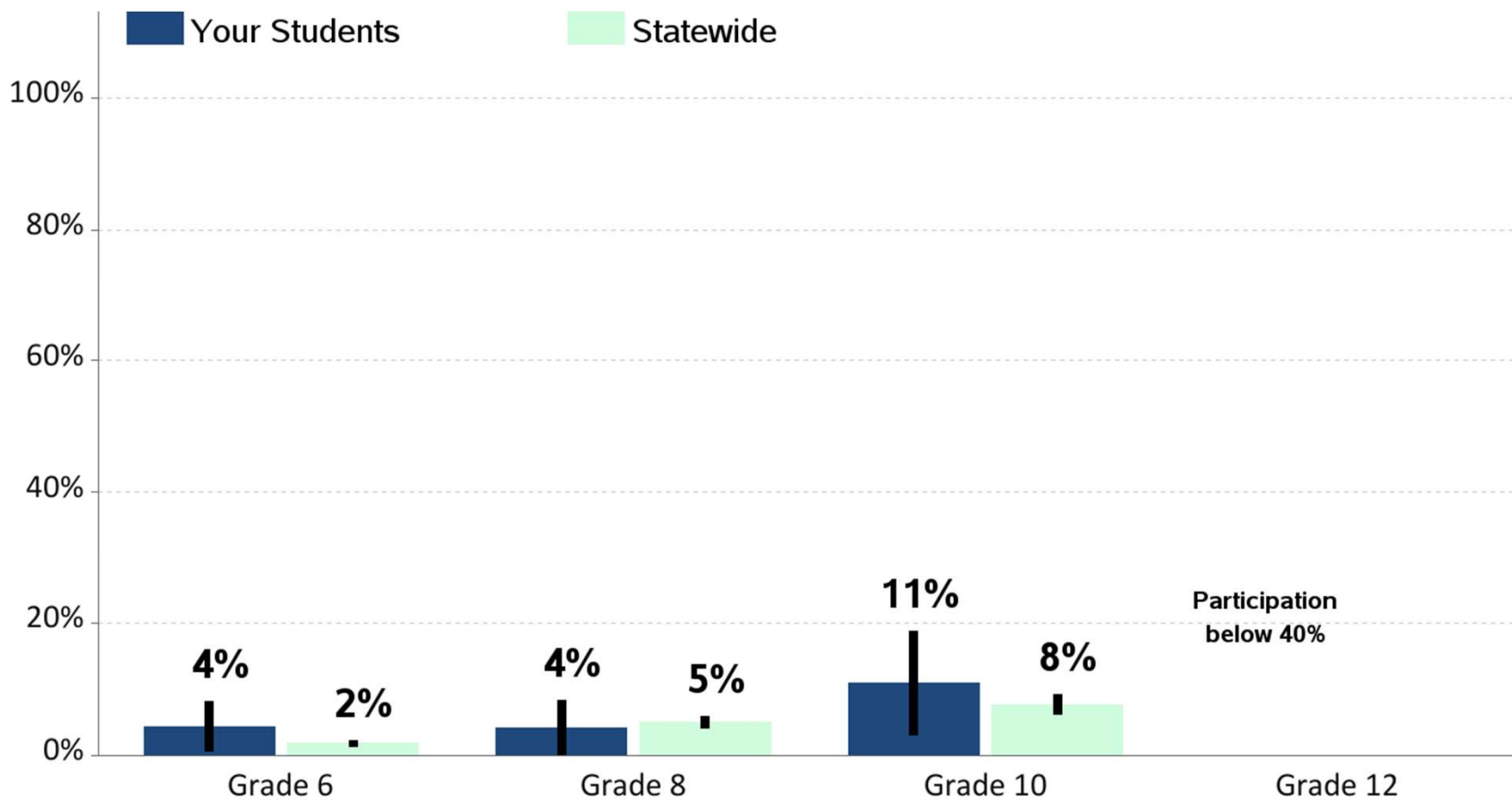


Medical Lake School District - Source: 2023 Healthy Youth Survey



## Current E-Cigarette Smoking or Vaping

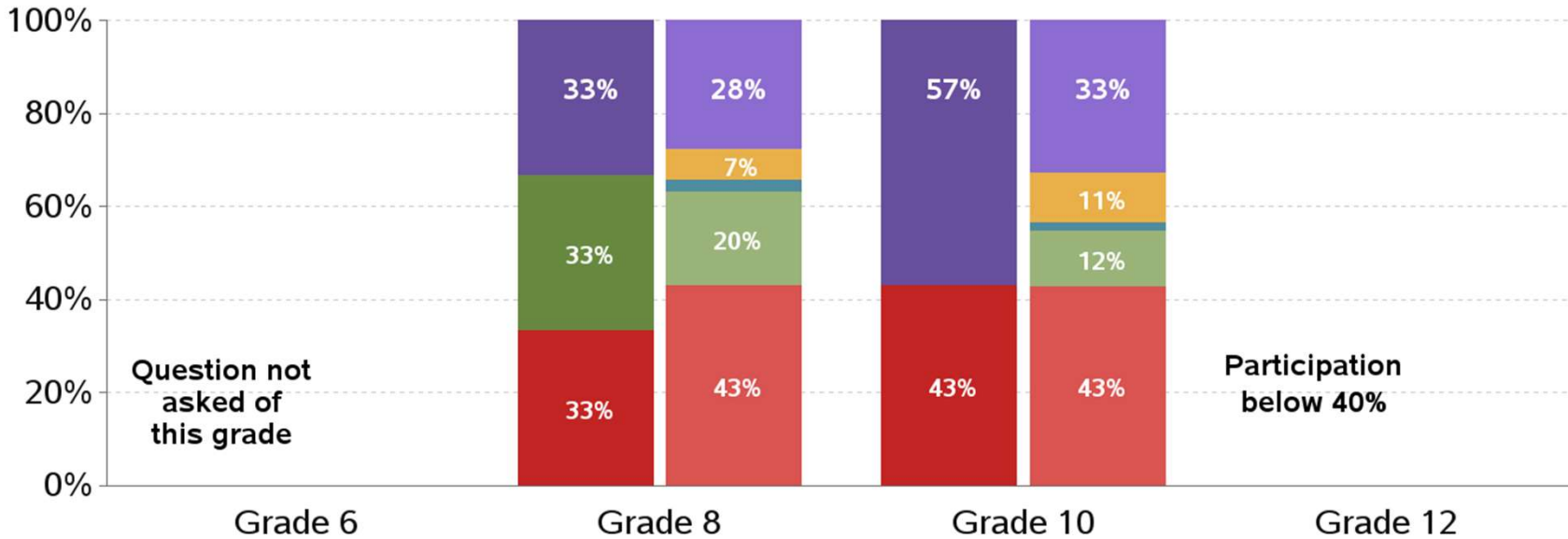
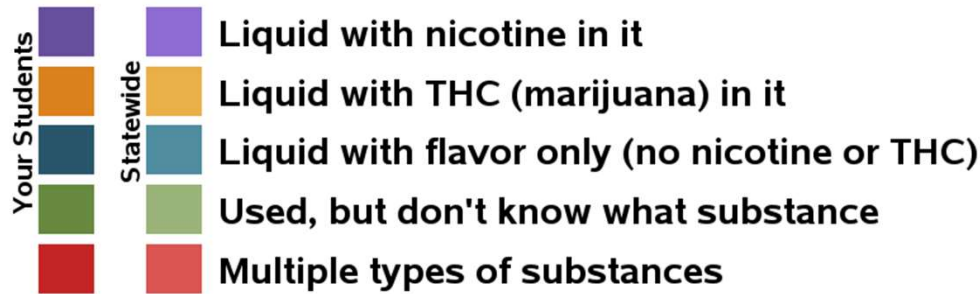
Percent of students who report using an electronic cigarette, e-cig, JUUL, or vape pen in the past 30 days



Medical Lake School District - Source: 2023 Healthy Youth Survey

# Type of Substance Used in E-Cigarette or Vaped in Past 30 Days

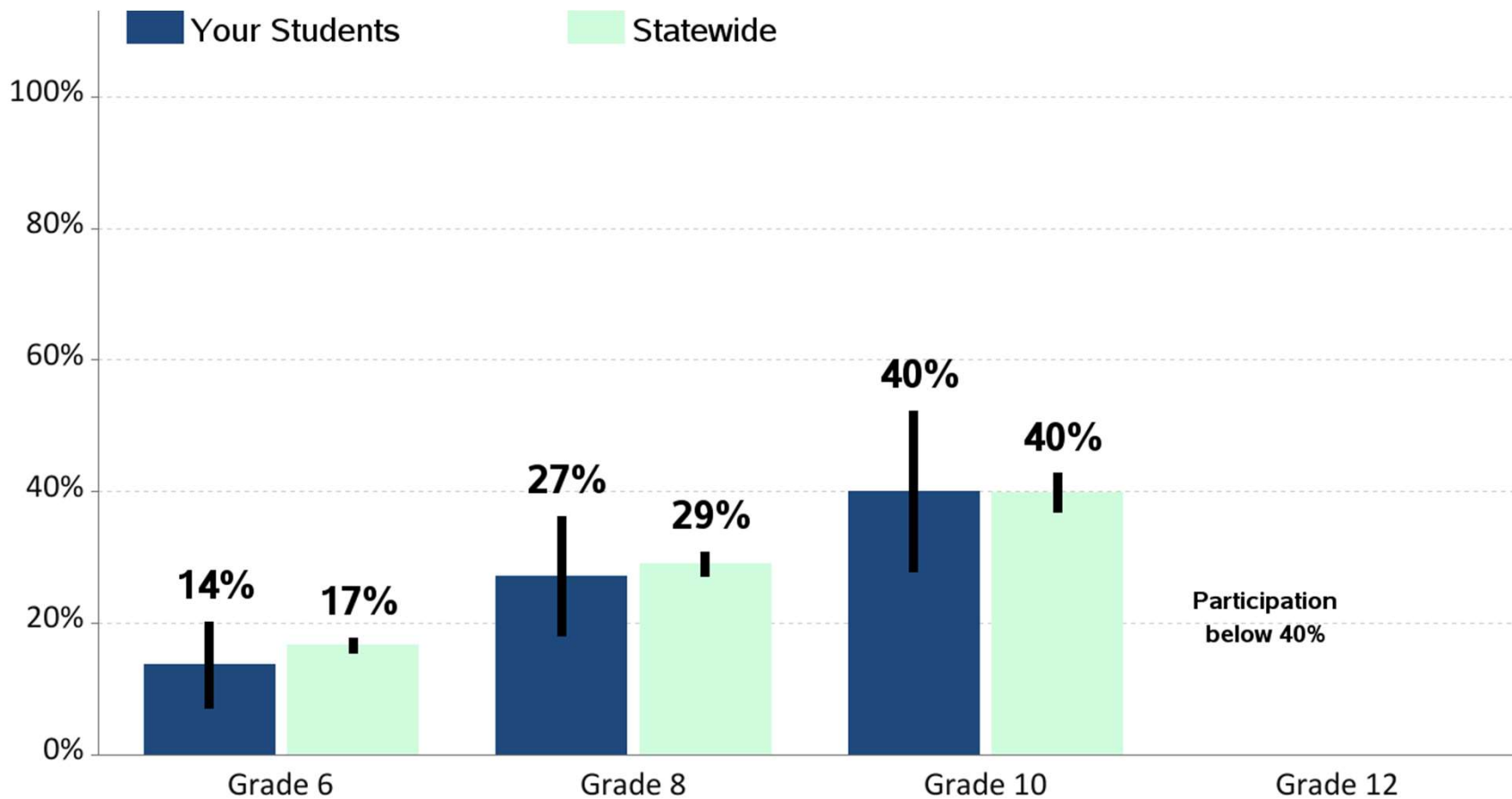
Percentages are of students who used e-cigarettes in the past 30 days



