



## **Instruction - Series 2000**

### **Health and Fitness – 2123**

The Peninsula School District's Wellness Plan is composed of a written document of official procedures that will guide the District's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity. The District, through a wellness committee, will develop and 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, Health, and Physical Fitness**

The board recognizes that a healthy school environment prepares students for college, careers, and successful futures. 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 of Directors to provide students with access to nutritious food; emphasize health education and physical education; and provide students with opportunities for physical activity.

#### **Health and Physical Education Program**

The District's K-12 health and physical education programs will be aligned with the Washington State Health and Physical Education K-12 Learning Standards and will include, but not be limited to, the development of knowledge and skills to be physically active, to eat nutritiously, to access reliable health information and services, to communicate effectively, and to set health-enhancing goals.

#### **Physical Activity**

Physical education class is not to be used or withheld as punishment for any reason. All schools, as a best practice, will strive to provide opportunities for students to be physically active.

In addition to required physical education, the district shall provide daily recess period(s) for elementary students, featuring time for unstructured but supervised active play. At the secondary level, the district shall provide co-curricular physical activity programs, including intramural and physical activity clubs.

#### **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.

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 392-157-125 Time for meals

WAC 392-410-135 Physical Education – Grade school and high school requirement.

WAC 392-410-136 Physical Education Requirement-Excuse

2 CFR Part 200 - Procurement

7 CFR, Parts 210 and 220

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