

## **NUTRITION AND PHYSICAL FITNESS**

### **Local Wellness Policy**

The Concrete School District Board of Directors recognizes the positive relationship between good nutrition and physical activity and the capacity of students to grow, learn, and thrive. Schools, parents and the community share the responsibility for modeling and promoting healthy, active life-styles. The Board is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

It is the intent of this policy to establish standards for a coordinated approach to supporting student health, and to meet the requirements of the Healthy, Hunger-Free Kids Act of 2010. Therefore, it is the policy of the board to:

- A. Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies and procedures.
- B. Provide all students in grades K-12 with developmentally appropriate education and instruction in nutrition, health, and physical education, with opportunities, support, and encouragement for reinforcing concepts and skills.
- C. Provide that all foods and beverages sold or served by the school during the school day meet or exceed local, state and federal nutrition requirements and promote healthy food choices.
- D. Inform the public about the content and implementation of the Policy.

### **Nutrition Guidelines and Promotion**

The district shall make a proactive effort to support the goal of fostering healthy nutrition environments. The superintendent or designee will monitor implementation of and ongoing compliance with the Nutrition portion of this policy and shall ensure that:

- School meals will be served in a clean, pleasant and safe setting that provides adequate time for students to eat (10 minutes for breakfast; 20 minutes for lunch).
- School staff will encourage non-food alternatives as student rewards and will not withhold meal times as punishment.
- A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events during the school day.
- The district will attempt to purchase locally grown items when they are available and cost comparable to the alternatives.
- Nutrition education shall be offered at each grade level in the elementary, to provide students with the knowledge, skills and experiences needed for life-long healthy eating.

### **Physical Activity**

The District shall adopt and implement a comprehensive physical education and activity program that fosters life-long fitness, is consistent with the state standards, and meets or exceeds state requirements. The superintendent or designee will monitor implementation of and ongoing compliance with the Physical Activity portion of this policy and shall ensure that:

- All high school students complete two credits of health and fitness.
- School personnel will not use physical activity or withhold physical education class or recess as punishment.
- The district shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play.
- Exemptions from physical education class will be granted only with a note from a physician.
- The district is encouraged to provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; 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.

### Policy Review

Assessments of existing nutrition and physical activity policies and programs will be conducted every three years to help review compliance, assess progress, and determine areas in need of improvement.

The superintendent will be responsible for the public reporting requirements of this policy.

Cross References:	Board Policy 2100	Instructional Program Offerings
	Board Policy 4260	Use of School Facilities
Legal References:	RCW 28A.230.040	Physical Education/Grades 1-8
	RCW 28A.230.050	Physical Education/High School
	RCW 28A.235	Surplus or Donated Food Commodities for School Hot Lunch Programs
	RCW 28A.235.120	Lunchrooms--Establishment and Operation-- Personnel for—Agreement for
	RCW 28A.235.130	Milk for children at school expense
	RCW 28A.623.020	Nonprofit meal program for elderly Authorized—Restrictions
	RCW 69.06.010	Food service worker permit
	RCW 69.06.020	Permit exclusive/valid throughout State-Fee
	RCW 69.06.030	Diseased persons – May not work Employer may not hire
	WAC 180-50-135	Physical Education – Grade school and High school requirements
	WAC 180-51-085	Physical Education – Grade school and High school requirements
	WAC 180-51-085	Physical Education Requirement-Excuse
	7CFR, Parts 210 and 220	
	7CFR, Part 245.5	