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Lifetime Alcohol Use

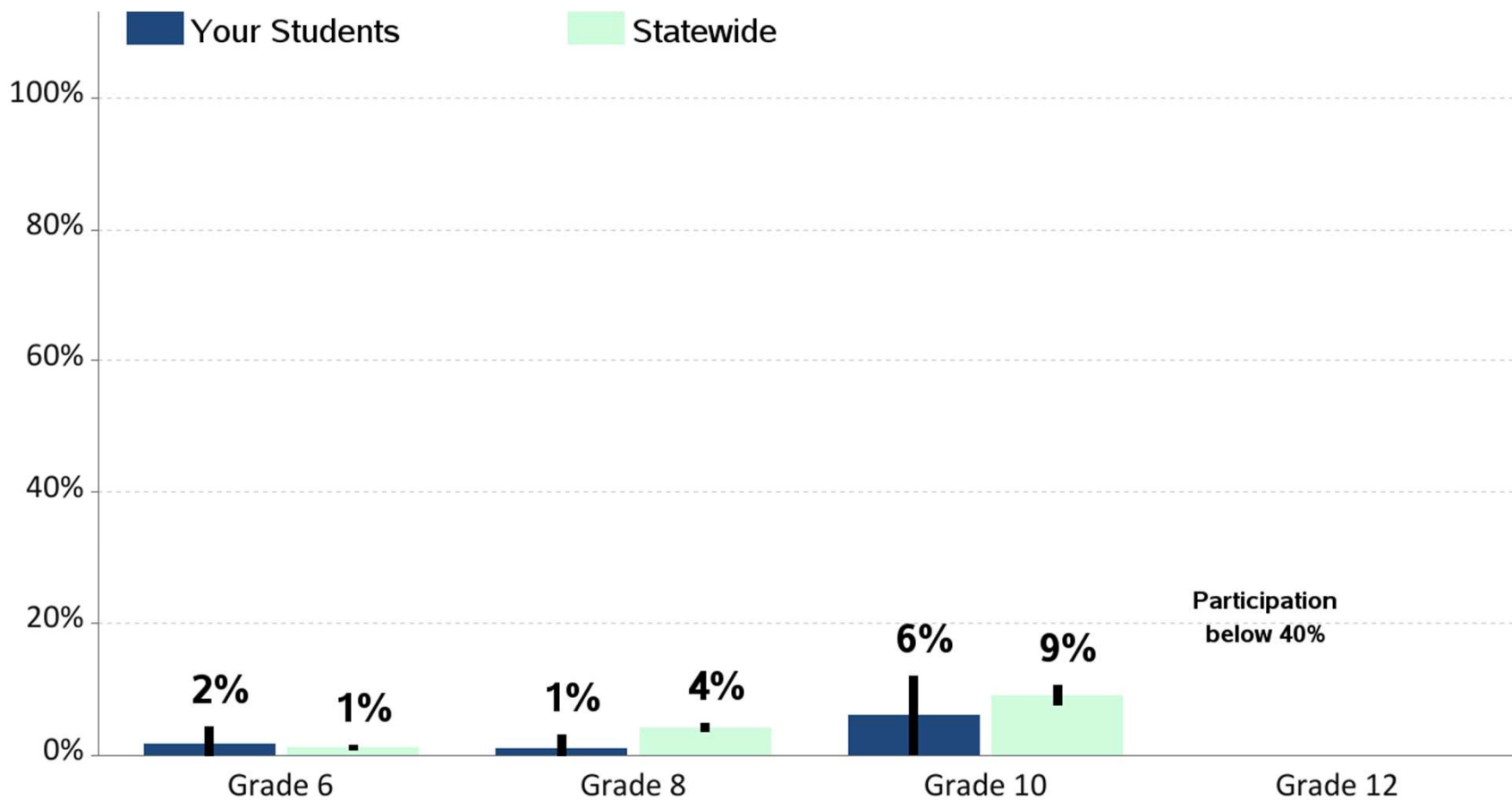
Percent of students who report having ever drunk more than a sip of alcohol



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Current Alcohol Use

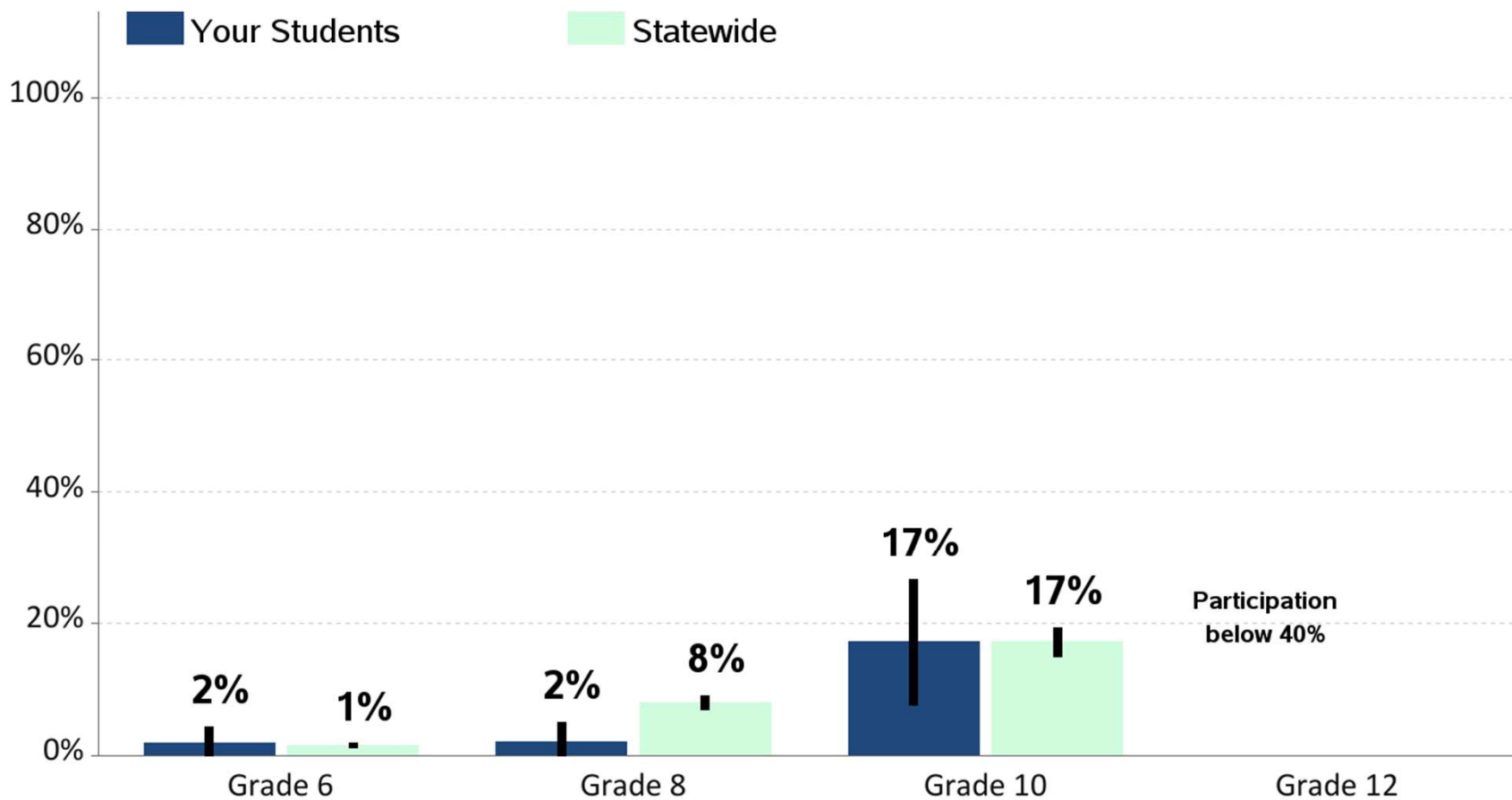
Percent of students who report having drunk a glass, can or bottle of alcohol in the past 30 days



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Lifetime Marijuana Use

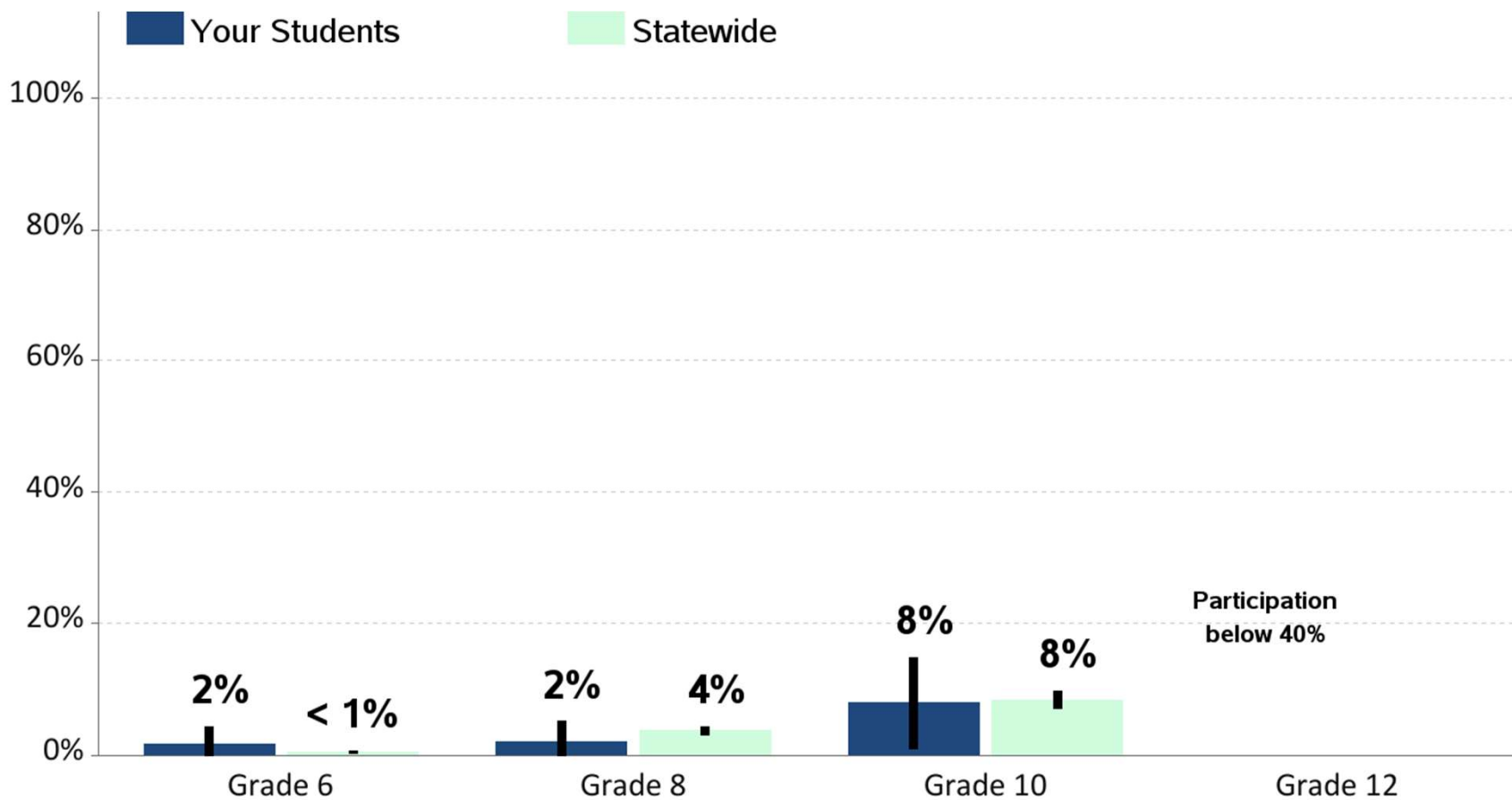
Percent of students who report having ever used marijuana



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Current Marijuana Use

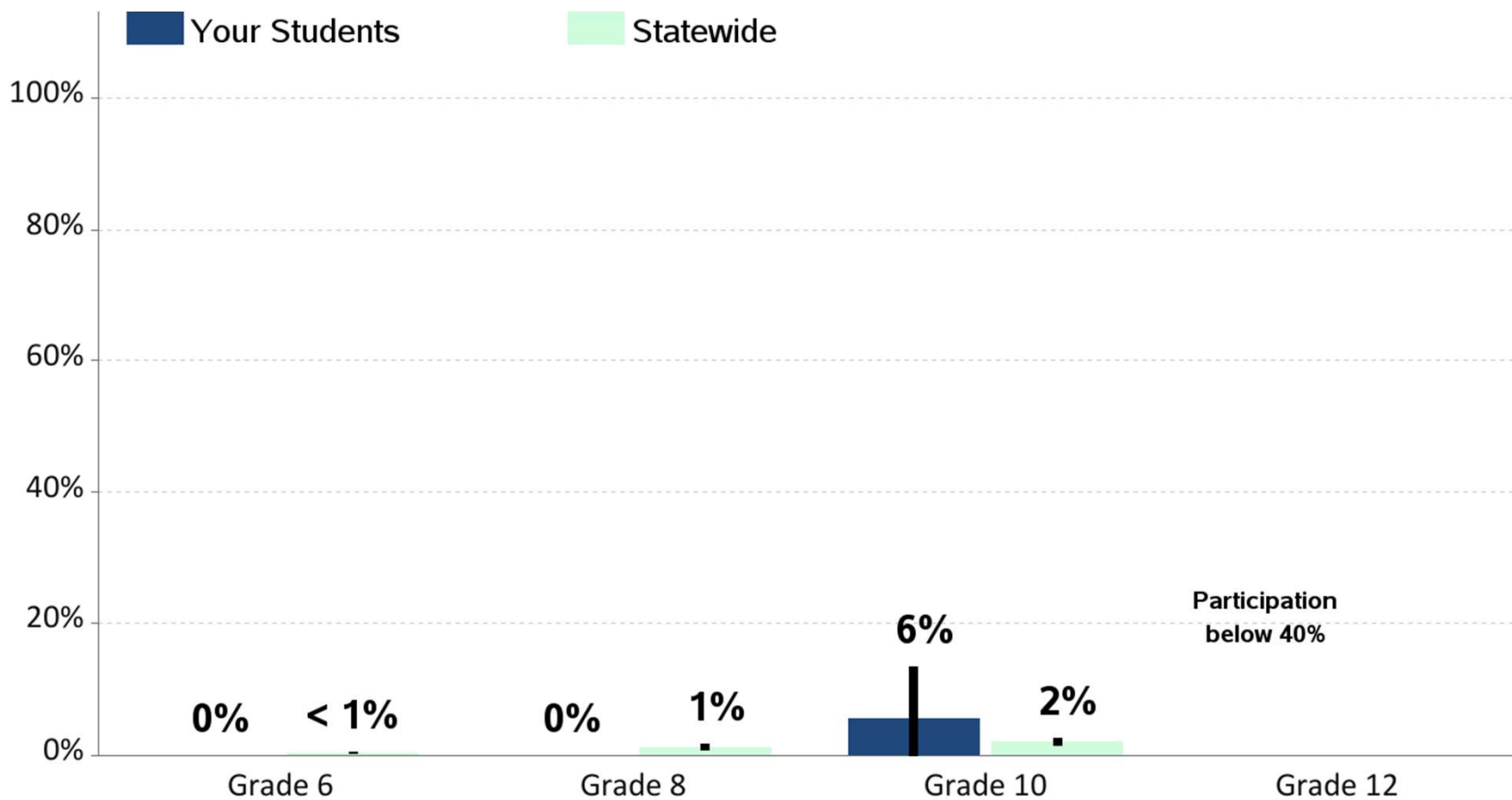
Percent of students who report using marijuana in the past 30 days



