NUTRITION AND PHYSICAL FITNESS

The District recognizes that proper nutrition is essential for lifelong health and optimal academic performance. The Anacortes School District is committed to providing an environment that promotes healthy food choices. This environment includes the District Child Nutrition Program, school vending operations, student stores, fundraising sales, and any other foods available on campus during the school day. In an effort to support the consumption of healthful food choices, the District has adopted the following nutrition standards governing the sale and distribution of food and beverages on school grounds during the academic day.

The school principal or designee will ensure compliance with established standards governing all food distribution that are outside school food service facilities while the Food Services Program will ensure compliance within school food service facilities.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports 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:

1. Access to nutritious food;
2. Opportunities for physical activity and developmentally appropriate exercise; and
3. Accurate information related to these topics.

The superintendent 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 shall ensure that:

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

Nutrition Standards

The district shall provide meals for students that meet the meal pattern requirements for the National School Lunch Program and School Breakfast Program.

All foods and beverages sold to students on campus during the school day (e.g., vending machines, bake sales, DECA school stores, and other school fundraisers) must meet USDA Smart Snacks in Schools standards. No food or drink items will be sold unless they have been approved by the principal or school official responsible for oversight as designated in this policy and procedures.

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 students 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 private food service management company shall require the approval of the board.

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 the 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 students 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 food commodities made available under the Federal Food Commodity Program for school menus.

FOOD SERVICE 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, officer, 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 limit to, a fine, suspension, or dismissal.

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.

All students in grades one through eight shall be required to receive an average of one hundred instructional minutes per week of physical education per year. All high school students are required to complete a minimum of .5 credits of health and 1.5 credits of physical education. The district shall provide access to a one credit course or its equivalent in physical education for each grade in the high school program (grades 9-12)

A physical education curriculum includes instruction and practice in a variety of motor skills and movement patterns; knowledge of concepts related to movement and performance; knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness; responsible personal and social behavior; and values physical activity for health and enjoyment.

All students will be provided equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow opportunity for equitable participation by all students and will
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reasonably adapt physical education classes and equipment as necessary. The district will ensure that any student eligible for special education will be provided appropriate physical education services.

Recess

In addition to required physical education, the district shall provide students with physically active daily recess opportunities. Recess will complement, not substitute, for physical education class.

Physical Activity

The district will attempt to provide physical activity before, during, and after school. Active transport will be encouraged in schools to promote alternative transport methods for children such as pedestrian and bicycle safety programs.

The district is encouraged to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Waivers for Physical Education

Two health and fitness credits are required (,.5 credit health education, 1.5 credits fitness/physical education). Students may be excused from the fitness requirement under RCW 28A.230.050. Such students will be required to demonstrate proficiency/competency in the knowledge portion of the fitness requirement, in accordance with district policy.

A physical education waiver is defined as:
- Released from physical education class (not taking physical education at all);
- Not receiving credit; and
- Accountable for the knowledge portion of physical education, per statute.

Revised 10/22/15

Cross References:
Board Policy 4260
Board Policy 2410

Use of School Facilities
High School Graduation Requirements

Legal References:
RCW 28A.210.365
28A.230.040
28A.230.050
28A230.095
28A.235.120
28A.235.130
28A.623.020

Food choice, physical activity, childhood fitness - minimum standards - district waiver or exemption policy
Physical Education - Grades 1-8
Physical Education in High Schools
Essential academic learning requirements and assessments - verification reports
Meal Programs - Establishment and Operation - Personnel - Agreements
Milk for children at school expense
Nonprofit program for elderly - Authorized - Restrictions
Intrastate Commerce in Food, Drugs and Cosmetics

Policy No. 6700
Management Support
ANACORTES SCHOOL DISTRICT #103

69.06.010 Food and beverage service worker's permit — Filing, duration — Minimum training requirements

69.06.020 Permit exclusive and valid throughout state — Fee

69.06.030 Diseased persons — May not work — Employer may not hire

69.06.050 Permit to be secured within fourteen days from time of employment.

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 392-172A-02030 Physical education (special education services)

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
Healthy, Hunger-Free Kids Act of 2010
7 CFR 3016.36 - Procurement

Management Resources:

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, December 2004 Nutrition and Physical Fitness Update
Policy News, February 2005 Nutrition and Physical Fitness Policy

Adoption Date: 10/29/98
Revised: 11/2005
Legal Reference Revision: 11/07
Revised 10/15