

MANAGEMENT SUPPORT

Nutrition and Physical Fitness

The Port Townsend School Board understands the value of place as a context for learning and is committed to fostering a district-wide culture of wellness. This includes creating schools that promote and protect children’s and adults’ health and well-being through healthy eating and physical activity. The School Board recognizes that healthy habits and academic achievement in school are interrelated and that healthy students are better able to learn. The board also recognizes that high-value nutrition and daily physical activity are both essential in promoting lifelong health, optimal academic performance and social harmony. The district believes wellness includes everyone and so the district promotes overall health through:

- highly nutritious food offered at school in a pleasant environment with adequate space and time for eating
- active transportation by walking or biking to school and place-based learning sites; physical activity breaks, outdoor learning, play and recess
- school gardens and outdoor learning spaces
- partnerships with community organizations and vendors who promote lifelong health and well-being
- design, use and upkeep of facilities to promote health and well-being including supportive infrastructure

The Superintendent will:

- ensure the breakfast and lunch program meets or exceeds the USDA nutritional guidelines
- establish rules that comply with the Smart Snack nutritional guidelines for food and beverages sold, or served on district property or at events
- establish annual goals for purchasing regionally produced and/or locally grown food
- adopt and implement a comprehensive k-12 curriculum reflecting up-to-date national standards on health, fitness and nutrition to positively influence understanding, beliefs and habits as they relate to good nutrition, regular physical activity and positive life choices
- establish guidelines for time devoted to recess and physical activity
- ensure free, good tasting, safe and readily accessible drinking water throughout the day
- establish a Wellness Committee with district-wide and community representation, which will report annually to the school board.
- establish criteria for waivers and exemption from physical activity and/or health credits
- create safe routes to school in collaboration with community leaders

Cross References:	Policy 2020	Curriculum Development and Adoption of Instructional Materials
	Policy 2410	High School Graduation Requirements
	Policy 4260	Use of School Facilities
	Policy 3300	District Nutrition Standards Competitive Foods
Legal References:	RCW 28A.210.365	Food Choice, physical activity, childhood fitness – minimum standards – district waiver or exemption policy

RCW 28A.230.040 Physical Education-Grades 1-8
 RCW 28A.230.050 Physical Education in High Schools
 RCW 28A.230.095 Essential academic learning requirements and assessments – verification reports
 RCW 28A.235.120 Meal Programs, Establishment and Operation, Personnel Agreements
 RCW 28A.235.130 Milk for children at school expense
 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
 Policy News, Jun 2015
 OSPI Sep 2013 Recommendations for Waivers in High School Physical Education/Fitness Education
 OSPI Jan 2013 Wellness Policy Best Practices
 Policy News, Feb 2014 Healthy and Hunger-Free Kids Act of 2010
 Policy News Feb 2005 Nutrition and Physical Fitness Policy
 Policy News, Dec 2004 Nutrition and Physical Fitness Update
 Wellness School Assessment Tool
 Wellness Policy Tool

Management Resources:

Date: 7/11/05; 11/26/07; 1/24/11; 10/24/11; 8/25/14; 3/28/16