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Current Illegal Drug Use

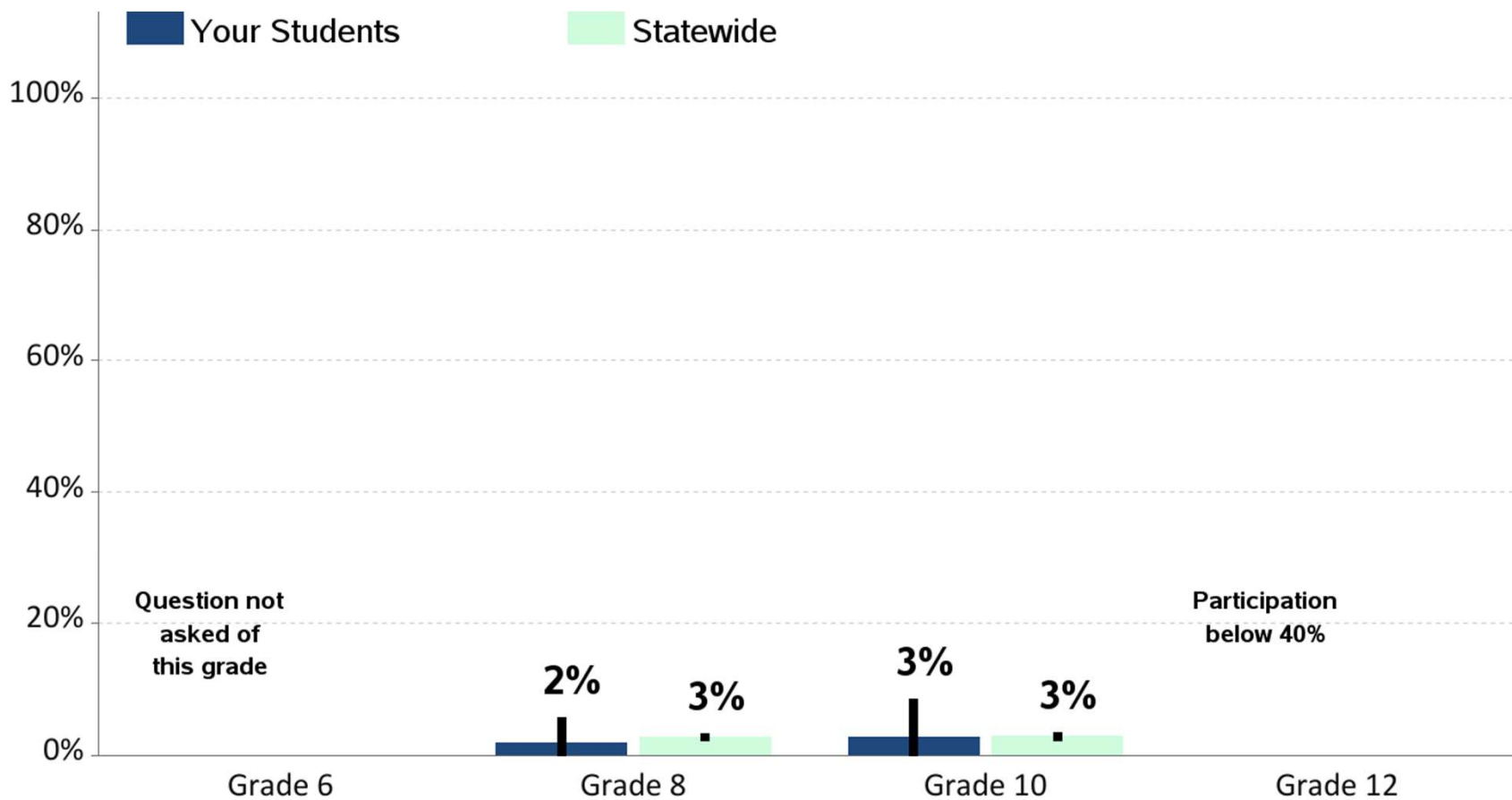
Percent of students who report using illegal drugs in the past 30 days (not including alcohol, tobacco or marijuana)



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Current Prescription Drug Use

Percent of students who report using prescription drugs not prescribed to them in the past 30 days

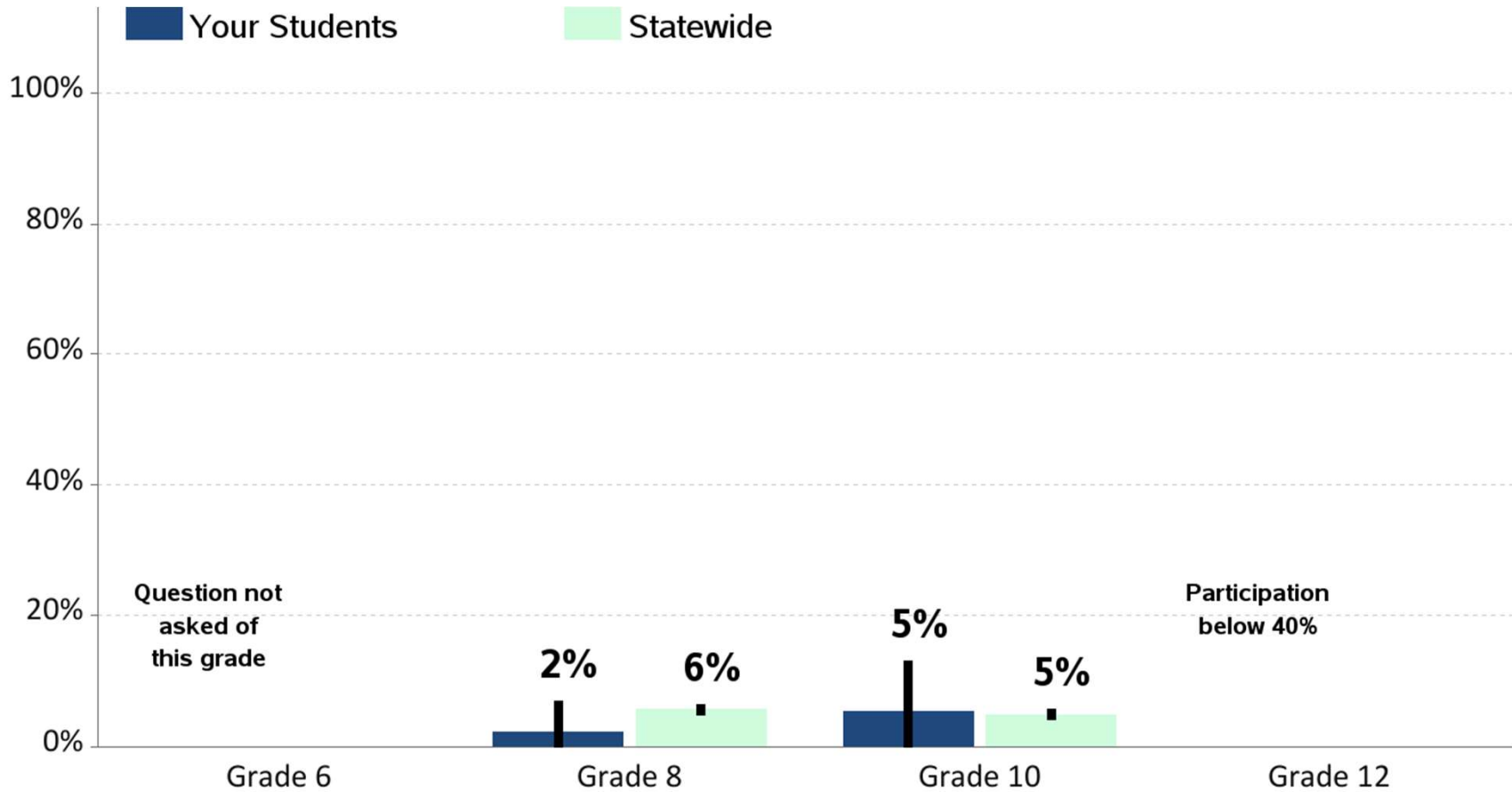


Medical Lake School District - Source: 2023 Healthy Youth Survey



## Current Over-the-Counter Drug Use

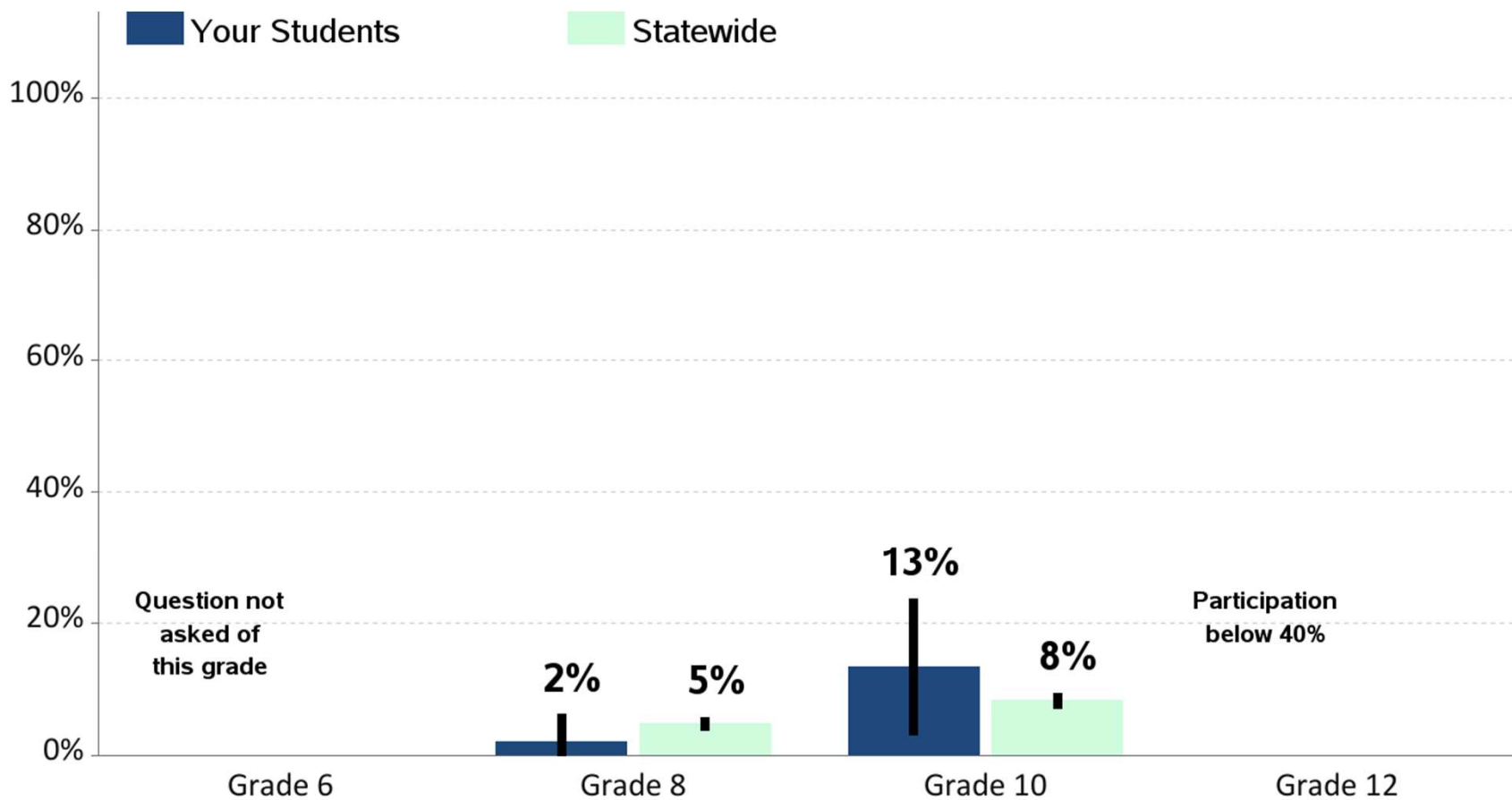
Percent of students who report using over-the-counter drugs, like cough syrup or cold medicine for non-medical purposes in the past 30 days



