

## Nutrition and Physical Fitness

### Local School Wellness Policy (LSWP)

The District will convene an advisory committee to assist in development of the district-wide LSWP. The committee will include parents, students, representatives of the school food authority, the school board and school administrators, teachers of physical education, school health professionals and the public in developing, implementing, periodically reviewing and updating the LSWP.

### School Meal Programs and Competitive Foods

The district will follow the USDA meal patterns for the National School Lunch Program, School Breakfast Program, and Smart Snacks in School standards for all food and beverages sold to students on school campus during the school day. These are available at [http://www.fns.usda.gov/cnd/governance/legislation/allfoods\\_flyer.pdf](http://www.fns.usda.gov/cnd/governance/legislation/allfoods_flyer.pdf). While students/parents/guardians are permitted to bring commercial foods to school that do not meet the Smart Snacks standards on occasions such as birthdays and holiday celebrations, the district will encourage healthy food choices in all school operations.

- Fundraising  
Foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards may be sold through fundraisers on the school campus during the school day. Items intended for consumption at home (cookie dough, etc.) may be sold and delivered on campus.
- Water  
To promote hydration, free, safe, and unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### School Cafeterias

- Any student may eat in the school cafeteria or other designated place;
- Meal prices will be established by the superintendent and food service supervisor, with approval of the board, at the beginning of each year;
- Healthy option foods should be competitively priced; and
- Meal prices will be conspicuously posted in each cafeteria or designated meal area.

### Nutrition and Food Services Operation

In order to support the school's nutrition and food services operation as an essential partner in the educational mission of the district and its role in the district's comprehensive nutrition program, the superintendent is responsible for:

- Encouraging students to participate in the school meal programs;
- Providing varied and nutritious food choices consistent with the applicable school meal program guidelines; and
- Providing that:
  - Students have adequate time to eat their entire meal;
  - Seating for meals is uncrowded and occurs in a pleasant and safe environment;
  - Rules for mealtime behavior are consistently enforced;
  - Mealtime supervision is appropriate;
  - Buses arrive in time for students to participate in the School Breakfast Program.

### **Staff Development**

Ongoing in-service and professional development training opportunities for staff in the area of food nutrition will be encouraged.

### **Family and Community Involvement**

In order to promote family and community involvement in supporting and reinforcing nutrition education in schools, the school principal is responsible for ensuring:

- Nutrition education materials and breakfast and lunch 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 meals program, parents should provide their children with healthy snacks/meals;
- Families are invited to attend exhibitions of student nutrition projects or health fairs;
- School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
- School staff consider the various cultural preferences in development of nutrition education programs and food options.

### **Nutrition Education**

- A district's K-12 nutrition education curriculum shall be in alignment with the Washington State K-12 Learning Standards.
- A district's nutrition education K-12 curriculum should include, but not be limited to, the following:
  - Age-appropriate nutritional knowledge, including:
    - Understand the relationship of nutrition and food nutrients to physical performance and body composition;
    - Learn the benefits of healthy eating;
    - Understand essential nutrients;
    - Learn about nutritional deficiencies;
    - Understand the principles of healthy weight management;
    - Understand the use and misuse of dietary supplements;
    - Learn safe food preparation, handling, and storage; and
    - Appreciate cultural diversity related to food and eating.
  - Age-appropriate nutrition-related skills, including:
    - Gather and analyze health information;
    - Analyze nutrition information to plan and prepare a healthy meal;
    - Understand and use food labels,
    - Evaluate nutrition information, misinformation, and commercial food and advertising; and
    - Assess one's personal eating habits, set goals for improvement, and achieve those goals.

### **Physical Education and Physical Activity**

#### **Health and Fitness Education Curriculum**

It is the district's position that all students have equal and equitable opportunities for physical activity and fitness education in our schools. The District's K-12 curriculum shall be in alignment with the Washington State K-12 Learning Standards. The goals of the district are:

- All children, from kindergarten through grade 12, will participate in a consistent quality, standards-based physical activity/fitness education program;
- OSPI-developed assessments or other strategies will be used in Health and Fitness/Physical Education, formerly known as classroom-based assessments (CBAs);

- The district will make appropriate accommodations to allow for equitable participation for all student and will adapt physical education classes and equipment necessary. The district will ensure that any student eligible for special education will be provided appropriate physical education services;
- All schools will have certificated physical education teachers providing instruction; and
- All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

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.

