



Board Adoption: 06/24/09

NUTRITION, PHYSICAL EDUCATION, ACTIVITY, AND WELLNESS

Statement of Purpose

It is the purpose of the Nutrition, Physical Education, Activity and Wellness Policy to encourage wellness programs in the Mount Vernon School District (“the District”). Wellness programs will be designed to encourage life-long patterns of healthy eating and regular physical exercise among all Mount Vernon students and staff.

Nutrition and Physical Activity Policy Rationale

In order for children to achieve their full academic potential, healthy eating patterns are essential. A well-planned and well-implemented District nutrition program positively influences students’ eating habits. Consuming a variety of nutritious foods promotes healthy growth and development and provides the necessary energy for learning.

Quality physical education and activity programs positively impact students’ academic, physical, social and emotional health. It is the goal to instill a passion in the students for lifelong physical activity. Quality physical education and activity programs provide opportunities for children to understand the importance of physical activity and to acquire skills to support an active lifestyle.

I. Nutrition

A. Nutritious Food Choices

Nutritious and appealing food choices will be available wherever and whenever food is sold or otherwise offered at the District. Procedures will be written to provide guidelines and nutritional standards.

B. Food Choices at School

Food and beverages available at school shall support the nutritional needs of students and include appealing, nutritious foods and drinks.

1. Food pricing strategies shall be designed to encourage students to purchase nutritious items/and or reimbursable meals.
2. All food and beverages are designed to supplement, not replace, school meals.
3. Commercial advertising that promotes foods other than nutritious foods shall be discouraged in the District.

C. Promoting Healthy Eating Behaviors

1. Nutrition education will be integrated into the District curriculum where appropriate.

2. The District will educate staff, parents and students regarding healthy food choices and eating behaviors.
3. Educational material regarding the nutritional value of foods sold at school stores and concession stands must be available and displayed when possible.
4. The District will encourage the use of healthy nutrition promotional materials and minimize the use of marketing materials that promote less healthy food choices.

II. Physical Education Instruction

A. Curriculum

The superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally appropriate instruction for all students grades K-12. The input of staff, students, parents and public health professionals in the development of the curriculum is encouraged.

B. Class Structure

The goal of the District is to utilize teachers with physical education endorsements or health and fitness endorsements to teach physical education classes. When non-endorsed teachers are utilized to teach Physical Education classes, the District will follow guidelines as outlined in the procedure section.

C. Facilities

1. The school will provide a safe environment to implement the program for the number of students being served.
2. The school will provide both functional and protective equipment for all students to participate actively and safely.
3. The school shall minimize interruptions to scheduled physical education classes.

D. Inclusion

Suitable physical education shall be part of education plans for students with chronic health problems, other disabling conditions, or other special needs.

E. Assessment

The District's assessments will be aligned with the Washington State EALRs.

III. Physical Activity

To the greatest extent possible, schools should expand and/or support extra-curricular programs that promote physical activity, including intramural and interscholastic sports programs, and other sports and recreation clubs and lessons that support increasing physical activity opportunities for students during or outside of the school day and for the general community.

A. Promotion of Physical Activity

1. Physical activity education will be integrated into the District curriculum where appropriate.
2. The District will educate staff, parents and students regarding healthy physical activity and active lifestyle behaviors.
3. The District shall encourage walking and biking to school in order to support physically active youth.

B. Recess

1. In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. Recess shall complement, not substitute for, physical education classes. The District shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play.
2. The District will provide proper equipment and a safe area designated for supervised recess time.

C. Interscholastic Sports (Athletics)

1. Instruction/Coaching will be designed with progressions for developing sport-specific skills that are based on appropriate teaching/learning progressions.
2. Instruction/Coaching shall demonstrate appropriate and effective motivational skills and provide constructive and descriptive feedback to athletes.

D. Before and After-School Programs

1. The school will work with the community to provide an avenue for reaching all students before and after school through organized physical activities (e.g. intramurals, interscholastic sports, community-based programs, and other activities).

2. The District is encouraged to provide adequate co-curricular physical activity programs, including 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.

E. Supplemental Physical Activity

1. To the extent possible, school physical activity spaces and facilities, especially outdoor facilities such as sports fields and tracks, shall be available to young people before, during, and after the school day, on weekends, and during summer and other vacations.
2. Fundraisers that promote physical activity are encouraged.

IV. Evaluation, Implementation and Enforcement

The District shall evaluate the School District nutrition, physical education, physical activity and wellness policy at least annually to monitor implementation and effectiveness.

A. Formation of a Committee

The District will establish a committee whose charge will be to annually review the implementation of this policy and make a formal report to the administration, school board and community.

B. Committee Membership

This committee shall include at a minimum: an administrator, a community member, a high school student, a middle school student, a health educator, a physical educator, the food service director, a school nurse, and a teacher; and be representative of the diversity of the school community.

Cross References:	Board Policy 2100 Board Policy 4260	Instructional Program Offerings Use of School Facilities
Legal References:	RCW 28A.230.040 28A.230.050 28A.235 28A.235.120 28A.235.130 28A.623.020 69.04 69.06.010 69.06.020 69.06.030	Physical Education – Grades 1-8 Physical Education in High School Surplus or Donated Food Commodities for School Hot Lunch Programs Lunchrooms — Establishment and operation — Personnel for — Agreement for Milk for children at school expense Nonprofit meal program for elderly — Authorized — Restrictions Food, Drugs, Cosmetics, and Poisons Food service worker permit Permit exclusive and valid throughout state — Fee Diseased persons — May not work — Employer may not hire

69.06.050 Permit to be secured within fourteen days from time
of employment.
69.06.070 Limited duty permit
WAC 180-50-135 Physical Education – Grade school and high school
requirement.
WAC 180-51-085 Physical Education Requirement-Excuse
7 CFR, Parts 210 and 220
7 CFR, Part 245.5