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Substance Use at School

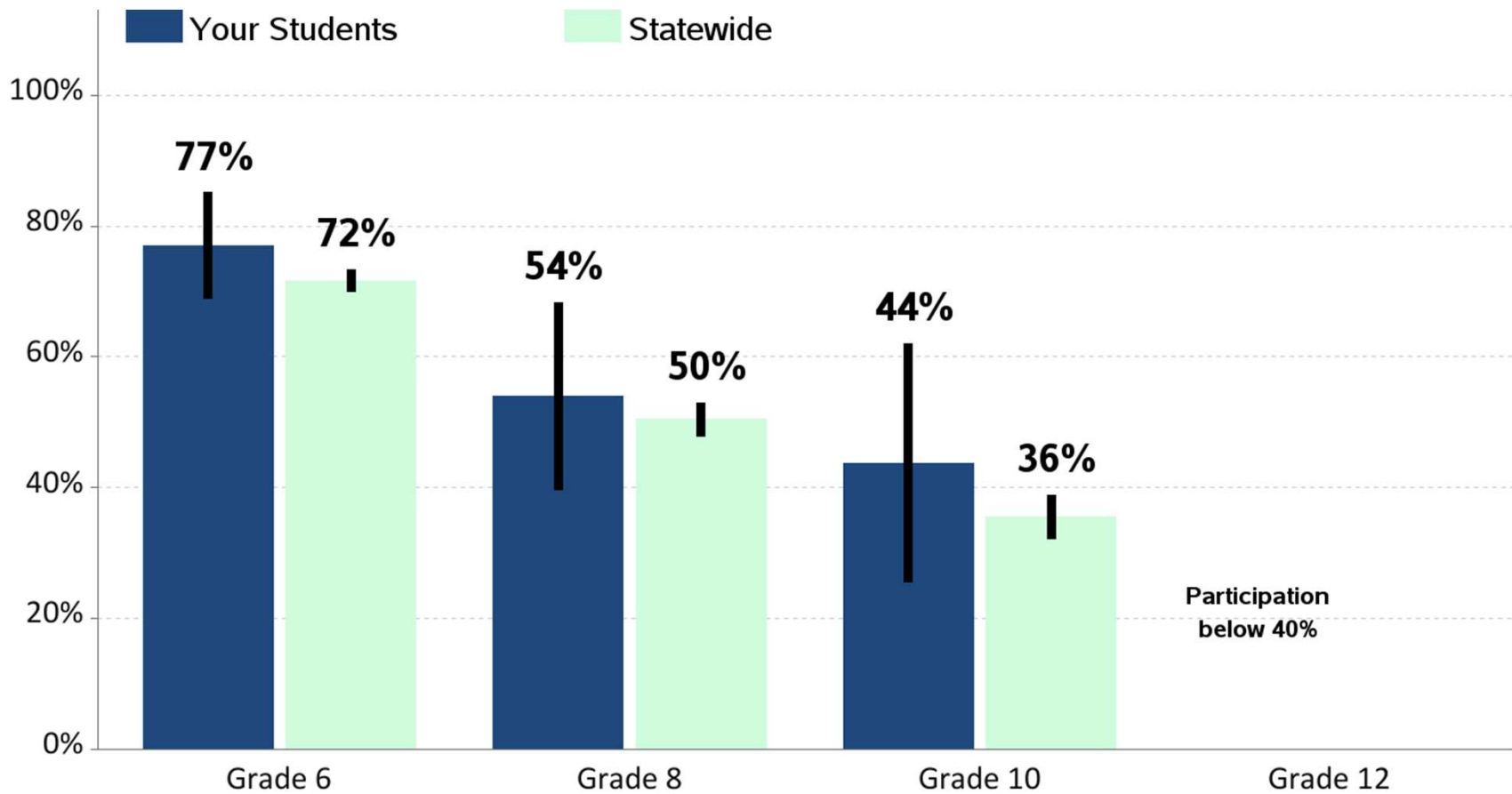
Percent of students who report being drunk or high while participating in school in the past year



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Perceived Availability of Alcohol

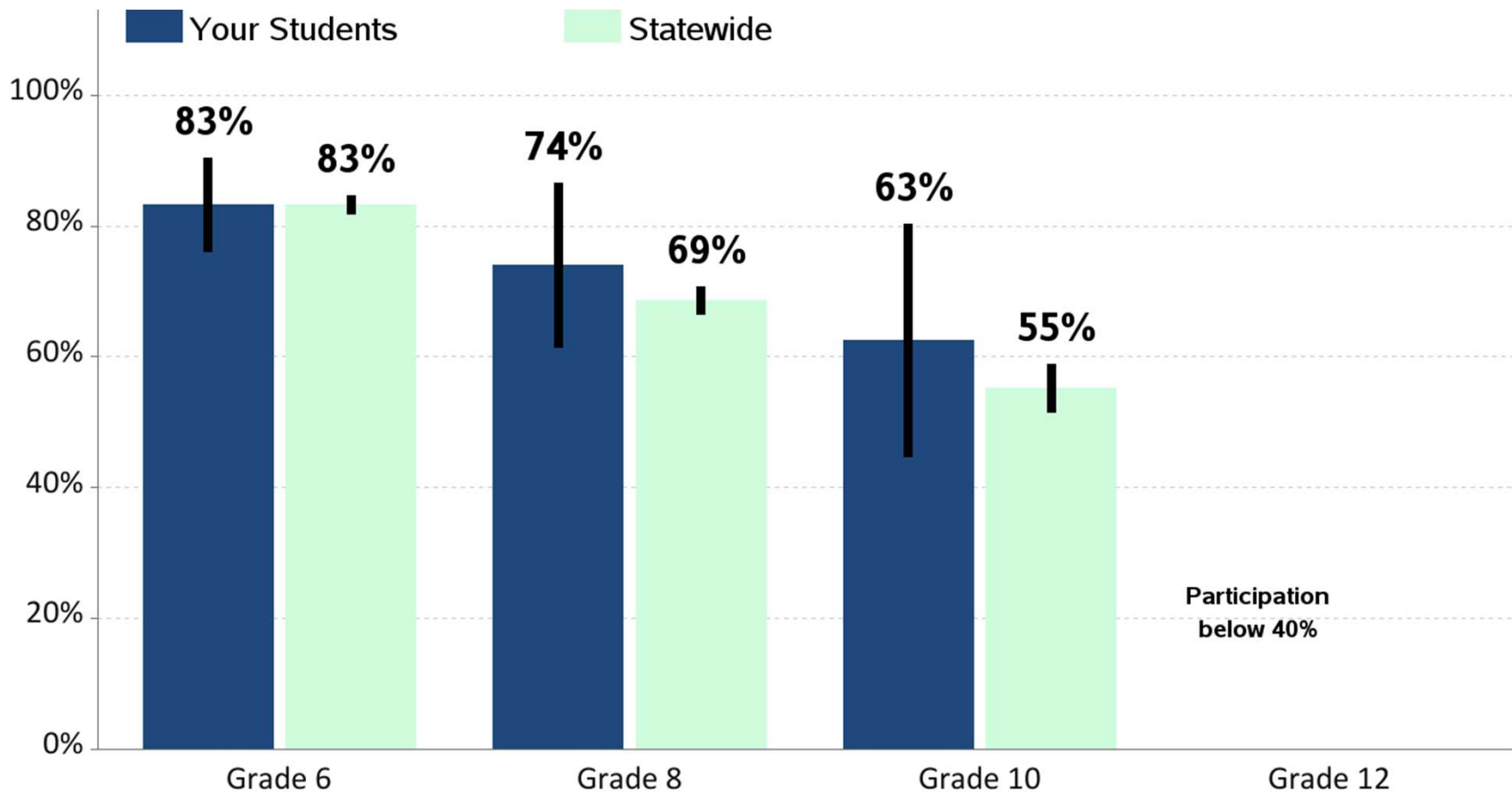
Percent of students who report alcohol would be "very hard" to get



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Perceived Availability of Cigarettes

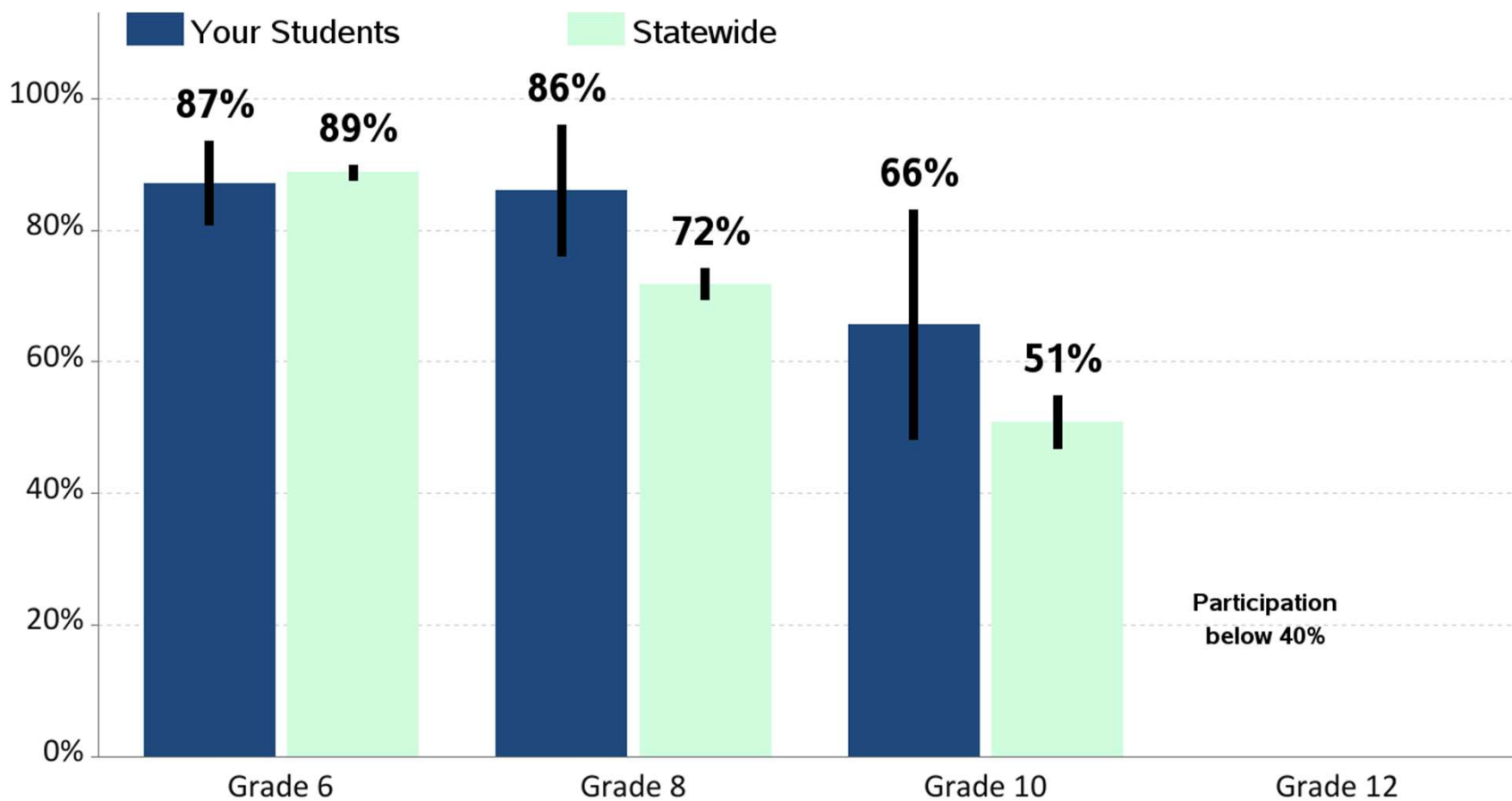
Percent of students who report cigarettes would be "very hard" to get



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Perceived Availability of Marijuana