### **Physical Education Requirements and Waiver Policy**

#### **Physical Activity**

- All students, (K-12), will participate in a Comprehensive School Physical Activity Program. A Comprehensive School Physical Activity Program (CSPAP) is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement.
- Physical activity during the school day (including but not limited to recess, brain boosters/energizers, or physical education) will not be used or withheld as punishment for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

#### **Tonasket High School Physical Education Procedures**

1. All freshman (9th grade) must take Physical Education 9-10 their freshman year. This will leave 3 years for the students to receive the 1 credit waiver. They may apply for the athletics for PE during their sophomore, junior, or senior year. It will be our recommendation that the students apply for the waiver during their sophomore year.
2. Students that receive the athletic PE waiver shall receive PE sports credit for their participation in athletics. If a student has already met PE requirements, the PE waiver process may be used to increase a student's elective total by no more than one credit.
3. The student/athlete must complete the full season of the sport in good standing-as per sport expectations set by the coach and athletic department.
4. If the athlete is injured the coach must follow the policy of an injured student/athlete. If the student breaks athletic code, discipline is left to the coach and Athletic Director. If it causes the athlete to be discharged from the squad then the athletics for PE waiver is denied.
5. Participation in a full sport season is equal to ½ year of PE. Each sport is worth .5 PE credit. A student may not earn more than one sport's PE credit.
6. The student and parent must notify the school in writing of their intent to request a waiver of the current school year.

7. Prior to having a waiver granted, the student and their parents must complete an application process. This application will show a 3-year academic plan for the student. This plan indicates a course or courses the student will take instead of the PE class.

The committee's definition of an athletic team:

1. The team must practice or compete at least five days/nights a week.
2. The team must have a coach that is a certified teacher or one that possess a preferred coaching certificate from WIAA.
3. The athletic event must be an interscholastic activity.
4. The coach must have submitted team expectations to the Athletic Director.

### **High School Injured Students/Athletes and Physical Education Waiver**

#### Short-term injury (1 to 3 weeks)

No loss of credit or grade.

Student is given work to do to make up for the activity(s) missed.

Team attendance policy is still enforced. The student must be at practice daily even when injured.

#### Long-term injury (more than 3 weeks or 40% of the season)

Student is advised to drop the sport and take it at a later date if possible. This would only be done during the first 2 weeks of the semester.

The student's participation time will be calculated into a Carnegie Unit as a balance.

### **Recess/Breaks**

Each school will offer physically active daily recess/breaks opportunities and maintain safe and age-appropriate equipment to use during recess/breaks. Recess monitors or teachers will encourage students to be active. Recess will complement, not substitute for, physical education class.

### **Staff Development**

Ongoing in-service and professional development training opportunities for staff in the area of health education, physical education and physical activity will be encouraged.

### **Family and Community Involvement**

The school principal and staff will promote family and community involvement in supporting and reinforcing physical education in the schools.

### **School District Facilities**

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the district's facilities use policy, community college, and municipal joint use agreements and partnerships with youth organizations so additional opportunities are available for all youth in the community to participate in quality physical activity, fitness, sports, and recreation programs.

### **Active Transport**

The district will identify safe and active routes to and from school to promote alternative transport methods for children, such as walking and bicycle programs. The district will encourage this behavior by engaging and promoting activities such as:

- Designation of safe or preferred routes to school;

- Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week;
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area);
- Instruction on walking/bicycling safety provided to students;
- Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper;
- Documentation of the number of children walking and/or biking to and from school; and
- Creation and distribution of maps of the school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.).

**Program Evaluation and Assessment**

A plan for periodically measuring and making available to the public, including students, parents and the community (e.g., as part of the district’s Annual Report) an assessment on the implementation of the LSWP including:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District’s wellness policy compares to the model Wellness School Assessment Tool; and
- A description of the progress made in attaining the goals of the District’s wellness policy.

**Date: 12.04; 02.05; 12.11**

**Tonasket School District**

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