

### **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

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.

- ~~● 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

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>RCW 28A.623.020</del> <del>Nonprofit program for elderly — Authorized — Restrictions</del>	
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 — 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 — Physical Education — Grade school and high school requirement.</del>	
<del>WAC 392-410-136 — 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 — 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

Policy News, December 2004 Nutrition and Physical Fitness Update

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**Medical Lake School District**

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