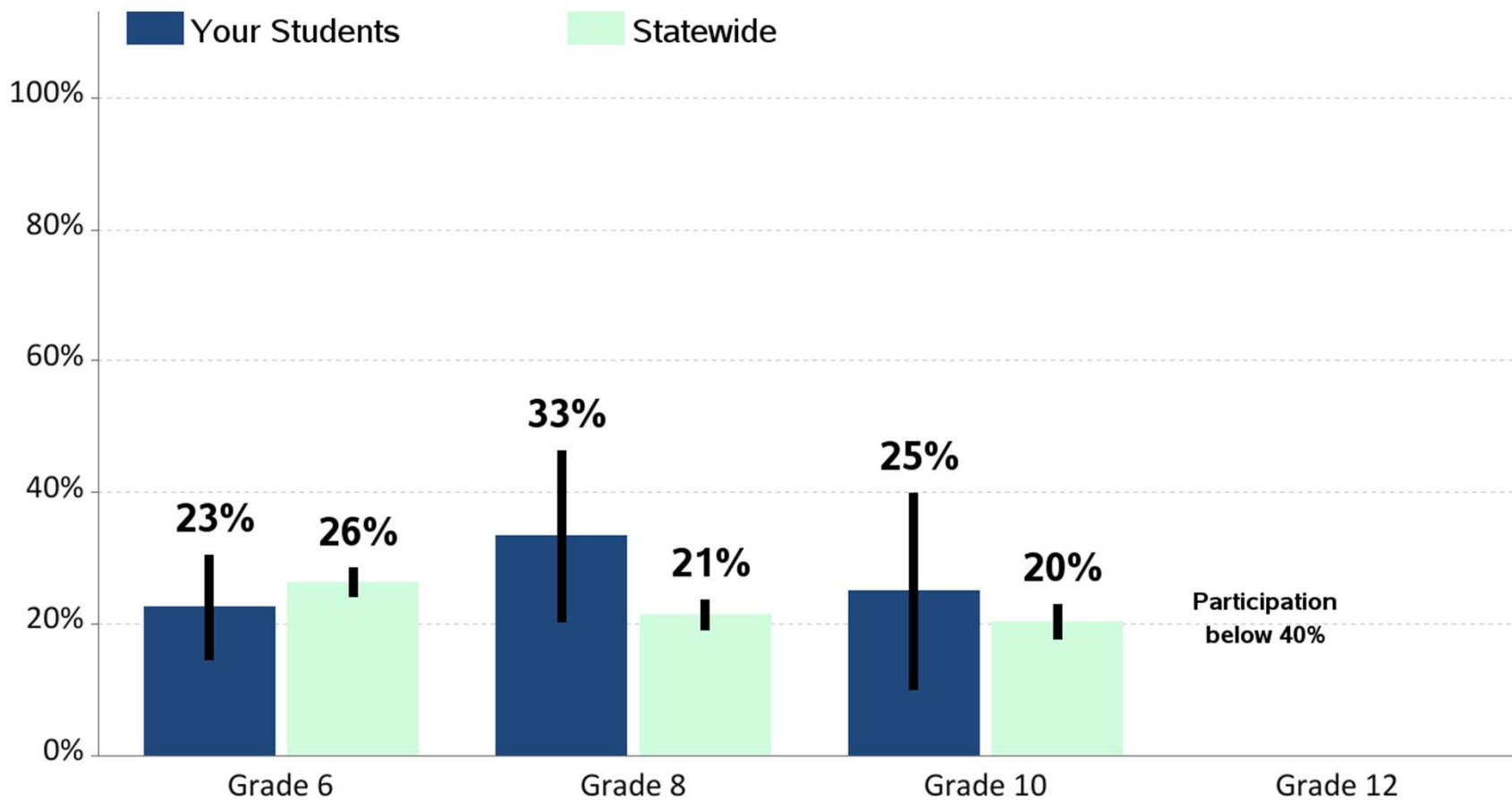
Percent of students who report marijuana would be "very hard" to get



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Skipping School

Percent of students who report skipping 1 or more whole days of school in the past 4 weeks

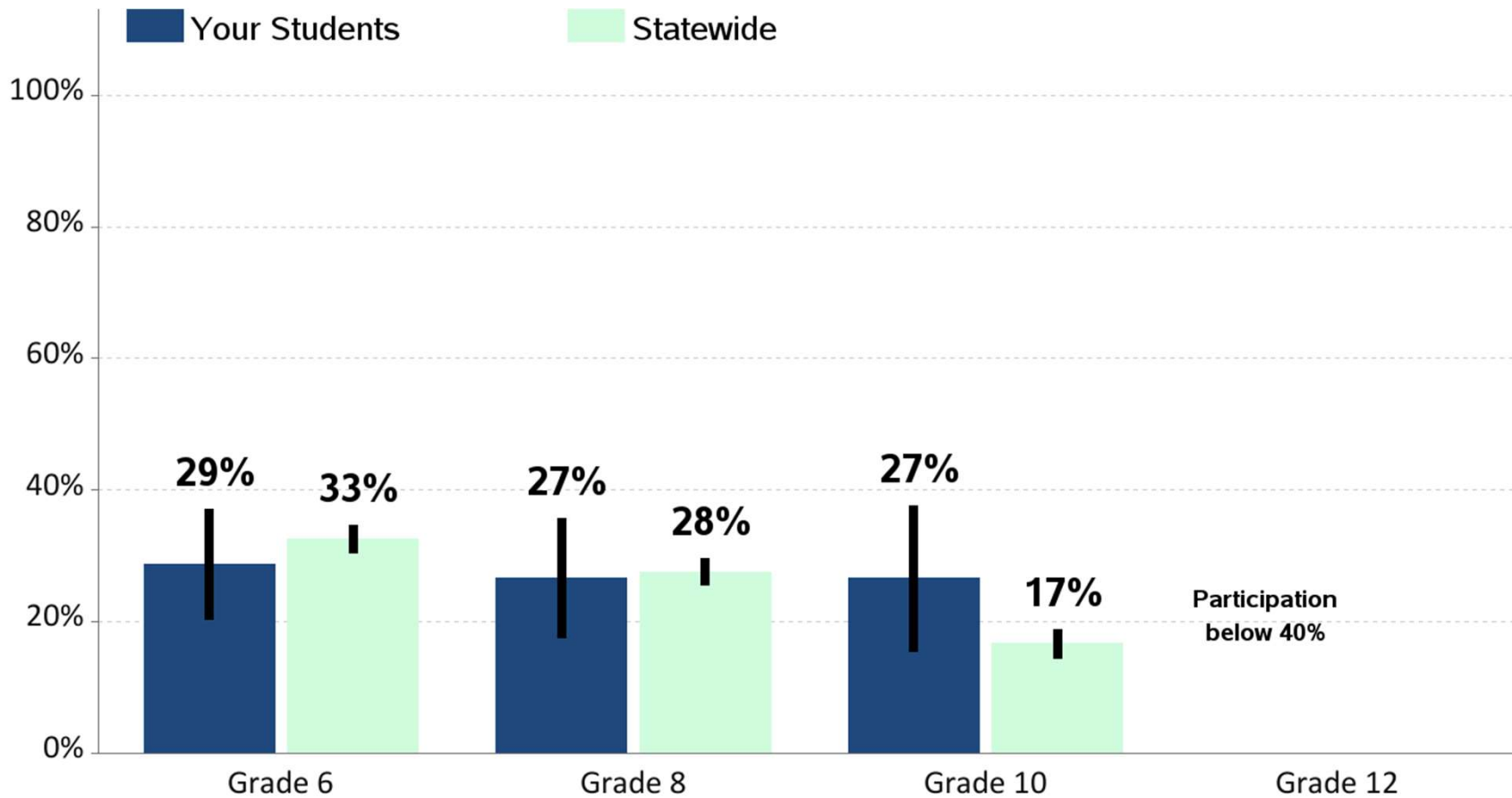


Medical Lake School District - Source: 2023 Healthy Youth Survey

## Bullying

### Percent of students who report being bullied in the past 30 days

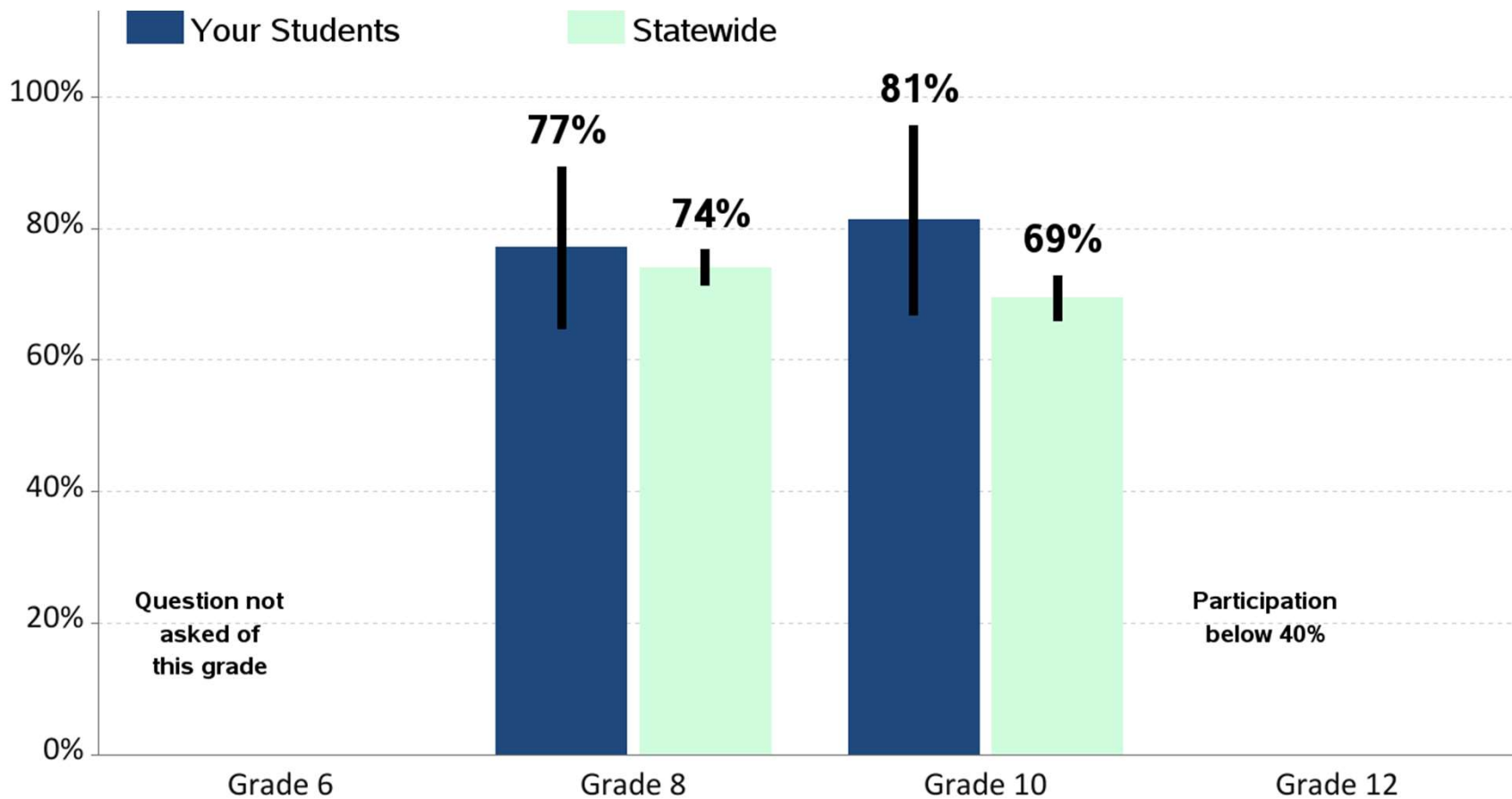
*Bullying is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again.*



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Students Know How to Report Bullying

