

NUTRITION AND PHYSICAL FITNESS

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:

- A. Reduce student access to foods of minimal nutritional value
- B. Provide students access to nutritious food.
- C. Provide opportunities for physical activity and developmentally appropriate exercise, and
- D. Provide accurate information related to these topics.

NUTRITION

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.

Food Services

The district supports the philosophy of the National School Lunch Program and will provide wholesome and nutritious lunches 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 will not accept donations of food other than as provided in this policy without the express approval of the board. Should the board approve a food donation, the superintendent will 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.

Free and Reduced Price Food Services

The district will provide free and reduced price lunches and milk to students according to the terms of the National School Lunch Program and the laws, rules and regulations of the state. The district will inform parents of the eligibility standards for free or reduced price lunches. Reasonable efforts will be made to protect the identity of students receiving such lunches. A parent has the right to appeal any decision with respect to his/her application for free or reduced price food services to the superintendent.

The board of directors may establish a program whereby school lunches 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 state and federal assistance (cash and food).

Surplus Commodities

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

PHYSICAL FITNESS

The superintendent will 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.

Legal References:

- RCW 28A.230.040 Physical Education – Grades 1-8
- 28A.230.050 Physical Education in High School
- 28A.235 Food Services
- 28A.235.120 Meal Programs – Establishment & Operations - Personnel
- 28A.623.020 Nonprofit program for elderly
Authorization – Restrictions
- 69.04 Intrastate Commerce in Food, Drugs & Cosmetics
- 69.06.010 Beverage Servers Permit
- 69.06.020 Permit exclusive and valid throughout
state – Fee
- 69.06.30 Diseased persons – May not work
Employer may not hire
- 69.06.50 Permit to be secured within fourteen
days from time of employment
- 69.06.70 Limited duty permit
- WAC 392-410-135 Physical Education – Grade school and
High School requirements
- WAC 392-410-136 Physical education Requirement – Excuse
- 7 CFR, Parts 210 and 220
- 7 CFR, Part 245.5

Adopted: July 12, 2005

Reviewed: November 7, 2013