Nutrition and Physical Fitness

The board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district’s youth. Therefore, it is the policy of the board to provide students:

A. Access to nutritious food;
B. Opportunities for physical activity and developmentally appropriate exercise; and
C. Accurate information related to these topics.

The superintendent will develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. To implement the program, the superintendent will adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with the Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents and public health professions in the development of the curriculum is encouraged.

Nutrition, health and fitness topics will be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the district’s nutrition and food services operation.

The district will take a proactive effort to encourage students to make nutritious food choices. The superintendent will ensure that:

A. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
B. Schools will regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and
C. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

Nutrition

A. Nutrition Standards
The district will provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs. Meals served in school before the end of the last lunch period will conform to the U.S. Dietary Guidelines for Americans.

The superintendent will establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches. Foods and beverages of
minimal nutritional value, as defined by the U.S. Department of Agriculture, will not be sold or served on school premises until 30 minutes after the end of the last lunch period.

Any food sales of an occasional nature must have the prior approval of the principal. Vending machines will be limited to only those that dispense items which are nutritionally healthful. No food or drink items will be offered in vending machines unless they have been approved by the principal.

B. Food Services Program
The district 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 to administer the food services program, provided that any decision to enter into a contract with a private food service agency will require the approval of the board.

Because of the potential liability of the district, the food services program shall not accept donations of food other than as provided in this policy without the expressed approval of the board. Should the board approve a food donation, the superintendent shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school lunch menu.

C. Free And Reduced-Price Food Services
The district will provide free and reduced-price breakfasts, lunches and milk to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district will inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals.

The board of directors may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from local, state and federal assistance (cash and food).

D. Surplus Commodities
The district will use food commodities made available under the Federal Food Commodity Program for school menus.

Physical Education

A. Health and Fitness Curriculum
The superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies.

All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All high school students are required to complete two credits of health and fitness. The district encourages all high schools to offer a variety of health and fitness classes for each grade in the high school.
Suitable adapted physical education will be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student’s participation in regular physical education instruction or activities.

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 but supervised active play. The district is encouraged to provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; 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:  
Policy 2020  
Curriculum Development and Adoption of Instructional Materials  
2410  
High School Graduation Requirements  
4260  
Use of School Facilities

Legal References:  
RCW 28A.230.040  
Physical Education – Grades 1-8  
28A.230.050  
Physical Education in High Schools  
28A.235.120  
Meal Programs — Establishment and Operation — Personnel — Agreements  
28A.235.130  
Milk for children at school expense  
28A.623.020  
Nonprofit program for elderly — Authorized — Restrictions  
69.04  
Intrastate Commerce in Food, Drugs and Cosmetics  
69.06.010  
Food and beverage service worker’s permit — Filing, duration — Minimum training requirements  
69.06.020  
Permit exclusive and valid throughout state — Fee  
69.06.030  
Diseased persons — May not work — Employer may not hire  
69.06.050  
Permit to be secured within fourteen days from time of employment.  
69.06.070  
Limited duty permit  
WAC 392-410-135  
Physical Education – Grade school and high school requirement.  
WAC 392-410-136  
Physical Education Requirement-Excuse

7 CFR, Parts 210 and 220
7 CFR, Part 245.5
Management Resources:

Policy News, February 2005  Nutrition and Physical Fitness Policy
Policy News, December 2004  Nutrition and Physical Fitness Update
OSPI, January 2013  OSPI School Wellness Policy Best Practice

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Revised: 03.25.14
**Nutrition and Physical Fitness**

**Nutritional Content and Food Service Operations**

The following guidelines will be in effect:

A. Only food or beverages that meet the minimal nutritional values, as defined by the Food and Nutrition Service of the U.S. Department of Agriculture may be sold or served in the school until 30 minutes after the last lunch period. Such a provision specifically precludes the sale of carbonated beverages, water-ices unless made with fruit juice, licorice, marshmallow candies, chewing gum, candies, fondant, spun candy and candy-coated popcorn;

B. Foods that meet the minimum nutrition values include, but are not limited to, corn chips, beef jerky, popcorn, fruit, cheese & crackers, 100% fruit juices, peanuts, sunflower seeds, granola bars, low fat yogurt, pretzels, trail mix, lowfat and nonfat milk;

C. Foods sold or served in school should assist students to comply with the dietary guidelines for Americans, by providing a variety of grains, fruits, vegetables, and foods low in saturated fat, trans fat, cholesterol, sugars and salt;

D. Apple or other fresh fruit machines are acceptable at all times;

E. Food that is sold must meet the health department’s standards in regard to storage, preparation and serving;

F. Students and staff will have access to safe, fresh drinking water throughout the school day. Fluoridated or bottled water should be made available for purchase by staff and students; and