Percent of students who report they know how to report bullying during school

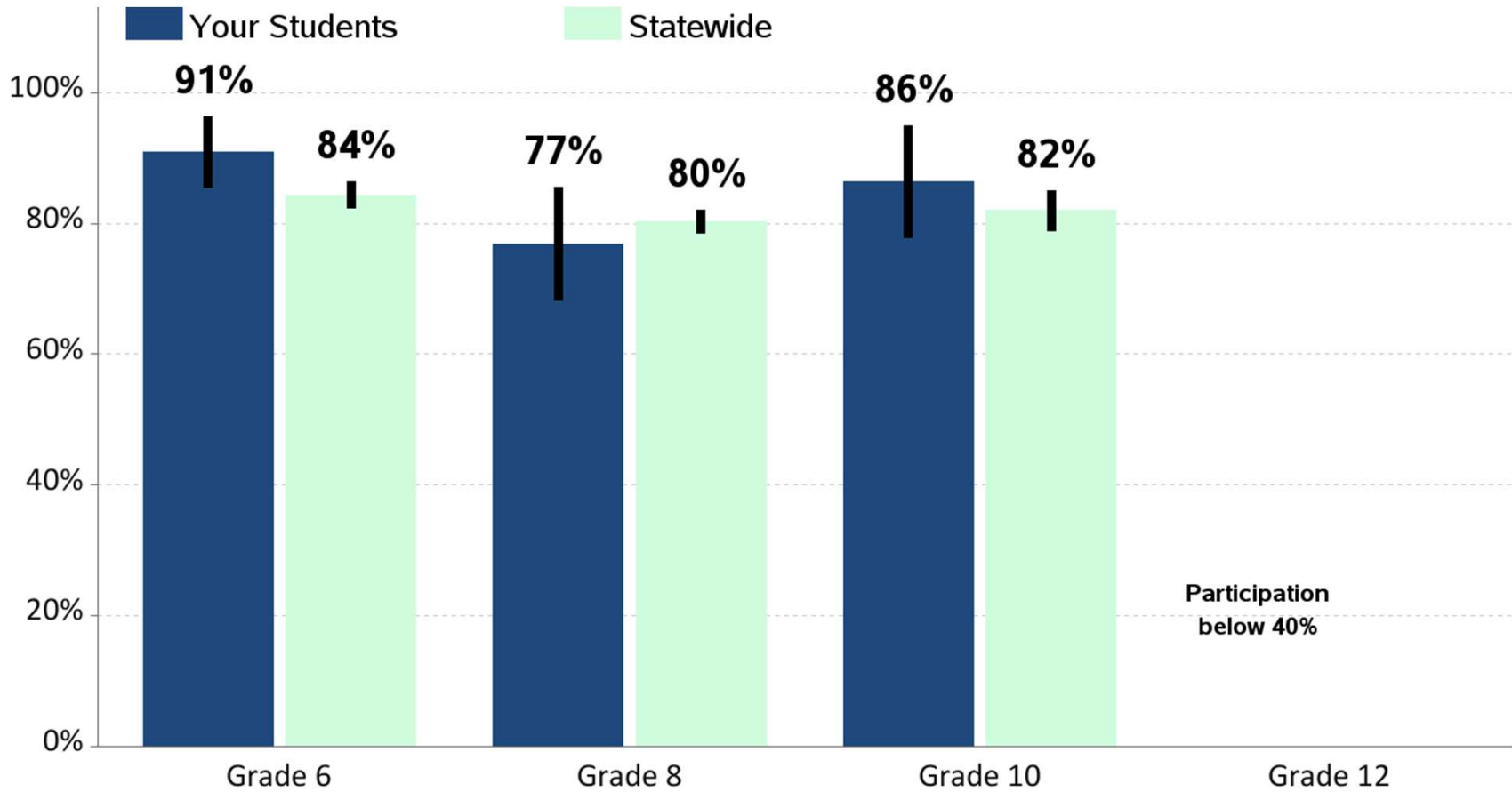


Medical Lake School District - Source: 2023 Healthy Youth Survey



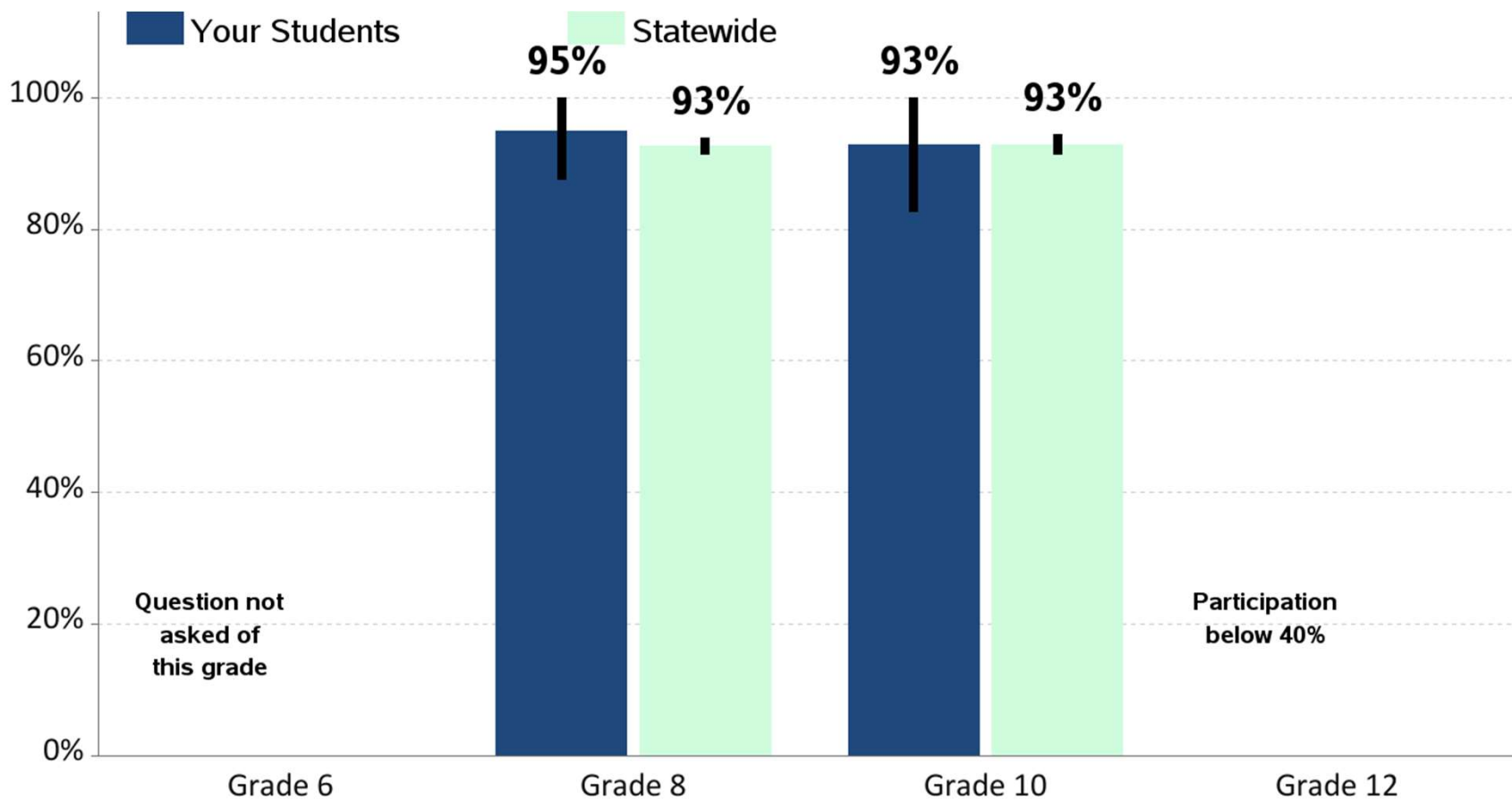
## Feeling Safe During School

Percent of students who report that they feel safe during school



## Opportunities for School Involvement

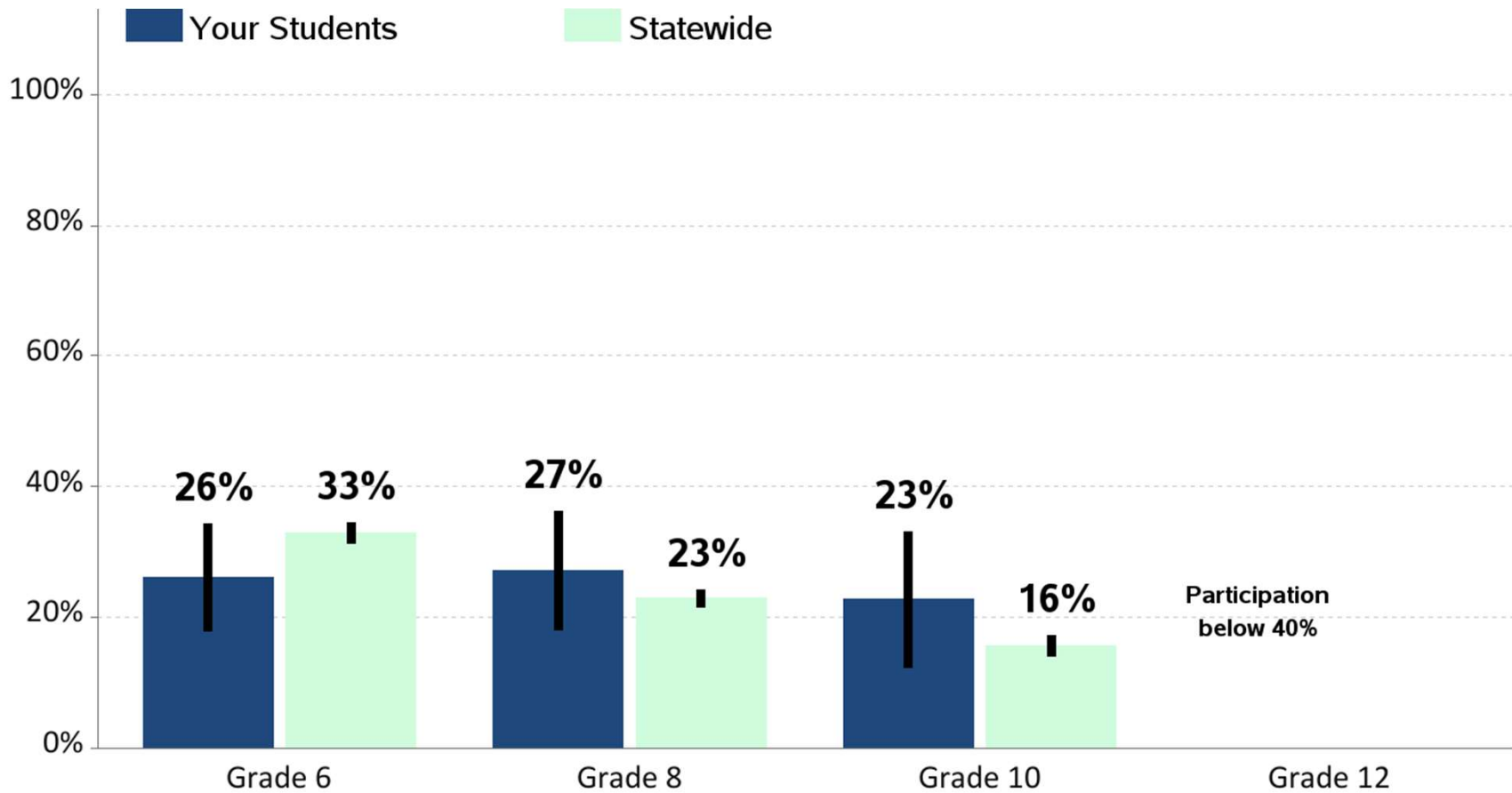
Percent of students who report that they have lots of chances for involvement in school activities



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Physical Fighting

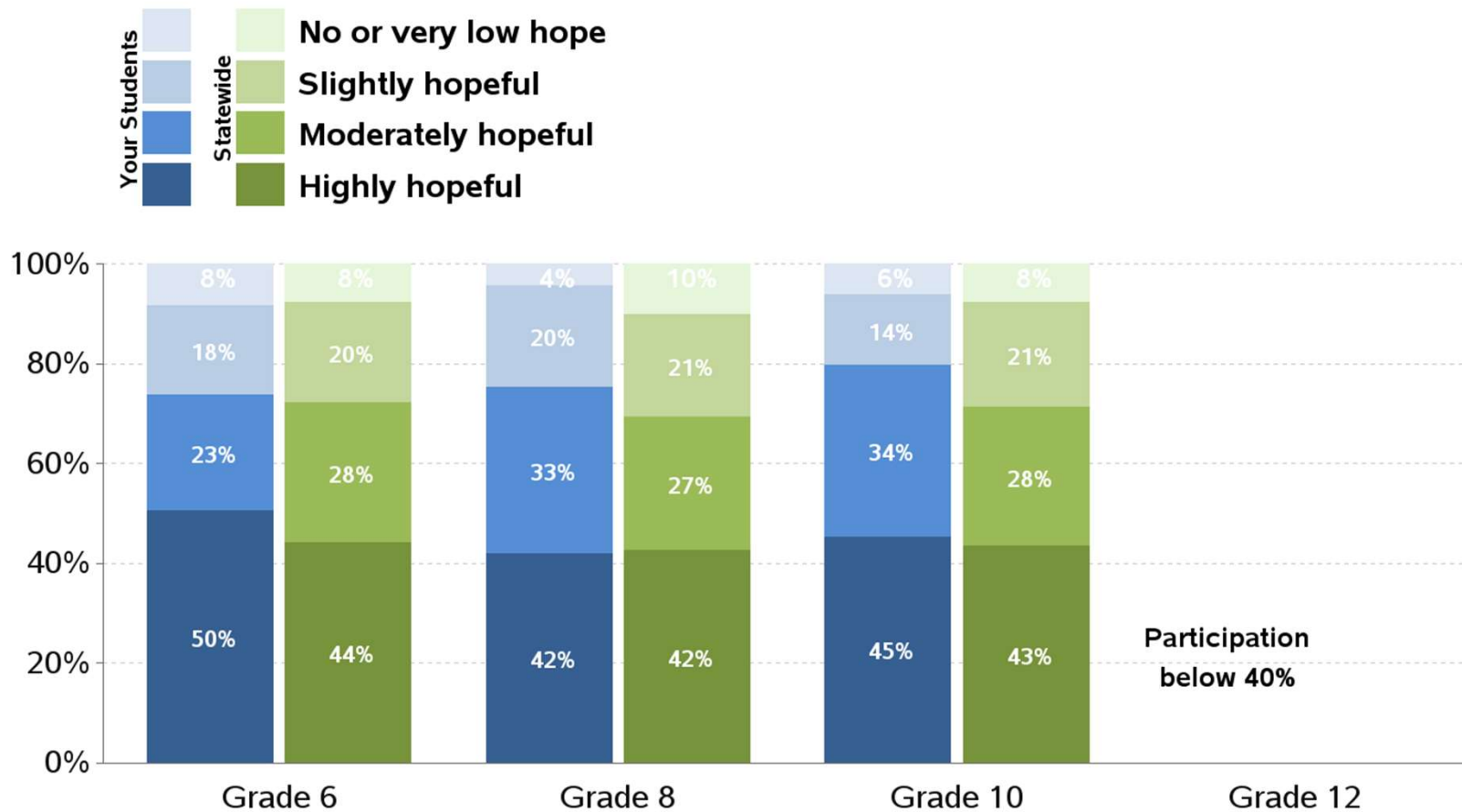
Percent of students who report being in a physical fight in the past year



