

## **WELLNESS: NUTRITION, HEALTH, AND PHYSICAL FITNESS POLICY**

The board recognizes that a healthy school environment prepares scholars for college, careers, and successful futures. Scholars 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, physical education, and physical activity at all grade levels to enhance the well-being of RVLA scholars. Therefore, it is the policy of the Board of Directors to provide scholars with access to nutritious food, emphasize health education and physical education, and provide scholars with opportunities for physical activity.

### **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 School Leader or designee is responsible for:

- Annually distributing meal applications and determining eligibility for school meals;
- Protecting the identity of scholars 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;
- 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**

RVLA's 6th-12th grade 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, eat nutritiously, access reliable health information and services, communicate effectively, and set health-enhancing goals.

RVLA will ensure that the following requirements are met:

- All scholars in grades one through eight receive an average of one hundred instructional minutes per week of physical education per year.
- All scholars have equal and equitable opportunities for health and physical education.
- All scholars, from kindergarten through grade 12, will participate in a quality, standards based health and physical education program.

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 multi-component approach by which schools use all opportunities for scholars to be physically active, such as the Comprehensive 54 School Physical Activity Program (CSPAP) recommended by the Centers for Disease Control and Prevention, and will provide the following:

- Quality physical education;
- Physical activity during the school day (brain boosters/energizers);
- Physical activity before and after school;

- Recess (which will not be used or withheld as punishment for any reason);
- Family and community engagement;
- Staff wellness and health promotion;
- Active transportation; and
- School district facilities.