

Nutrition, Health, and Physical Fitness

The Chimacum School District Board of Education (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. The Board supports the District's increased emphasis on nutrition, health and physical education, and physical activity at all grade levels to enhance the well-being and academic success of the District's students. Therefore, it is the policy of the Board to provide students with access to nutritious food and beverages, emphasize health education and physical education, provide students with opportunities for physical activity, and support a thoughtful and evidence-based school food program. The entire school environment, not just the cafeteria, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

The Chimacum School District (District) is located in, and values, the connection with the heart of the eastern Olympic Peninsula's primary agricultural area, where the Chimacum community promotes its connection to local heritage and pride of agricultural identity. Chimacum is known for its local farming and agricultural entrepreneurialism. The region's agricultural supply offers an opportunity to provide local seasonal food for students, improving their readiness to learn and teaching lifelong healthy habits. The District recognizes that school-related farm and garden programs play an important role in helping students to better understand the relationship between academics, food and food supply, and good health standards. The District is encouraged to develop a CTE curriculum to provide opportunities for students to further their knowledge and skills in the Culinary Arts, Food Production, and Food Entrepreneurialism.

Wellness Policy

The District, through a Wellness Committee, will develop, review and assess the implementation of 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 Schools Standards. The Wellness Committee will meet at least four (4) times throughout the school year.

Nutrition and Food Services Program

The Board supports the philosophy of the National School Lunch and School Breakfast Program and will provide wholesome and nutritious meals for children in all of 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:

- implementing the Wellness Policy #6700;
- retaining a food service director committed to leadership, management and implementing best practices in nutrition and student wellness as outlined in this policy;
- supporting nutrition guidelines that reduce sugar and increase fruits and vegetables;
- supporting the Breakfast after the Bell legislation within Chimacum School District;
- 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 for the National School Lunch Program and School Breakfast Program;
- ensuring meal periods are in compliance with USDA regulations;
- establishing a Food Safety Plan;
- determining meal prices and submitting them to the Board for approval annually;
- using the full entitlement of USDA Foods;

- 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;
- ensuring District-wide compliance with the Smart Snacks in School standards; and
- exploring the development of a financially sustainable District-wide nutrition education program, in consultation with District staff and the District school food service program, to include school gardens and the implementation of a Farm to School program as outlined in the USDA Farm to School/Community Food System program ([USDA Farm to School Program](#)).

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 ([K-12 Health and Fitness 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 receive an average of one hundred (100) instructional minutes per week of physical education per school year.
- 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.
- All nutrition education curricula will be guided by [Washington State School Nutrition Education Programs](#).
- OSPI- developed assessments or other strategies will be used in health and physical education, formerly known as classroom-based assessments (CBAs).

Additionally, the Chimacum School District must conduct an annual review of its PE programs. The review must consist of numerous provisions, including:

- the number of individual students completing a PE class during the school year;
- the average number of minutes per week of PE received by students in grades 1 through 8, expressed in appropriate reporting ranges;
- the number of students granted waivers from PE requirements;
- an indication of whether all PE classes are taught by certified teachers who possess a valid health and fitness endorsement;
- PE class sizes, expressed in appropriate reporting ranges;
- an indication of whether, as a matter of policy or procedure, the District routinely modifies and adapts its PE curriculum for students with disabilities; and
- an indication of whether the District routinely excludes students from PE classes for disciplinary reasons.

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

- 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 who possess a valid health and fitness endorsement 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; and

- all physical education teachers will 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);
- physical activity before and after school;
- recess;
- family and community engagement;
- staff wellness and health promotion;
- active transportation; and
- school district facilities.

Cross References:	<p>2150 - Co-Curricular Program</p> <p>2151 - Interscholastic Activities</p> <p>2161 - Special Education and Related Services for Eligible Students</p> <p>2162 - Education of Students With Disabilities Under Section 504 of the Rehabilitation Act of 1973</p> <p>2410 - High School Graduation Requirements</p> <p>3210 - Nondiscrimination</p> <p>3422 - Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest</p> <p>4260 - Use of School Facilities</p>
Legal References:	<p>RCW 28A.210.365 Food choice, physical activity, childhood fitness — Minimum standards — District waiver or exemption policy.</p> <p>RCW 28A.230.040 Physical Education – Grades 1-8</p> <p>RCW 28A.230.050 Physical Education in High Schools</p> <p>RCW 28A.230.095 Essential academic learning requirements and assessments — Verification reports.</p> <p>RCW 28A.235.120 Meal Programs — Establishment and Operation — Personnel — Agreements</p> <p>RCW 28A.235.130 Milk for children at school expense</p> <p>RCW 28A.235.140 School breakfast programs</p> <p>RCW 28A. 235.145 School breakfast and lunch programs –Use of state funds</p> <p>RCW 28A. 235.150 School breakfast and lunch programs – Grants to increase participation – Increased state support</p> <p>RCW 28A.235.160 Requirements to implement school breakfast, lunch and summer food service programs – Exemptions</p> <p>RCW 28A.235.170 Washington grown fresh fruit and vegetable grant program</p> <p>RCW 28A.623.020 Nonprofit program for elderly — Authorized — Restrictions</p> <p>RCW 69.04 Intrastate Commerce in Food, Drugs and Cosmetics</p>

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

Management Resources:

2017 - July Issue
2017 - April Issue
Comprehensive School Physical Activity Program
2015 - June Issue
Recommendations for Waivers in High School Physical
Education/Fitness Education, OSPI (September 2013)
2014 - February Issue
Wellness Policy Best Practices, OSPI (January 2013)
Policy News, February 2005 Nutrition and Physical Fitness Policy
Policy News, December 2004 Nutrition and Physical Fitness Update
Alliance for a Healthier Generation Wellness Policies
OSPI Child Nutrition School Wellness Policy Best Practices for Policy
Development, Implementation and Evaluation

CHIMACUM SCHOOL DISTRICT

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