Medical Lake School District - Source: 2023 Healthy Youth Survey

# Children's Hope Scale

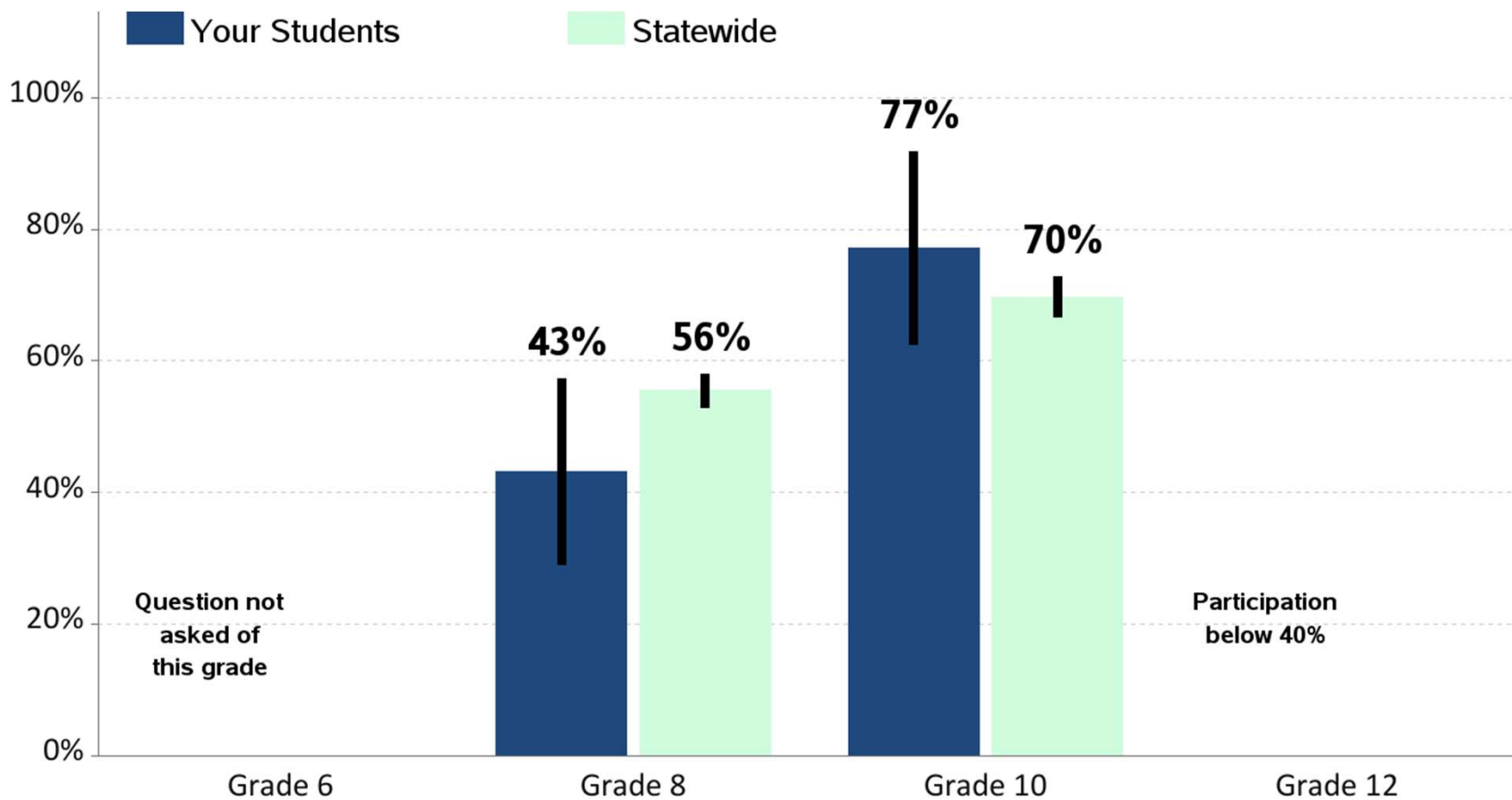
Hope reflects a future orientated mindset and motivational process toward attaining a desirable goal. Research has linked hope with overall physical, psychological, and social well-being.



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Sleep on a School Night

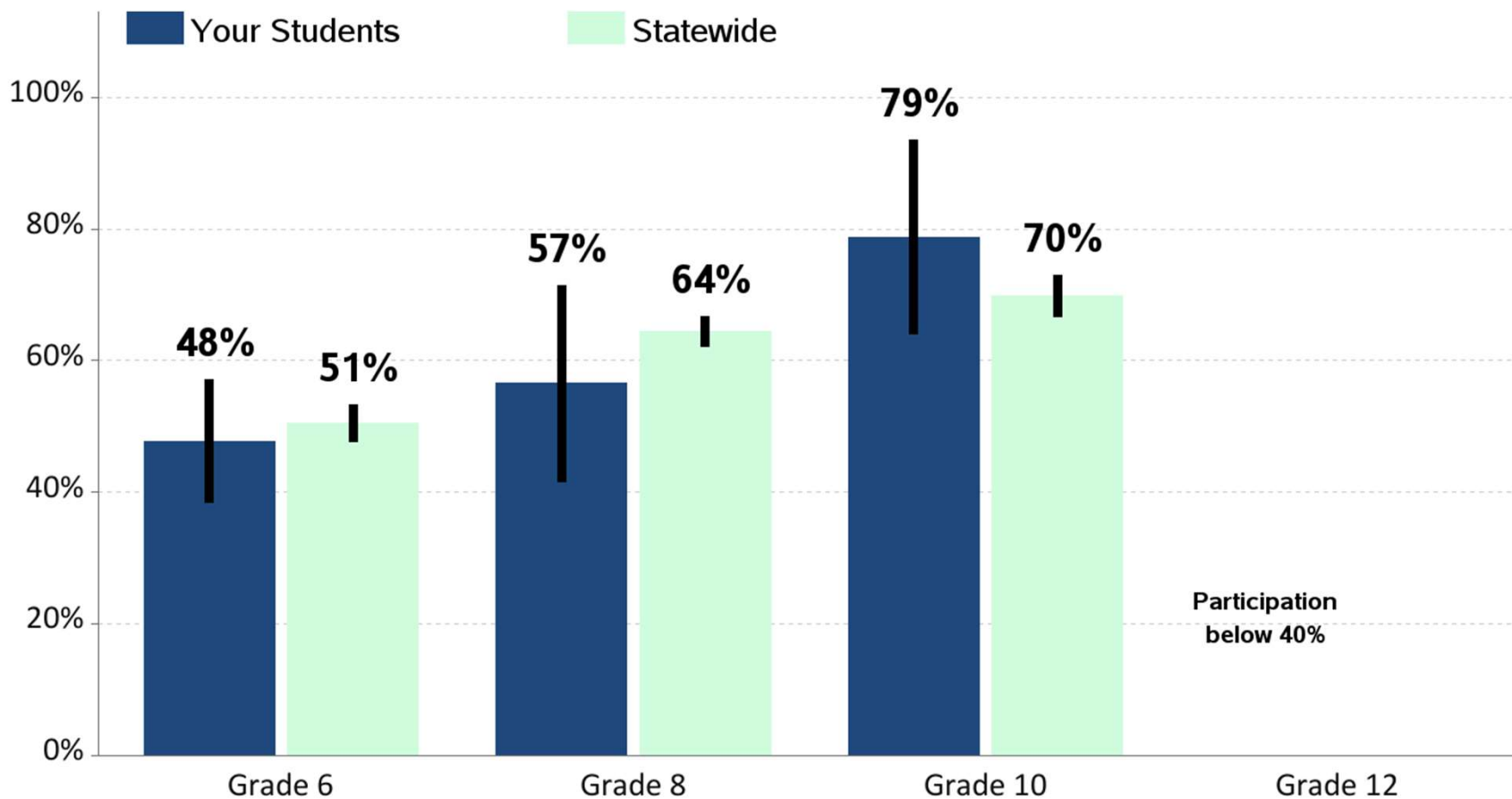
Percent of students who report sleeping less than 8 hours on an average school night



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Excessive Screen Time

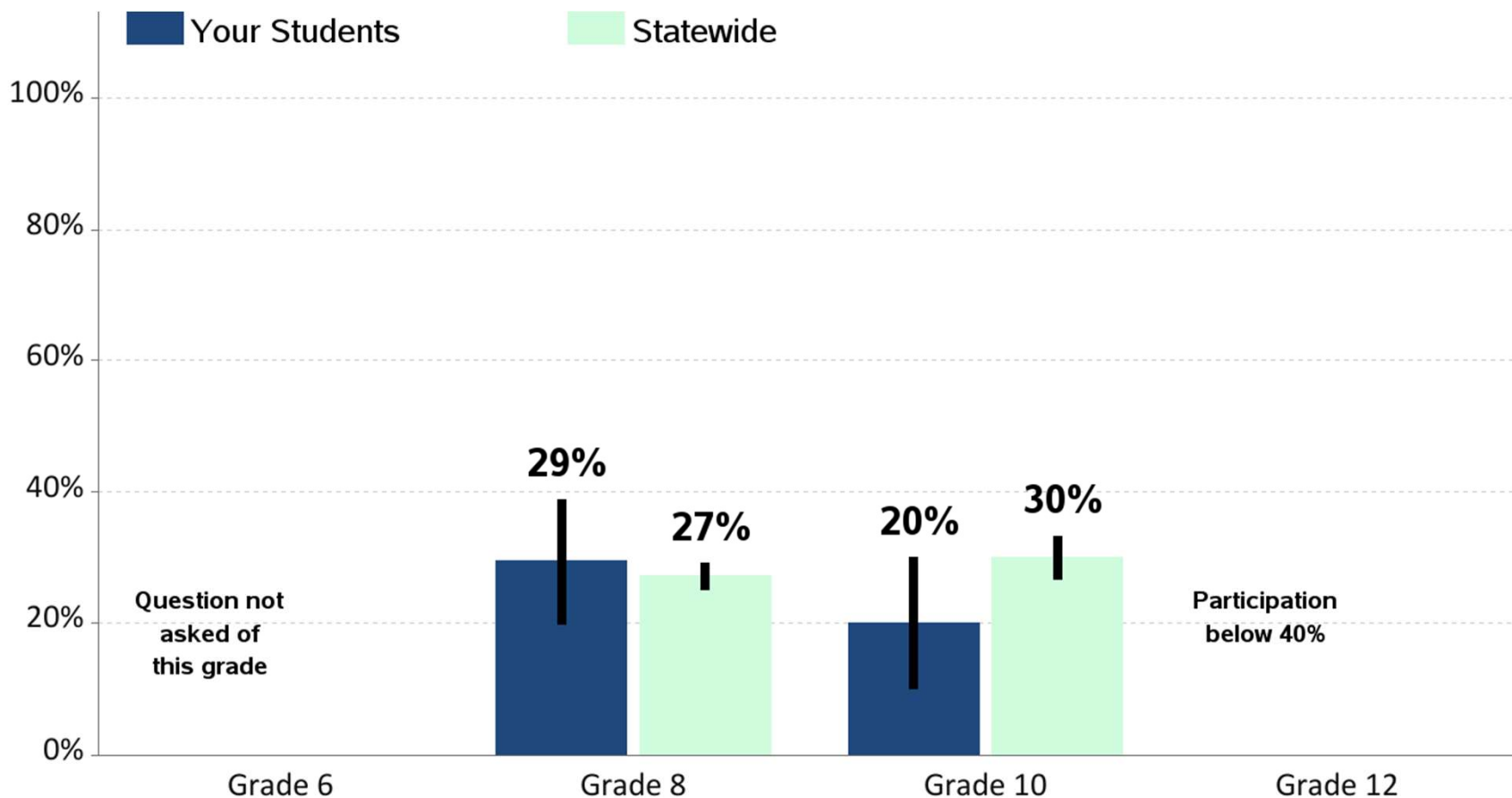
Percent of students who report 3 or more hours of screen time on an average school day  
*(time spent in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media)*



