

## **Nutrition, Health, and Physical Fitness**

The board recognizes that childhood obesity has 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 are 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 becoming physically active and maintaining a regular physical activity program significantly reduces the risk of obesity and cancers, diabetes and other chronic diseases.

Children who eat well-balanced meals and are healthy 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 / designee will 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 will adopt and implement a comprehensive curriculum on health, physical education, and nutrition consistent with Washington State Learning Standards. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents and public health professions in the development of the curriculum is encouraged.

Nutrition, health, and physical education topics will be integrated within the sequential, comprehensive health and physical education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.

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

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

### **Public Involvement with District: Local School Wellness Committee**

The board welcomes and recommends participation by the general public and school community in the wellness policy process in the form of a School Wellness Committee. This includes interested Board members, other school administrators, the Food Services Director, District nurse, teachers of physical and health education, parents, students, and school associated clubs and an interested community members. The board suggests the Food Service Director and building principals have authority and responsibility to monitor compliance of this policy. For more information about the district/community School Wellness Committee, contact the District Office at: 360-466-3171.

### **Food Services Program**

The district 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/ designee to administer the food services program, provided that any decision to enter into a contract with a private food service management company will require the approval of the board. Expenditures for food supplies shall not exceed the estimated revenues.

Because of the potential liability of the district, the food services program will 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.

As a sponsor of the National School Lunch Program and School Breakfast Program, the district will provide free and reduced-price breakfasts and lunches to students who qualify in accordance with the program. The district will distribute the Letter to Households and Free and Reduced-price Meal Applications to all households at the beginning of each school year. The district will protect the identity of students eligible for free and reduced-price meals in accordance with USDA guidelines for confidentiality and disclosure of student eligibility for such meals.

On Test days the district may provide free, nutritious meals to all students, including those who do not qualify for free or reduced priced federal school meal benefits. However, the district must use non-Federal funds to cover the cost of providing such meals.

The board of directors may set an adult meal price to allow teachers, administrators, and parents to demonstrate their support for school meal programs by occasionally eating with students. The price must be the price charged to students paying the full meal price plus the value of federal reimbursement for paid meals and the USDA Food Value.

The district will use USDA Foods made available under the Federal Food Distribution Program for school meal programs.

## **Food Services Procurement**

### **Open bid process**

In all applicable cases, food, food products, supplies, and equipment purchased with school food service funds shall be procured in accordance with the process and procedures established in Policy 6220 in a manner that provides full and open competition consistent with the standards in applicable federal regulations.

### **Conflict of Interest**

The following conduct will be expected of all persons who are engaged in the award and administration of contracts supported by School Food Services Program Funds:

1. No employee, officer, or agent of the district shall participate in selection or in the award or administration of a contract supported by Program funds if a conflict of interest, real or apparent, would be involved. Conflicts of interest arise when one of the following has a financial or other interest in the firm selected for the award:
  - a. District employee, officer, or agent;
  - b. Any member of his/her immediate family;
  - c. His/her partner;
  - d. An organization that employs or is about to employ one of the above.
2. District employees, officers, or agents shall neither solicit nor accept gratuities, favors, or anything of monetary value from contractors, potential contractors, or parties to sub-agreements.
3. The purchase during the school day of any food or service from a contractor for individual use is prohibited.
4. The removal of any food, supplies, equipment, or school property such as records, recipe books, and the like is prohibited.
5. The outside sale of such items as used oil, empty cans, and the like will be sold by contract between the district and the outside agency. Individual sales by any school person to an outside agency or other school person is prohibited.

Failure of any employee to abide by the above-stated code may result in disciplinary action, including but not limited to, a fine, suspension, or dismissal.

## **Nutrition**

The La Conner School Board of Directors requires that the district food service department meet and exceed the minimum nutritional requirements for our meal programs, based on Federal USDA requirements. The Board requires the food service department to comply with all state and federal regulations pertaining to the National School Breakfast Program and National School Lunch Program as well as the **Smart Snacks in Schools** Guidelines.

- This includes meeting daily/weekly age appropriate dietary requirements for calories, fat, sugar, sodium, whole grain, proteins, dairy, and variety of fruits and vegetables.
- It also includes promoting nutritional health to families and community by making available nutrition information and school meal menus to parents, local newspapers, and on the school website.
- It also includes creating and keeping all documentation required by State OSP1 and Federal USDA regulations for these programs.
- The Board requires nutritional education and promotion within the cafeterias for each building, based on age appropriate curriculum and discretion of the Food Service Director and building Principals.
- The Board, understanding the economic and nutritional connection between the school district and local farm community, encourages an educational and financial relationship between school and farm.
- The Board requires that the Food Service Director and building Principals maintain a unified and available procedure on the promotion, sale, and serving of beverages, snacks and all foods in buildings during the "school day" \* based on USDA school meal and **Smart Snacks in School** nutrition standards.
- This includes instruction within the buildings on promotion and availability of appropriate foods, snacks, and beverages by teachers, parents and aides, as well as other foods given as incentives.
- This also includes marketing, advertising, and selling of only those foods and beverages by school-affiliated groups that meet the requirements of the **Smart Snacks in School** nutrition standards, during the "school day". \*
- \*The school day begins at midnight and ends 30 minutes after the final class bell of the day.
- Establish a Meal Charge Policy/ Procedure made available to all participating in district food service

## **Progress Reports**

The Board requires that contact information, annual progress reports on general wellness topics/policy from the Wellness Policy Committee be made available to the general public with information about how to get involved. This information will be placed on the district website and other appropriate publications, (such as district bulletins, in-school newspapers, letters home to parents).

## **Triennial Assessments**

The Board requires that, at a minimum of every three years, the Wellness Policy Committee assesses and reports on progress/compliance in attaining goals, and that comparisons with latest model wellness policies as noted by USDA are made and updated.

## **Physical Education and Physical Activity**

### **Health and Physical Education Curriculum**

The superintendent shall adopt and implement a comprehensive health and physical education curriculum consistent with the Washington State K-12 Health and Fitness Learning Standards. The health and physical education curriculum will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

The La Conner Elementary health and physical education curriculum will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy eating habits. All



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.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 ninth grade on or after July 1, 2015  
WAC 392-410-135 Physical Education – Grade school and high school requirement.  
WAC 392-410-136 Physical Education Requirement-Excuse  
7 CFR, Parts 210 and 220  
7 CFR, Part 245.5  
7 CFR 3016.36 – Procurement  
Healthy, Hunger-Free Kids Act of 2010

Management Resources:

2015 – June Policy 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

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