

NON-INSTRUCTIONAL OPERATIONS

Nutrition and Wellness

The district shall provide school lunches and breakfasts that, at a minimum, meet the nutritional standards required by state and national school lunch and breakfast programs. Competitive foods, such as those sold a la carte, in vending machines, in student stores, and in school site fundraising must comply with Smart Snacks in Schools federal nutrition regulations.

Any food sales of an occasional nature that do not comply with the Smart Snacks in Schools nutrition regulations must be within the limit set by the State of Washington.

Nutrition Standards

The superintendent shall adopt and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch and the School Breakfast Programs.

The district shall make a proactive effort to encourage students to make nutritious food choices, and shall work with key stakeholders to develop nutritional standards for food available to students beyond the school day. Staff and volunteers in the schools shall be encouraged to model healthy and nutritious food choices.

The district shall limit beverages served and/or sold during the school day on school sites to those approved in the Smart Snacks in Schools federal nutrition regulations.

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 per board policy 8200.

Wellness

The board recognizes that childhood obesity and lifestyle-related chronic disease (type 2 diabetes, high blood pressure, heart disease, etc.) have reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems and overweight children can be affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that consuming nutrient-dense foods, becoming physically active, and maintaining a regular physical activity program significantly reduce the risk of obesity, some cancers, diabetes, and other chronic diseases.

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Wellness (continued)

We recognize that Washington's future depends on the health of our children. To help make our next generation the healthiest ever the Shoreline District Wellness Policy is about helping our children maintain a healthy weight, enjoy active lives, and eat well.

Children who are healthy, physically fit, 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:

- A. Provide students access to and encourage consumption of nutrient-dense food;
- B. Comply with USDA non-discrimination federal law that prohibits restricting access to food as a form of reprisal;
- C. Discourage the use of food as reward;
- D. Provide opportunities for physical activity and developmentally appropriate exercise;
- E. Provide and promote accurate, evidence-based information related to health, nutrition, and physical education;
- F. Integrate nutrition education and nutrition promotion efforts, including other school-based activities that are designed to promote district-wide wellness;
- G. Assure that guidelines for reimbursable school meals and all competitive foods sold are not less restrictive than the regulations and guidance issued by the U.S. Department of Agriculture (USDA);
- H. Involve parents, students, representatives of the school food authority, school administrators, and the public in developing and maintaining the wellness policy;
- I. Plan for measuring how effectively the school wellness policy is being implemented, including designation of one or more persons at each school with responsibility for monitoring implementation of the policy;
- J. Designate the Director of Food and Nutrition Services to ensure implementation of the wellness policy;
- K. Encourage the active participation of students in the implementation of the District wellness policy.
- L. Inform and update the public (including parents, students, and others in the community) about the content and implementation of the District Wellness Policy.

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Physical Education – Health and Fitness Curriculum

The superintendent shall adopt and implement a comprehensive health and fitness instructional program consistent with the Washington State Standards. In addition, classroom teachers are encouraged to incorporate opportunities for physical activity in the classroom whenever possible. The instructional program will provide opportunities for developmentally appropriate instruction for grades k-12. Evaluation procedures will utilize classroom-based assessments and disaggregate participation data to ensure all students have equitable access to the instructional program. Suitable adapted physical education will be included as part of individualized education programs (IEPs) for students with chronic health problems, other disabling conditions, or other special needs that preclude a student's participation in regular physical education instruction or activities.

Per RCW 28A.230.040, all students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, as well as age appropriate physical fitness and wellness activities. All high school students are required to meet graduation requirements related to health and fitness. Waivers will be considered on a case-by-case basis consistent with board policy. The district encourages all high schools to offer a variety of health and fitness classes for each grade level.

In addition to required physical education, students at the elementary level will have the opportunity to participate in daily recess and physical activity. Withholding physical activity during the school day cannot be used as reprisal. This includes but is not limited to recesses, physical activity, and physical education.

The district will endeavor to provide adequate co-curricular physical activity programs, including fully inclusive before/after school programs, and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

The district will work with community partners to identify and promote healthy, safe and physically active transportation methods for children, such as walking and bicycle programs. Staff members are encouraged to participate in and model regular physical activity as part of a healthy lifestyle.

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Cross Reference: Board Policy 8200

Legal References: WAC 392-410-135
RCW 28A.230.040

RCW 28A.230.050
RCW 28A.150.210
WAC180-51-067

7 CFR Parts 210 and 220
Section 204 of Public Law 108-265
Section 204 of Public Law 111-296

Food Services

Physical Education Requirements
Physical Education in grades one
through eight
Physical Education in high schools
Basic Education Requirements
State Subject and Credit Requirements
for High School Graduation
National School Lunch Program
Local Wellness Policy
Healthy Hunger-Free Kids Act of 2010

Adopted

June 19, 2017

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June 6, 2005

November 5, 1990