

Nutrition and Physical Fitness

Children who are healthy and eat well balanced meals 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 provide:

- Students access to nutritious food;
- Opportunities for physical activity and developmentally appropriate exercise; and
- Accurate information related to these topics.

The superintendent shall 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 shall adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with the Essential Academic Learning Requirements (EALR). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents and public health professionals in the development of the curriculum is encouraged.

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent will ensure that:

- A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
- Schools shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and
- Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

NUTRITION

Nutrition Standards

The district shall provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs. If the district sponsors the National School Lunch Program, it must comply with the following Smart Snacks in Schools nutritional guidelines: 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. No food or drink items shall be offered in vending machines unless they have been approved by the principal.

Refreshments that are provided by parents, students and/or staff members shall be consistent with the goals of this policy and held after the lunch hour whenever possible.

Food Service Program

The district supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for children in the district's schools. The board

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authorizes the superintendent to administer the food service program, provided that any decision to enter into a contract with a private food service agency shall require the approval of the board.

Free and Reduced-Price Meals

The district shall 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 distribute the Letter to Households and free and reduced price meal applications to all households at the beginning of the school year.

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 or designee

On test days, the district may provide free, nutritious meals to all children on standardized test days, including those who do not qualify for free or reduced federal school meal benefits. However, the district is responsible for the cost of providing meals to students who are ineligible for free and reduced priced meals.

The board of directors may establish a schedule whereby the school breakfast and lunch program 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 shall use USDA Foods made available under the Federal Food Distribution for school meal programs.

HEALTH AND FITNESS CURRICULUM

Physical Education

The goals of the district are:

- A. All children from grades 1 through 8, will participate in a quality, standards-based physical activity/fitness education program;
- B. All schools will have certificated teachers providing physical education instruction; and
- C. All schools will have appropriate class sizes, facilities, equipment and supplies needed to deliver quality physical education consistent with national standards.

All students in grades one through eight are required to complete an average of 100 instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities.

All high school students are required to complete two credits of health and fitness. The district encourages all high schools to offer a variety of health and fitness classes.

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Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

Cross References:	Board Policy 2020	Curriculum Development and Adoption of Instructional Materials
	Board Policy 2410	High School Graduation Requirements
	Board Policy 4260	Use of School Facilities
Legal References:	RCW 28A.230.040	Physical Education – Grades 1-8
	RCW 28A.230.050	Physical Education in High Schools
	RCW28A.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

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7 CFR, Parts 210 and 220

7 CFR, Part 245.5

Sec.204 of P.L. 111-296

Healthy, Hunger-Free Kids Act of 2010

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Clover Park School District
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Essential**