

NUTRITION AND PHYSICAL FITNESS

It is the policy of the Manson School District to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to these topics.

With the input of staff, students, parents and public health professionals, the superintendent shall adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with the Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The superintendent will also develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements.

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

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 shall 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.

Nutrition Standards

The district will provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs.

Food and beverages sold or served must meet, as a minimum, Washington State Child Nutrition and US Department of Agriculture program guidelines. Any food sales of an occasional nature must have the prior approval of the building principal.

No food or drink items shall be offered in vending machines unless they have been approved by the principal. Building principals will be responsible for stocking and operating vending machines within the guidelines of Washington State Child Nutrition and US Department of Agriculture programs.

Food Services Program

The district supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for children 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 agency shall require the approval of the board.

Because of the potential liability of the district, the food services program shall not accept donations of food other than as provided in this policy without the expressed approval of the district's Food Service Supervisor.

Free And Reduced-Price Food Services

The district shall provide free and reduced-price breakfasts, lunches and milk to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced price food services to the superintendent.

The administration may charge a reasonable fee to everyone for meals provided.

Surplus Commodities

The district shall use food commodities made available under the Federal Food Commodity Program for school menus.

Health and Fitness Curriculum

The superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs. The curriculum will provide developmentally appropriate instruction for grades K-12.

All students in grades one through eight are required to complete an average of one hundred minutes per week of physical activity. All high school students are required to complete two credits of health and fitness.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

The district shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play.

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
	28A.230.050	Physical Education in High School
	28A.235	Surplus or Donated Food Commodities for School Hot Lunch Program
	28A.235.120	Lunchrooms – Establishment and operation – Personnel for – Agreement for
	28A.235.130	Milk for children at school expense
	28A.623.020	Nonprofit meal program for elderly – Authorized – Restrictions
	69.04	Food, Drugs, Cosmetics, and Poisons
	69.06.10	Food service worker permit
	69.06.20	Permit exclusive and valid throughout state - Fee

