

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. 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.

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;
- 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:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Schools will regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and
3. 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.

All foods sold on campus during the school day (e.g., vending machines, bake sales, school stores) must meet USDA Smart Snacks in Schools standards. Food and drink items offered in the vending machines will meet the **USDA Smart Snacks in Schools standards.**

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. Expenditures for food supplies shall not exceed the estimated revenues.

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.

- **Free And Reduced-Price Meals when applicable**

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 provide **free and reduced price meal applications to all households at the beginning of the school year via school district website or in each school office and district office.**

The district will protect the identity of students receiving such meals.-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 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).

- **USDA Foods**

The district will use **USDA Foods** made available under the Federal Food **Distribution** Program for school **meal programs.**

Physical Education

A. Health and Fitness Curriculum

The district shall adopt and implement a comprehensive health and fitness curriculum. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

Cross References:	Policy 2020	Curriculum Development and Adoption of Instructional Materials
	Policy 2410	High School Graduation Requirements
	Policy 4260	Use of School Facilities

Lynden School District No. 504
BOARD POLICY

No. 6700

Legal References:	RCW 28A.230.040	Physical Education – Grades 1-8
	RCW 28A.230.050	Physical Education in High Schools
	RCW 28A.235.120	Meal Programs, Establishment and
		Operation, Personnel Agreements
	RCW 28A.235.130	Milk for children at school expense
	RCW 28A.623.020	Nonprofit program for elderly —
		Authorized — Restrictions
	RCW 69.04	Intrastate Commerce in Food, Drugs
		and Cosmetics
	RCW 69.06.010	Food and beverage service worker’s
		permit — Filing, duration —
		Minimum training requirements
	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 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	
	<u>Sec. 204 of P.L. 111-296</u>	<u>Healthy, Hunger-Free Kids Act of</u>
		<u>2010</u>

Management Resources:

<u>Policy and Legal News, February 2014</u>	<u>Healthy and Hunger Free Kids</u>
	<u>Act regulations on school snacks</u>
	<u>go into effect July 1, 2014</u>
Policy News, February 2005	Nutrition and Physical Fitness
	Policy
Policy News, December 2004	Nutrition and Physical Fitness
	Update

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