G. School staff should encourage non-food alternatives as student rewards.

**School Cafeterias**

A. Any student may eat in the school cafeteria or other designated place;

B. Meal prices will be established by the superintendent and food service supervisor, with approval of the board, at the beginning of each year;

C. Healthy option foods should be competitively priced; and

D. Meal prices will be conspicuously posted in each cafeteria or designated meal area.

**Nutrition Education**

Nutrition education at all levels of the district’s integrated curriculum should include, but not be limited to, the following essential components designed to help students learn:

A. Age-appropriate nutritional knowledge, including understanding the relationship of nutrition and food nutrients to physical performance and body composition; recognizing patterns of growth and development; understanding the concept of control and prevention of disease; acquiring skills to live safely and reduce health risks; understanding how environmental factors affect health; learn the benefits of healthy eating; understand essential nutrients; learn about nutritional deficiencies; understand the principles of healthy weight management; understand the use and misuse of dietary supplements; learn safe food preparation, handling, and storage; and appreciate cultural diversity related to food and eating;

B. Age-appropriate nutrition-related skills, including gathering and analyzing health information; using social skills to promote health and safety; understand how emotions influence decision making; analyze health and safety information and develop a health and
fitness plan and a monitoring system, to plan and prepare a healthy meal, understand and use food labels, and to critically evaluate nutrition information, misinformation, and commercial food and advertising; and

C. How to assess one’s personal eating habits, set goals for improvement, and achieve those goals.

**Nutrition and Food Services Operation**

In order to support the school’s nutrition and food services operation as an essential partner in the educational mission of the district and its role in the district’s comprehensive nutrition program, the superintendent is responsible for:

A. Encouraging all students to participate in the school’s child nutrition meal program;

B. Providing varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans; and

C. Providing adequate time and space to eat meals in a pleasant and safe environment.

   Schools will ensure that:
   1. Seating is not overcrowded;
   2. Rules for safe behavior are consistently enforced;
   3. Appropriate supervision is provided.

**Staff Development**

Ongoing in-service and professional development training opportunities for staff in the area of food nutrition will be encouraged.

**Family and Community Involvement**

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal is responsible for ensuring:

A. Nutrition education materials and meal menus are made available to parents;

B. Parents are encouraged to promote their child’s participation in the school meals program. If their children do not participate in the school meal program, parents should provide their children with healthy snacks/meals;

C. Families are invited to attend exhibitions of student nutrition projects or health fairs;

D. Nutrition education curriculum includes homework that students can do with their families (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc);

E. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and

F. School staff consider the various cultural preferences in development of nutrition education programs and food options.

**Physical Education**

**Health and Fitness**

It is the district’s position that all students have equal and equitable opportunities for physical activity and fitness education in our schools. The superintendent is encouraged to review and consider implementing physical activity and fitness education program improvements. The goals of the district are:
A. All children, from kindergarten through grade 12, will participate in a daily, quality, standards-based physical activity/fitness education program;

B. All schools will have certificated physical education teachers providing instruction; and

C. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

Schools will require students in grades one through eight to engage in physical education averaging 100 instructional minutes per week and all high school students will complete two credit(s) of health and fitness.

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the district’s facilities use policy, community college and municipal joint use agreements and partnerships with youth organizations so additional opportunities are available for all youth in our communities to participate in quality physical activity, fitness, sports and recreation programs.

Schools should identify safe and active routes to school and promote alternative methods for children to travel to and from school, such as walking and bicycle programs.

Schools will prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.

**Family and Community Involvement**

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school principal is responsible for ensuring:

A. Physical education activity ideas are sent home with students;

B. Parents are encouraged to promote their child’s participation in the school’s physical education programs and after school activities;

C. Families are invited to attend and participate in physical education activity programs and health fairs;

D. Physical education curriculum includes homework that students can do with their families;

E. School staff consider the various cultural preferences in development of physical education programs; and

F. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

**Advisory Committee**

The District will convene a Nutrition and Physical Activity advisory committee to assist in development of the district wide nutrition and physical fitness policy. The committee will include food service directors and staff, parents, building level administrators, school board members, students, nutritionists, health care professionals, physical education staff, the public and interested community organizations.

**Program Evaluation**

A. **Nutrition:**

In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the
superintendent is responsible for evaluating and assessing whether the board policy and procedure are implemented, including a periodic assessment of the school meal program with input from students, parents and staff.

B. **Physical Education:**
District physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with other district academic and health-related programs using tools like the Physical Best Program, Healthy Kids Survey, CDC School Health Index or an OSPI approved assessment. Results of these surveys and assessments will be reported to the board, school sites, and made available to parents and community on an annual basis.