Nutrition & Food Service

The Board supports the philosophies of the National School Lunch Program, the School Breakfast Program, the USDA Dietary Guidelines for Americans, and the USDA Farm to School Program. These programs provide nutrition and curriculum guidelines to reduce sugar intake and increase the availability of fruits and vegetables in school lunches and breakfasts. The Chimacum School District breakfast and lunch meals meet or exceed these guidelines. Through the free and reduced-price meal program, wholesome and nutritious meals are available for all students in the District's schools.

Additional goals include:
- Increase meals prepared from scratch
- Include foods sourced from local farms
- Utilize food grown by students in school gardens
- Integrate nutrition promoting curriculum at all levels

Physical Activity

The District’s K-12 health and physical education programs are aligned with the Washington State Health and Physical Education K-12 Learning Standards. The program includes the development of knowledge and skills that allow students to be physically active. All schools will participate in a multi-component approach that includes: quality physical education, physical activity during the school day (brain boosters/energizers), physical activity before and after school and during recess, staff wellness and health promotion, and the use of school facilities for physical education programs and team sports.

Chimacum Wellness Policy

The Chimacum School District Board of Education recognizes that a healthy school environment helps prepare students for a healthy life and greater success in their journeys after high school—into college, technical education, and career paths. Students who eat well-balanced, nutritious meals and participate in physical activity are more engaged in learning and live longer healthier lives.
Wellness
Accomplishments in 2019-2020

- Chimacum School District hired new Food Services Director Margaret Garrett. She is working with staff to build a Farm to School program, increasing the number of foods cooked from scratch and incorporating locally sourced foods from nearby farms.
- Introduced new foods to students through classroom education and taste tests.
- Celebrated “Taste Washington” Day for the first time, with lunches made entirely of Washington-grown food, and featuring guest farmers from Red Dog & Finnriver Farms.
- Established the FEED (Food Education and Enterprise Development) program at Chimacum High School to connect high school students to opportunities for professional skill development in the ag and culinary sectors of the local economy.
- Applied for and received a significant Office of the Superintendent of Public Instruction (OSPI) grant to purchase new kitchen equipment and build school gardens.
- In partnership with the nonprofit Community Wellness Project (CWP), added new school gardens at Chimacum Creek Primary and Chimacum Elementary.
- Began twice-monthly gardening classes for all primary and elementary students facilitated by a School Garden Coordinator.

The Healthy Hunger-Free Kids Act (HHFKA) of 2010 and the United States Department of Agriculture require that schools develop and implement a local wellness policy, monitor and evaluate the policies, and periodically update the community of the status of a wellness policy.

Many public schools across the State of Washington have implemented vibrant and effective programs to improve school nutrition and help kids learn lifelong positive eating and physical fitness habits. Chimacum School District has an active and engaged Wellness Committee composed of administrators, teachers, food service staff, health professionals, parents, and community members—all devoted to updating and helping to implement an effective set of policies for supporting student health and wellness in our schools.

*Wellness Policy #6700 includes the District’s commitment to the National School Lunch Program, the School Breakfast Program, the USDA Smart Snacks in Schools Standards, the Comprehensive School Physical Activity Program, and K-12 Physical Education Learning Standards.

Interested in joining the Wellness Committee?
Contact:
Jason_Lynch@csd49.org

Healthy Kids

This brochure highlights the activities and goals of the Chimacum Schools Wellness Policy and invites families to learn more and participate in promoting health in our schools.

We are committed as a Chimacum community to raising healthy kids and supporting their academic success and personal growth. The School Board has approved an update to the mandated Wellness Policy* that supports the Food Service and teaching staff in providing students with access to nutritious food and beverages, opportunities for physical activity, a curriculum that emphasizes health and physical education, and a thoughtful and evidence-based school food program.

The entire school environment, not just the cafeteria, has opportunities to align with school wellness goals and to promote programs that help students develop healthy habits related to good nutrition and regular physical activity.

PLANT IT!

GROW IT!

EAT IT!