

**WASHINGTON STATE CENTER FOR  
CHILDHOOD DEAFNESS & HEARING LOSS**

POLICY: 6701

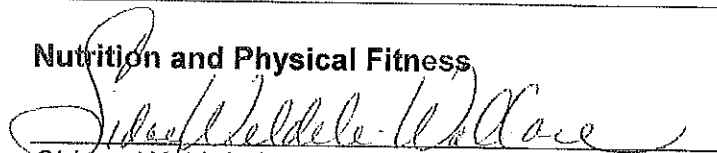
Adopted: *June 16, 2005*

Revised: *March 6, 2015*

SUBJECT:

**Nutrition and Physical Fitness**

Approved by:

  
Sidney Weldele-Wallace, Chair, Board of Trustees

The Washington State Center for Childhood Deafness & Hearing Loss (CDHL) Board of Trustees recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Washington School for the Deaf (WSD) is the campus where students attend. 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 some obesity and some 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 WSD's youth. Therefore, it is the policy of the board to:

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

The superintendent shall develop and implement a comprehensive school-wide nutrition program consistent with state and federal requirements for schools sponsoring the National School Lunch program, and will incorporate this into the health education content area. To implement the program, the superintendent shall adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with state 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 fitness topics shall be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.

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

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

## ***Nutrition***

### **Nutrition Standards**

WSD shall provide school lunches which meet the nutritional standards required by state and federal school lunch program. Meals served in school before the end of the last lunch period shall conform to the U.S. Dietary Guidelines for Americans.

The superintendent shall establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches. Foods and beverages of minimal nutritional value, as defined by the U.S. Department of Agriculture, shall not be sold or served on school premises until 30 minutes after the end of the last lunch period.

Any food sales of an occasional nature must have the prior approval of the principal. Vending machines shall be limited to only those that dispense items which are nutritionally healthful. No food or drink items shall be offered in vending machines unless they have been approved by the principal.

### **Food Services Program**

WSD supports the philosophy of the National School Lunch program and shall provide wholesome and nutritious meals for children in the school.

Because of the potential liability, the food services program shall 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.

### **Free And Reduced-Price Food Services**

WSD shall provide free and reduced-price lunches and milk to students according to the terms of the National School Lunch program and the laws and rules of the state. WSD 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.

WSD may provide free, nutritious meals to all children on test days, including students who do not qualify for free or reduced priced federal school meal benefits, however, WSD is responsible for the cost of providing meals to students who are ineligible for free and reduced priced meals.

The board of trustees may establish a program whereby school meals may be purchased by WSD staff at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from local, state and federal assistance (cash and food).

### **Surplus Commodities**

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

## ***Program Evaluation***

### **Nutrition:**

- In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the superintendent is responsible for evaluating and assessing whether the board policy and procedure are implemented, including a periodic assessment of the school meal program with input from students, parents and staff.

### **Physical Education:**

- School physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with other academic and health-related programs using tools like Healthy Kids Survey, CDC School Health Index or an OSPI approved assessment. Results of these surveys and assessments will be reported to the board, and made available to staff, parents and the community.

### **WSD Wellness Team**

The school will convene a Nutrition and Physical Activity advisory committee, known as the WSD Wellness Team, to assist the superintendent in ongoing development and monitoring of the WSD nutrition and physical fitness program and policy. The committee will be led by the Nutrition Services Manager and be open to staff, parents, building level administrators, school board members, students, nutritionists, health care

professionals, physical education staff, the public, and interested community organizations.

The Wellness team will conduct periodic reviews and ongoing monitoring of WSD's Nutrition and Physical Fitness programs and policies. The team will set goals and establish strategies for promoting student and staff wellness on campus and assess and monitor the success of these.

### **Family and Community Involvement**

In order to promote family and community involvement in supporting and reinforcing nutrition education at WSD, the Wellness Team is responsible for ensuring:

- Nutrition education materials and meal menus are made available to parents;
- Parents are encouraged to promote their child's participation in the school meals program. If their children do not participate in the school meal program, parents should provide their children with healthy snacks/meals;
- School staff considers the various cultural preferences in development of nutrition education programs and food options.

## ***Physical Education***

### **Health and Fitness Curriculum**

The superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the Common Core Standards. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies and will be in place by the end of the 2015-2016 school year.

All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. 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.

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. WSD shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. WSD 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.

Legal References:

RCW 28A.230.040	Physical Education - Grades 1-8
RCW 28A.230.050	Physical Education in High School
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 meal program for elderly - Authorized – Restrictions
RCW 69.04	Intrastate commerce in food, drugs, and cosmetics
RCW 69.06.010	Food service worker permit
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 392-410-315	Physical Education - Grade school and high school requirement.
WAC 392-410-136	Physical Education Requirement-Excuse
7 CFR Parts 210 & 220	National School Lunch Program
7 CFR § Part 245.5	Public announcement of the eligibility criteria