

PROPOSED REVISION



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STUDENTS

Student Wellness

The board recognizes that students who eat well-balanced meals and engage in regular exercise are more likely to learn in the classroom. The board supports the district's increased emphasis on nutrition, health and 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 provide students with:

- Opportunities for physical activity;
- Education and instruction in nutrition;
- Access to a variety of healthy food choices whenever food is sold or served on district property or at district-sponsored events;
- Food or snacks low in fat, sodium or added sugars; and
- Nutritious meals served by the school food and nutrition operation, which comply with state and federal law.

Wellness Committee

The district, through a wellness committee, will implement a comprehensive wellness policy in 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.

Nutrition

The district will provide school breakfasts and lunches, which meet the nutritional standards required by state and federal, school breakfast and lunch programs.

The district will establish nutritional standards for all food sold on campus during the school day (e.g., vending machines, bake sales, school stores, etc.). No food or drink items will be offered in vending machines unless they have been approved by the principal in accordance with this policy.

Nutrition education and promotion will be integrated throughout the school environment. Linking nutrition education throughout the school reinforces consistent health messages and provides multiple opportunities for students to practice healthy habits.

Recess and Physical Activity

The board recognizes that recess is an essential part of the day for elementary school students. Young students learn through play, and recess supports the mental, physical, and emotional health of students and positively impacts their learning and behavior.

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Similarly, the board recognizes that students who engage in regular exercise are more likely to learn in the classroom and supports the district's increased emphasis on 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 provide students with recess and opportunities for physical activity.

Physical Activity in Schools

In addition to required physical education, students at the elementary level will have the opportunity to participate in daily recess and physical activity. The district will provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The district will promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Assessment

The superintendent or designee will periodically measure the extent to which schools are in compliance with this policy. The results will be made available to the public.

Cross references:	Board Policy 2123	Health and Physical Education Program
	Board Policy 3210	Nondiscrimination
	Procedure 3405P	Student Wellness
	Board Policy 3424	Student Sports and Athletic Related Activities—Concussion, Head Injury and Sudden Cardiac Arrest
	Board Policy 4333	Non School Use of Buildings, Grounds and Equipment
	Board Policy 6700	Food and Nutrition Program

Legal references:	RCW 28A.210.365	Food choice, physical activity, childhood fitness—Minimum standards—District waiver or exemption policy
	Sec. 204 of P.L. 111-296	Healthy, Hunger-Free Kids Act of 2010
	ESSB 5257 (2023)	Public Schools—Daily Recess
	Comprehensive School Physical Activity Program	

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