

## **Nutrition, Health and Physical Fitness**

### **Purpose**

This procedure supports the district's intent to emphasize quality nutrition and physical fitness among students to promote strong physical health and learning success, as guided by the district Wellness Program.

### **Scope**

This policy informs the Superintendent, administrators, teachers, food service staff, parents and guardians, and students.

### **Procedure**

#### **1. WELLNESS PROGRAM**

- 1.1. Recognizing that children who eat well-balanced meals and participate in regular exercise are more likely to learn in the classroom, district staff will implement a Wellness Program (i.e. "policy") to engage students, parents or guardians ("parents") and the community in the shared goal of promoting lifelong nutritious habits and physically active lives.
- 1.2. As described in the remainder of this procedure, the Wellness Program will include, but is not limited to:
  - (a) Establishment of a wellness committee that includes representatives from the school and that permits participation from members of the community.
  - (b) Goals and standards for quality nutrition promotion and education, physical education and programs aligned to state learning standards that help students develop lifelong healthy behaviors.
  - (c) Nutrition standards and guidelines consistent with federal regulations for school meal programs and *Smart Snacks in School* for all foods and beverages sold to students on campus during the school day, including access to water. Additionally, guidelines to promote healthy alternatives for other foods available to students during school (for example, classroom events or rewards).
  - (d) Promotion of activities that provide students opportunities to be physically active before, during and after school.
  - (e) Engagement of the community in support of the district's work in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.
- 1.3. **Wellness Committee**
  - 1.3.1. The District will convene a Wellness Committee to oversee program development, implementation, periodic review and updating of goals. The membership of the committee will represent both elementary and

secondary schools. The following parties will be encouraged to participate as committee members:

- (a) Families – students, parents and/or guardians and caregivers.
- (b) Representatives of school nutrition, health and physical education programs – teachers, nurses, food service staff, counselor, psychologist and other stakeholders.
- (c) School and district administrators, and Board members.
- (d) Interested community members.

1.3.2. The Wellness Committee will be responsible for understanding and updating wellness policy requirements; developing an implementation plan; disseminating annual public notices about the program; community outreach; recordkeeping; and triennial program assessments and modifications as recommended by stakeholder feedback.

#### 1.4. **Program Guidelines**

1.4.1. The Superintendent will oversee the Wellness Program and designate an administrative representative for each school/program to help guide staff roles and responsibilities in the program.

1.4.2. The Wellness Program implementation plan will include use of online tools and resources (such as those offered by the Centers for Disease Control and Prevention and USDA Healthy Meals Resource System) for determining goals, evidence-based strategies, and action plans.

1.4.3. *Annual Notification and Community Outreach.* The district will notify families and the community, on annual basis, of the Wellness Program and provide information that would enable interested persons to obtain more details, with an emphasis on the school nutrition environment.

1.4.3.1. The district will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as the district newsletter or sending information home to parents via school bulletins, to ensure that all families are actively notified.

1.4.3.2. The district will communicate ways in which members of the Wellness Committee and others can participate in the development, implementation and periodic review and modification of the Wellness Program through a variety of means.

1.4.3.3. The district will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, the availability of child nutrition

programs and how to apply for those programs, and district compliance with *Smart Snacks in School* nutrition standards.

- 1.4.4. *Triennial Progress Assessments.* At least once every three (3) years, the district will evaluate its compliance with the Wellness Program plan. The triennial assessment will consider the extent to which schools are meeting program requirements, the extent to which the program compares to the Alliance for a Healthier Generation's model wellness policy, and the extent to which progress has been made in attaining the goals of the district's Wellness Program.
- 1.4.5. *Recordkeeping.* The district will maintain records documenting compliance with Wellness Program requirements. Records will include, but will not be limited to, the current Wellness Program plan, documentation demonstrating public notification and availability of Wellness Program information, and documentation of the triennial assessment and results.

## 2. NUTRITION PROMOTION & EDUCATION

### 2.1. Nutrition Promotion

2.1.1. The district will promote life-enhancing nutrition and education to positively influence lifelong eating behaviors using evidence-based techniques and nutrition messages, and by creating environments that encourage healthy food and beverage choices and encourage students to participate in the school meal programs. This promotion will occur through:

- (a) Implementation of evidence-based healthy food promotion through the school meal programs using *Smarter Lunchroom* techniques.
- (b) Ensuring foods and beverages promoted to students meet the USDA *Smart Snacks in School* nutrition standards.

