

---

## **WELLNESS – NUTRITION, HEALTH AND PHYSICAL EDUCATION**

### **DISTRICT NUTRITION STANDARDS**

The District recognizes that optimal nutrition is essential for lifelong health and optimal academic performance. The Olympia School District is committed to providing an environment which promotes healthful food choices. This environment includes not only the District Child Nutrition Program but also school vending operations, student stores, fundraising sales, clubs, activities, organizations and any other foods available on campus before and during the academic day. The Olympia School District strongly encourages the sale or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide students with calories associated with high nutrient content. In an effort to support the consumption of nutrient-dense foods in the school setting, the District has adopted the following nutrition standards governing the sale or distribution of beverages and food on school grounds before and during the academic day. The District will provide meals for students that meet the meal pattern requirements for the National School Lunch program and School Breakfast Program. All foods sold on campus during the school day (e.g., vending machines, bake sales, school stores) must meet USDA Smart Snack in Schools standards. No food or drink items will be offered in vending machines unless they have been approved by the principal.

### **CHILD NUTRITION PROGRAM**

- 1) The Board will ensure that an economically-sustainable meal program will provide access to a nutritious lunch to every student at every school so students are prepared to learn to their fullest potential. An economically-sustainable meal program is one that is able to at least cover all of its direct operating costs. The District will also ensure that every student will have access to a healthy and nutritious breakfast, and require that after-school daycare programs offer a healthy nutritious snack.
- 2) The Board will ensure that the nutritional value of food served by the Olympia School District and after-school child care programs significantly improve upon the USDA Guidelines.
- 3) The Board supports sustainable organic agriculture and the Farm-to-Cafeteria program. Therefore, the Child Nutrition Supervisor will develop and implement a plan to integrate organic food into the meals served to our students by the Olympia School District. The plan will seek to reduce or eliminate potential harmful food additives and processes, such as bovine growth hormones, irradiation, hydrogenated oils, and known genetically modified foods.

### **FREE AND REDUCED PRICED MEALS**

The District will provide free and reduced-price breakfast and lunches to students according to terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The District will distribute the annual Free and Reduced Application to households at the beginning of each school year.

The District will 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.

## **USDA FOODS**

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

## **APPLICATION**

This policy applies to all food and beverages sold on school grounds before and during the course of the academic day. Schools are encouraged to study these standards and develop a building policy that uses the District Nutrition Standards as minimum standards. The Board recognizes that class parties are a tradition in public education. However, parents and staff are encouraged to provide party snack items that are consistent with the goals of this policy and held after the lunch hour whenever possible. It is also recognized that there may be rare special occasions when a school principal may allow a school group to deviate from these standards.

Use of foods as classroom rewards is not permitted, except in special situations when approved by the school principal.

Any food vending contracts will be approved by the Superintendent or his designee after review by the Child Nutrition Supervisor. This review will be to ensure that all contracts comply with this policy.

The Superintendent will designate one or more persons charged with operational responsibility for ensuring that schools meet this policy and for developing procedures to implement this policy.

## **HEALTH AND PHYSICAL EDUCATION**

The Superintendent will adopt and implement a comprehensive health and physical education program and curriculum consistent with state requirements. The curriculum will provide opportunities for developmentally-appropriate instruction grades 1 through 12, with an emphasis on the development of a healthy and active lifestyle. Appropriate programs will be developed and provided for students with disabilities as necessary and required. Assessment criteria used to demonstrate student accomplishment will be determined at the building level but will include, at a minimum, a demonstration of health-related fitness as measured by classroom-based assessment developed by OSPI. This assessment will be implemented at selected grade levels and reported annually to the Director of Health, Fitness and Athletic Programs.

### **GRADES 1-8**

All students in grades 1 through 8 will complete an average of one hundred instructional minutes per week in health and physical education. Instruction will be developmentally appropriate and sequential, focusing on the acquisition of knowledge and skills in basic movement and motor skills, health-related physical fitness, skill development and health/safety instruction.

**GRADES 9 THROUGH 12**

Instruction in health and physical education will be offered and available each year to all students. All high school students are required to complete the state graduation requirements of two credits in health and physical education (.5 credit in health education and 1.5 in physical education), subject to the provisions set forth below.

All students will be enrolled in a one-year course—one (1) credit—of study in health and physical education during their 9th grade year (.5 credit in health education and .5 credit in physical education). Course content shall be directed toward the development and implementation of a “personal health and fitness plan”. Further, instruction in CPR and AED use will be included in the 9<sup>th</sup> grade health education component. Exceptions may be granted for those students with approved Individualized Education Programs (IEP).

Students may apply for a waiver from the second year of the fitness requirement upon completion of the requirements set forth below. The administration may approve a student’s application for waiver of the second year physical education requirement, based on the student’s participation in “directed athletics,” and if in the opinion of the school it is in the best interest of the student if:

- 1) the student has received a passing grade in the 9th grade health and fitness requirement;
- 2) the student is an active participant in directed athletics, other than during health and fitness classes, for a period of 150 hours during the student’s sophomore and/or junior year. Directed athletics include, but are not limited to: all interscholastic and community-based sports and/or activities, such as swimming, dance, crew, or gymnastics, where the student’s athletic experience is directed by an adult who is at least twenty-one years of age;
- 3) upon completion of the school year for which a waiver is to be claimed, the student’s parent or legal guardian submits a signed form attesting to the student’s completion of the 150 hours, with signed verification by the supervising adult, as set forth in 2) above; and,
- 4) the student demonstrates that he/she will maintain enrollment in six subject matter classes each trimester/semester in grades 10–12, and is involved in a track of study which would otherwise be interrupted, such as, IB (International Baccalaureate), AP (Advanced Placement, CTE (Career & Technical Education), Running Start, Remediation, Arts & Music, Foreign Language, Science, and/or other academic track.

If a student transfers into the Olympia School District and has not met the first year health and fitness requirement, the student will first meet such requirement prior to applying for a waiver of the second year fitness requirement.

A student who is granted a waiver under this policy is not excused from meeting the total number of credits required to graduate from the Olympia School District. Under an accompanying procedure, the Superintendent will set forth the criteria under which such circumstances may occur.



Cross References:

High School Graduation Requirements ..... Policy 2410

Legal References:

Physical Education Grades 1-8 ..... RCW 28A.230.040  
Physical Education High School ..... RCW 28A.230.050  
Surplus or Donated Food Commodities for School Hot Lunch Programs..... RCW 28A.235.060  
Lunchrooms—Establishment and Operation—Personnel for—Agreement for..... RCW 28A.235.120  
Milk for Children at School Expense ..... RCW 28A.235.130  
Food and Beverage Service Worker’s Permit—Filing, duration—Minimum training requirements.....  
..... RCW 69.06.010  
Physical Education Grades 1-8..... WAC 180-50-135  
Equivalency Course of Study..... WAC 180-50-3000  
High School Graduation Requirements ..... WAC 180-51-085  
Physical Education Requirement—Excuse..... WAC 180-51-085

Healthy, Hunger-Free Kids Act of 2010

*Policy Adopted.....May 24, 2004*  
*Revised..... February 13, 2005*  
*Policy Adopted.....May 23, 2005*  
*Revised.....June 13, 2005*  
*Revised..... February 28, 2011*  
*Revised..... April 16, 2012*  
*Revised..... April 18, 2016*