

Local Wellness

The board recognizes that a healthy school environment prepares students for college, careers, and successful futures. Students who engage in regular exercise are more likely to learn in the classroom. The board supports the district's increased emphasis on health, physical education, and physical activity at all grade levels to enhance the well-being of the district's students. Therefore, it is the policy of the board to emphasize health education and physical education and provide students with opportunities for physical activity.

In accordance with Public Law 108-265, Section 204, the District establishes a Local Wellness Policy. This policy:

- 1) Includes goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness. These goals are provided in District Policy 2124 Health and Fitness;
- 2) Includes nutrition guidelines for all foods available on each school campus. These guidelines are included in District Policy 6700 Nutrition.
- 3) Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture. This assurance is provided in the procedures to District Policy 6700 Nutrition.
- 4) Establishes a plan for measuring implementation of the Local Wellness Policy including designation of person in the district who is charged with the operational responsibility for ensuring that the schools meet the Local Wellness Policy. This Policy designates the Director of Child Nutrition as the person in the district who is charged with operational responsibility for establishing a plan to measuring the implementation of the policy and to ensure that the schools in the district meet the Local Wellness Policy.
- 5) Ensures compliance with state and federal requirements for districts participating in the National School Lunch Program, the School Breakfast Program, and the United States Department of Agriculture (USDA) Smart Snacks in School nutrition standards.
- 6) Establishes a school health advisory committee that involves parents, students, representatives of the school food authority, the School Board, school nurse staff, teaching staff, classified staff, school administrators, and the public in the development of the Local Wellness Policy. The school health advisory committee shall advise school administration and School Board members on policies, environmental changes, and programs needed to support healthy food choice, physical activity, and childhood fitness.

Cross Reference: District Policy 2124 Health and Fitness
 District Policy 6700 Nutrition

Legal Reference: Public Law 108-265, Section 204
 RCW 28A.210.365
 2 CFR Part 200 - Procurement
 7 CFR, Parts 210 and 220
 7 CFR, Part 245.5

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