

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. 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, implement, and evaluate 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. The district will inform and update the public about the content, implementation, and evaluation of the wellness policy. This will include periodic measurements and assessment of the wellness policy to take place as per USDA regulations. The District welcomes participation by the general public and school community in the wellness policy process.

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 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 shall not exceed the estimated revenues.

The Superintendent is responsible for:

- 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 annually;
- ensuring marketing and advertising of only those foods and beverages that meet Smart Snacks in Schools standards.
- 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 Physical Education Program

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 be limited to, the development of knowledge and skills to be physically active, to eat nutritiously, to access reliable health information and services, to communicate effectively, and to set health-enhancing goals.

The District will ensure that the following requirements are met:

- All students in grades one through eight should complete a District approved health and fitness curriculum. All high school students are required to complete two credits of health and fitness.
- All high school students are required to complete a minimum of three semesters (1.5 credits) of physical education and one semester (.5 credit) of health education.
- 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 grade 12, will 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).

As a best practice and subject to available funding, the District will strive to ensure:

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All schools will have certificated physical education teachers providing instruction.
- All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality health and physical education consistent with state standards.
- All physical education teachers will be encouraged to participate in professional development in physical education at least once a year.

Physical Activity

Physical education class is not to be used or withheld as punishment for any reason. 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, such as the Comprehensive School Physical Activity Program (CSPAP) recommended by the Centers for Disease Control and Prevention, and will provide the following:

- quality physical education;
- physical activity during the school day (brain boosters/energizers);
- fun and engaging school-wide physical activity events;
- physical activity before and after school;

- recess;
- family and community engagement;
- staff wellness and health promotion;
- promotion of opportunities for additional physical activities as rewards in place of unhealthy treats;
- encouragement of active transportation activities as a means to get to and from school; and
- school district facilities.

Legal References:

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 Schools

RCW 28A.230.095 Essential academic learning requirements and assessments — Verification reports.

RCW 28A.235.120 Meal Programs — Establishment and Operation — Personnel — Agreements

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 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 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

Adopted: May 5, 1986 North Thurston School District
Board of Directors

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