

## Wellness

The board recognizes that a healthy school environment prepares students for college, careers, and successful futures. Students who engage in regular exercise are more likely to learn in the classroom. The board supports the district's increased emphasis on 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 to 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.

All schools, as a best practice and subject to available funding, will participate in a multi-component approach by which schools use all opportunities for students to be physically active.

### Cross References:

2124 – Physical Education and Health Class  
4260 - Use of School Facilities  
6700- Nutrition

### Legal References:

RCW 28A.210.365 Food choice, physical activity, childhood fitness - Minimum standards - District waiver or exemption policy  
2 CFR Part 200 - Procurement  
7 CFR, Parts 210 and 220  
7 CFR, Part 245.5

### Management Resources:

2024 - March  
[Comprehensive School Physical Activity Program](#)  
[Alliance for a Healthier Generation Wellness Policies](#)

Classification: **Essential**

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