2.2. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

### 2.3. Nutrition Education

2.3.1. The district's K-12 nutrition education curriculum will align with the Washington State Health and Physical Education K-12 Learning Standards and will be designed to provide students with the knowledge and skills necessary to promote healthy behavior.

- 2.3.2. The district's nutrition education K-12 curriculum should provide age-appropriate, developmentally-appropriate, and culturally relevant nutritional knowledge and skills.

### 3. **HEALTH AND PHYSICAL EDUCATION**

#### 3.1. **Education**

- 3.1.1. As part of the district's comprehensive physical education program (with curriculum aligned with the Washington State Health and Physical Education K-12 Learning Standards), the district will provide students with age-appropriate, sequential physical education promoting the benefits of a physically active lifestyle, and help students develop skills to engage in lifelong healthy habits.
- 3.1.2. Schools are encouraged to implement a physical education program which includes instruction and practice in a variety of motor skills and movement patterns; knowledge of concepts, principles, strategies and tactics related to movement and performance; knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness; responsible personal and social behavior that respects self and others; and values physical activity for health, and enjoyment, challenge, self-expression, and social interaction.

#### 3.2. **Physical Activity in Schools**

- 3.2.1. *Comprehensive Application.* All schools are encouraged to participate in a Comprehensive School Physical Activity Program (CSPAP). This program is a multi-component approach by which schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement.
- 3.2.2. *Physical Activity during School Day.* The district recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Schools will encourage teachers to:
- (a) Incorporate movement and kinesthetic learning approaches into core subject instruction (science, math, language arts, social studies and others) when possible and do their part to limit sedentary behavior during the school day. Examples:
  - (b) Provide short (3-5-minute) physical activity breaks to students during and between classroom times. These physical activity

breaks will complement, not substitute, for physical education class, recess, and class transition periods. Examples:

(c) Physical activity during the school day will not be used or withheld specifically as punishment.

3.2.3. *Recess.* Recess monitors or teachers will encourage students to be active. Recess will complement, not substitute for, physical education class.

3.2.4. *Family and Community Engagement.* The district will offer opportunities to promote family and community involvement in supporting and reinforcing physical activity. Schools will notify families of opportunities to attend and/or participate in school-sponsored sports, activity programs and events. Schools are encouraged to share information with stakeholders about classroom health and physical activity efforts and projects.

3.2.5. *Active Transport.* The district will identify safe and active routes to and from school to promote alternative transport methods for children, and will support walking and bicycle programs and/or activities when feasible.

### 3.3. **P.E. Waiver Policy**

3.3.1. A physical education waiver is defined as release from class (not taking physical education at all), not receiving credit, and/or being held accountable for the knowledge portion of physical education per statute. The district will grant waivers, exemptions, or substitutions for physical education classes only in cases where it determines such waiver, exemption or substitution is absolutely necessary.

3.3.2. All high school students are required to complete a minimum of 1.5 semester credits of physical education. Students may be excused from this fitness requirement under RCW 28A.230.050. Such excused students will be required to demonstrate proficiency/competency in the knowledge portion of the fitness requirement, in accordance with written district policy.

### 3.4. **Use of District Facilities**

Access to and use of district and school facilities will be provided to community members and youth sports groups consistent with the district's Facilities Use Policy, to support additional opportunities for all youth and persons in the community to participate in quality physical activity, fitness, sports, and recreation programs.

## 4. **NUTRITION AND FOOD SERVICES PROGRAM**

4.1. The Board of Directors supports wholesome and nutritious meals for children in the district's schools, which is a key component of the Wellness Program. As a sponsor of the National School Lunch Program and School Breakfast Program, the district will comply with USDA nutrition standards, program requirements and guidelines as specified in Policy #6701-Nutrition and Food Services and related procedures.

**Supporting Documentation**

[\*Wellness Committee Meeting Guide\*](#), Alliance for a Healthier Generation

[\*Wellness Committee Toolkit\*](#), Alliance for a Healthier Generation

[\*Comprehensive School Physical Activity Programs: A Guide for Schools\*](#), National Center for Chronic Disease Prevention and Health Promotion

**Document History**

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