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Depression

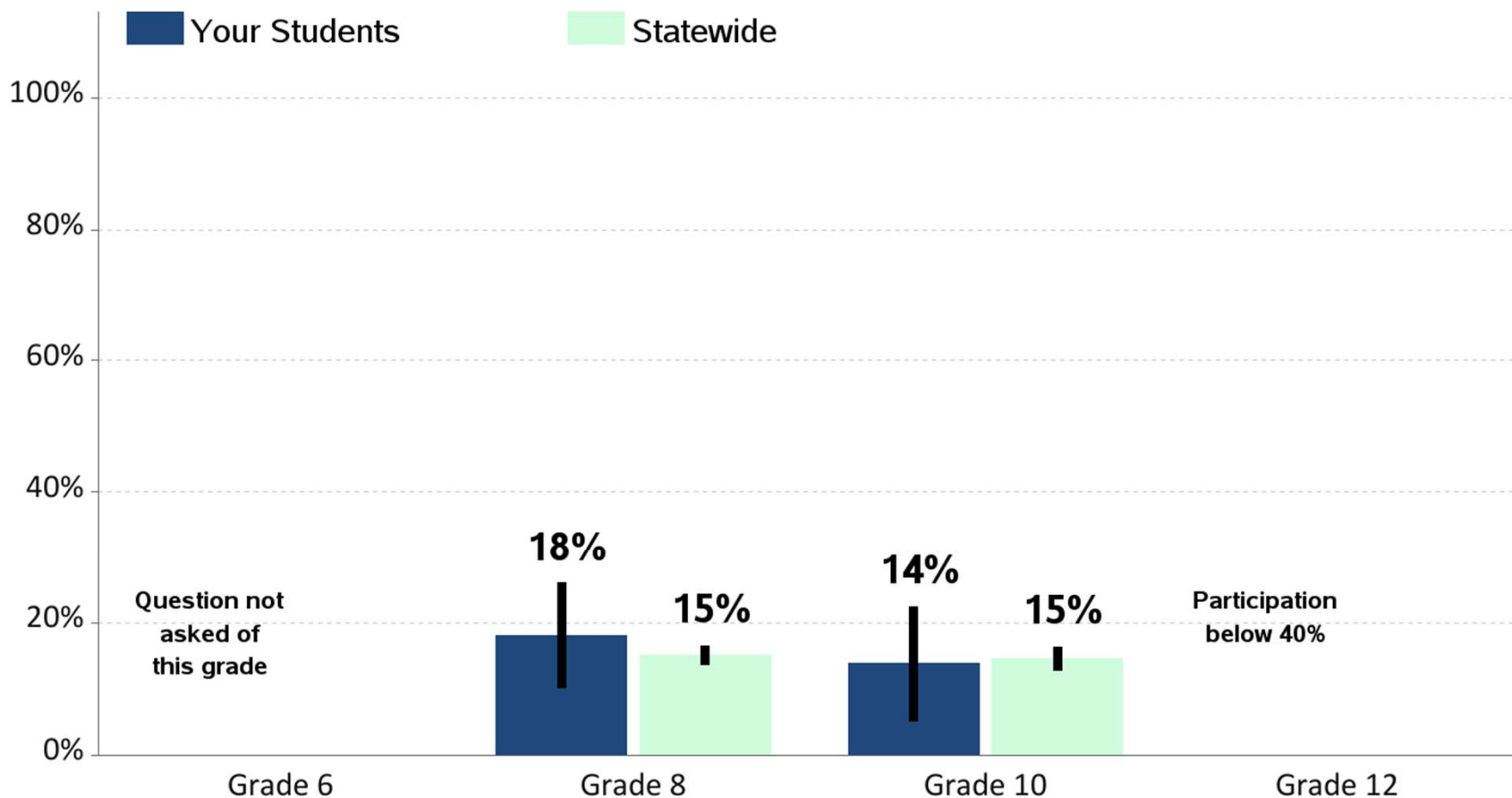
Percent of students who report feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities in the past year.



Medical Lake School District - Source: 2023 Healthy Youth Survey

## Contemplation of Suicide

Percent of students who report having seriously considered suicide in the past year

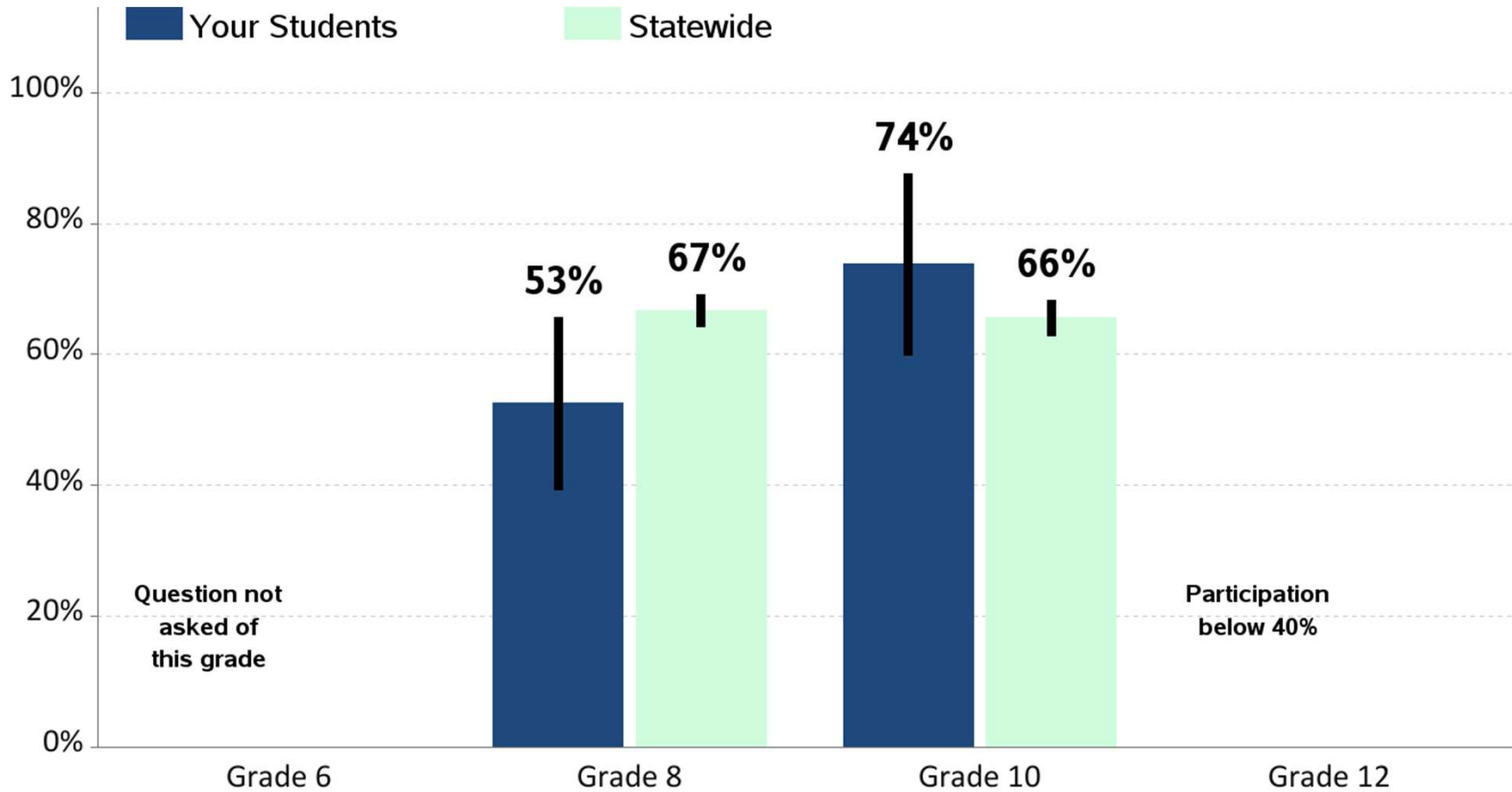


Medical Lake School District - Source: 2023 Healthy Youth Survey



## Someone in Community to Talk To

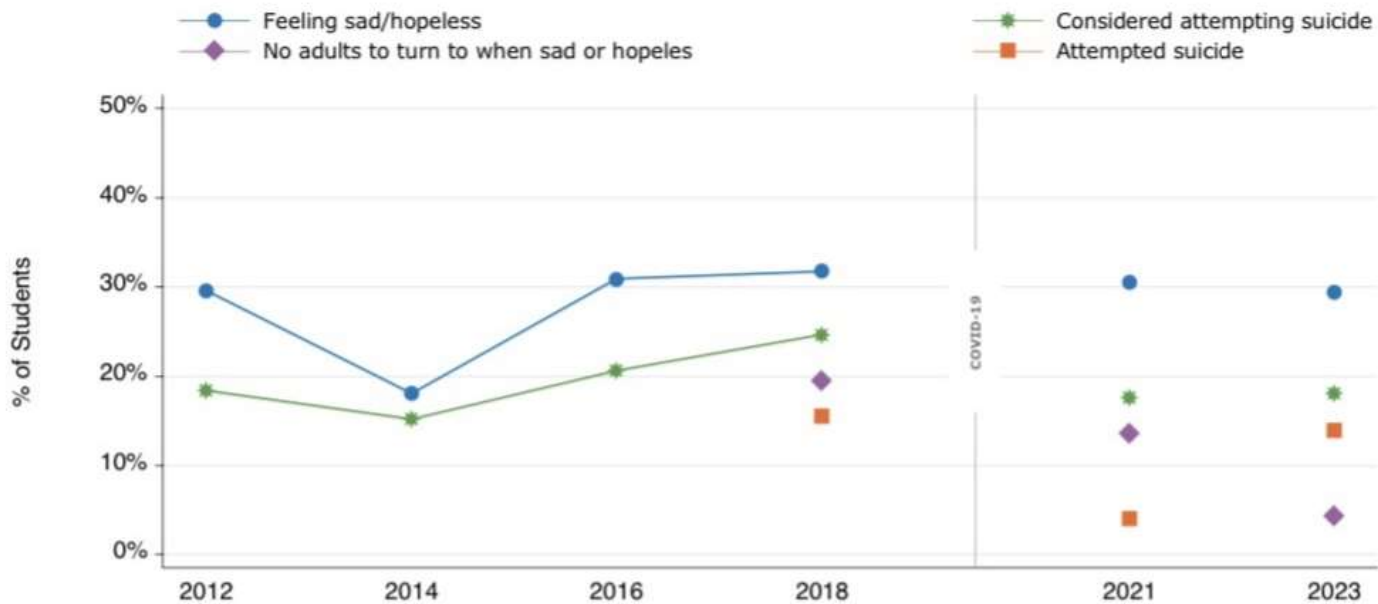
Percent of students who report having an adult in their neighborhood or community they can talk to about something important



Medical Lake School District - Source: 2023 Healthy Youth Survey

# Longitudinal Data

**Feeling sad/hopeless and suicide 2012-2023, Grade 8**



Prevalence	2012	2014	2016	2018	2021	2023
Feeling sad/hopeless	30% ±8	18% ±7▼	31% ±9▲	32% ±10	31% ±9	29% ±9

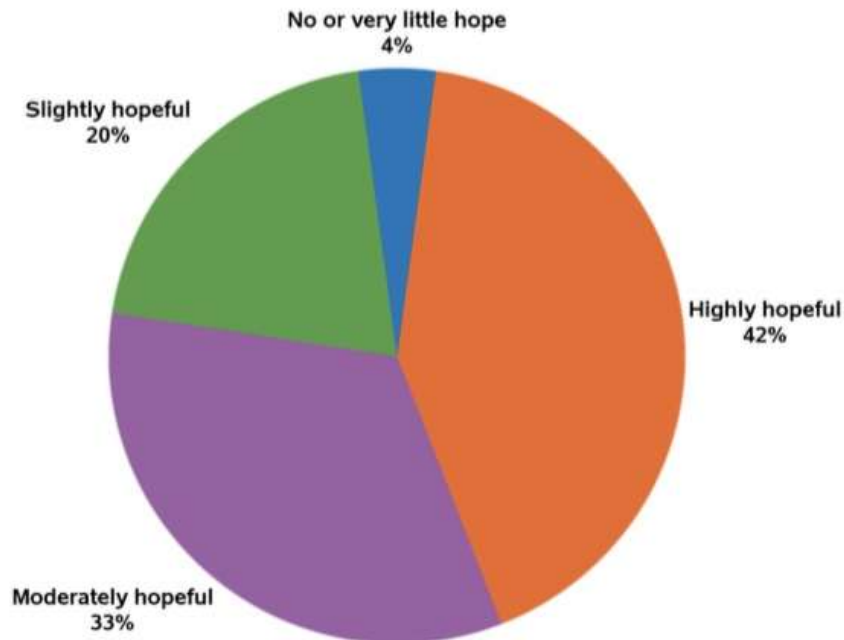
Footer

# Measuring Hope



## FACT SHEET Measuring Hope

Levels of Hope Grade 8, 2023



**Research** has shown that hope can be taught and is connected to academic achievements, well-being and positive life outcomes.