

WELLNESS: NUTRITION, HEALTH AND PHYSICAL FITNESS

Personal health and wellness is foundational in achieving the District's vision for every student to create an individual, viable and valued path to lifelong personal success. To achieve this aim, fostering a culture of personal health and wellness at all levels within the school and community is critical.

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 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 the District's students. Therefore, it is the policy of the Board of Directors to provide students with access to nutritious food, 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 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 or designee 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 will not exceed the estimated revenues.

The Superintendent or designee is responsible for:

- Annually 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;
- 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 Fitness Education

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 meet the-state average minimum requirements for instructional minutes of physical education per year.
- All high school students are required to complete the state minimum requirements for health and fitness.
- 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 grades 12, have the opportunity to 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 (CBAs).

Waivers and Exemptions from Health and Fitness

The fitness requirement will be met by course work in fitness education. The content of courses will be determined locally, pursuant to WAC 180-51-025. Students may be excused from physical education pursuant to RCW 28A.230.050.

Cross Reference:

Policy 2150	Co-Curricular Program
Policy 2151	Interscholastic Activities
Policy 2161	Special Education and Related Services for Eligible Students
Policy 2162	Education of Students with Disabilities Under Section 504 of the Rehabilitation Act of 1973
Policy 2410	High School Graduation Requirements
Policy 3210	Nondiscrimination
Policy 3422	Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest
Policy 4260	Use of District Facilities

Legal Reference:

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 School
RCW 28A.230.095	Essential academic learning requirements and assessments – Verification reports
RCW 28A.235.120	Lunchrooms--Establishment and Operation
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
RCW 28A.623.020	Nonprofit meal program for elderly--Authorized--Restrictions
RCW 69.04	Food, Drugs, Cosmetics, and Poisons
RCW 69.06.010	Food service worker permit
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
WAC 180-51-068	State subject and credit requirements for high school graduation – Students entering the ninth grade on or after July 1, 2015
WAC 392-157-125	Time for meals
WAC 392-410-135	Physical Education – Grade school and high school requirement.
WAC 392-410-136	Physical Education Requirement-Excuse
2 CFR Part 200	Procurement
7 CFR Parts 210 and 220	
7 CFR Part 245.5	

Management Resources:

Policy News, May 2018
Policy News, July 2017
Policy and Legal News, April 2017
Comprehensive School Physical Activity Program
Policy and Legal News, June 2015
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 Update
Policy News, December 2004, Nutrition and Physical Fitness Update
Alliance for a Healthier Generation Wellness Policies
OSPI Child Nutrition School Wellness Policy Best Practices for Policy Development, Implementation and Evaluation

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Tahoma School District