MANAGEMENT SUPPORT
Wellness

Cascade School District Wellness Policy

Fostering a healthy and active lifestyle culture for students, families and District staff

Cascade School District (CSD) is committed to the optimal development of every student. This policy outlines the District’s approach to wellness, including (per policy and procedure 6700):

- Goals for nutrition education, nutrition promotion, and other school-based activities to promote wellness;
- The Smart Snacks in School standards for all foods and beverages sold to students on campus during the school day, including access to water;
- Standards consistent with federal regulations for school meal programs and the Smart Snacks in School standards for other foods available to students (e.g., food brought from home for classroom events/parties and food used as rewards or incentives);
- Policies for marketing only food and beverages that meet the Smart Snacks in School standards;
- Standards for quality physical education and nutrition education programs aligned to state learning standards that help students develop lifelong healthy behaviors;
- Promotion of activities that provide students opportunities to be physically active before, during and after school;
- Engagement of the community in support of the District’s work in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- Establishment of a wellness committee that includes representatives from the school and that permits participation from members of the community;
- Designation of one or more school official(s) to ensure compliance of each school; and
- Direct committee review and assessment of the wellness policy every three years.

This policy applies to all students, staff, and schools in the District. Note: Exemptions for goals beyond the Federal and State requirements may be made for Discovery School and Beaver Valley Elementary School due to limited resources.

Wellness Committee
The District will convene a wellness committee to establish goals for the District-level wellness policy and to oversee its development, implementation, periodic review and updating. The membership of the committee will represent all school levels (elementary and secondary schools). The following parties must be permitted to participate as committee members:

- Parents and caregivers;
- Students;
- Representatives of the school nutrition program (e.g. food services director);
- Physical education teachers;
• School health professionals (e.g., health education teachers, nurses, physicians, dentists, health educators, health personnel, school counselors, psychologists, social workers, or psychiatrists);
• School administrators (e.g., superintendent, principal, vice principal);
• School board members;
• Health professionals (e.g., dietitians, doctors, nurses, dentists);
• Head of the high school student store; and
• Members of the general public.

The wellness committee is responsible for:
• Establishing committee membership and operating protocol;
• Understanding wellness policy compliance requirements;
• Developing an implementation plan for the wellness policy;
• Recordkeeping;
• Annual public notification of the wellness policy;
• Triennial progress assessments;
• Revising the wellness policy; and
• Leading community involvement, outreach and communications initiatives regarding the wellness policy.

Goals for Nutrition Education, Nutrition Promotion, and School-Based Activities to Promote Wellness

All schools within the District participate in at least one of the following USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Child and Adult Care Food Program (CACFP), the Fresh Fruit & Vegetable Program (FFVP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Supper programs, or others. The District also operates additional nutrition-related programs and activities including the Community Harvest gleaning program which incorporates seasonally available, locally grown fresh whole foods whenever possible.

All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

• Are accessible to all students;
• Have meal prices established by the superintendent and food service supervisor, with approval of the board prior to the beginning of each year if changes are made from the previous year;
• Have healthy option foods competitively priced;
• Have meal prices available on the website, upon request at each school office and kitchen(s);
• Are appealing and attractive to children;
• Are served in clean and pleasant settings; and
• Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

**Greenhouse**

In June 2016, a greenhouse was removed to prepare for high school renovation. During the 2016-2017 school year, the District wellness committee discussed the possibility of having a vegetable garden or reinstalling a greenhouse for students. There, students would be able to learn about growing food, where it comes from, and processing methods. The produce grown on campus would be used by culinary classes and the food services department for student lunches.

During construction of Alpine Lakes Elementary School and renovation of Peshastin-Dryden Elementary School and Cascade High School, the project was put on hold. In the 2019-2020 school year, the Career and Technical Education (CTE) department received a grant for $24,000 for the greenhouse itself.

Then, in the 2020-2021 school year, there were some challenges with the proposed greenhouse placement. The original location cut through a lot of utilities and the second proposed location interfered with the storm drainage system. In order to build on that location, we need to redesign and rebuild the storm drainage system. We also need to evaluate the existing soils and determine what is needed to ensure that the building will not sink.

The goal is to have the greenhouse completed and installed before the 2021-2022 school year. Community partners on this project include Waste Loop and Derby Canyon Natives, Inc.

**Health and Physical Education**

The superintendent will adopt and implement a comprehensive physical education curriculum aligned with the Washington State Health and Physical Education K-12 Learning Standards. The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum. The physical education program will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.

It is the District’s position that all students have equal and equitable opportunities for physical activity and fitness education in our schools. The superintendent is encouraged to review and consider implementing physical activity and fitness education program improvements. The goals of the District are:

• 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.

**Smart Snacks**

*Smart Snacks* in School refers to the national nutrition standards for foods and beverages sold outside of the federal reimbursable school meal programs during the school day. These items are
called “competitive foods” because they can compete with participation in school meal programs.

The foods and beverages sold and served outside of the school meal programs in Cascade School District will meet the USDA Smart Snacks in School nutrition standards, at a minimum. A summary of the standards and information are available at: http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

The Cascade High School store uses these USDA Smart Snack in School nutrition guidelines for all items that are sold. The Smart Snacks product calendar can be found at: https://foodplanner.healthiergeneration.org/calculator/. Once a snack or beverage qualifies, the school store keeps a printout of the qualification in a binder at the student store for reference.

Food and Beverage Marketing in Schools
The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student’s health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District’s wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the stronger of the two policies in regard to USDA Smart Snacks in School nutrition standards and Washington State Standards.

Fundraising
Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

- The District will encourage schools to use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).
- The District will encourage fundraising during and outside school hours in selling only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

Examples of healthy fundraising options can be found from the Alliance for a Healthier Generation and the USDA.
School Compliance
The principal of each school is responsible for ensuring that the school is compliant with school District wellness policies and procedures. In addition, the Food Service Director leads and convenes the District Wellness Committee.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement
The District will strive to implement the following activities:

- Messages about agriculture and nutrition are encouraged throughout the learning environment;
- Field trips to local farms;
- Special events, such as tastings, that highlight local/regional products;
- Lunch will follow the recess period to better support learning and healthy eating;
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated; and
- Students are served lunch at a reasonable and appropriate time of day.

Physical Activity
Children and adolescents should participate in 60 minutes of physical activity every day. In the 2016 Healthy Youth Survey, the percentage of 10th grade youth meeting aerobic physical activity recommendations in Washington State was 24%.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Through formal joint or shared use agreements, indoor and outdoor physical activity facilities will be open to students, their families, and the community outside of school hours so that additional opportunities are available for all community members to participate in quality physical activity, fitness, sports and recreation activities.

Recess
In addition to required physical education, all elementary schools will offer recess on all or most days during the school year featuring time for unstructured but supervised active play. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria. In the event that the school or District must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. The District will discourage the use of sedentary activities during indoor recess.
Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

The District will strive to provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through the Alliance for a Healthier Generation.

Community Partnerships
The District will strive to enhance relationships with community partners (e.g., hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Other Activities that Promote Student Wellness
The District will strive to integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the District are encouraged to coordinate content such as teaching nutrition concepts in mathematics or other subjects. All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

Staff Wellness and Health Promotion
The District will strive to implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Cross References: Policy 6700

Legal References: RCW 28A.230.040
RCW 28A.230.050
RCW 28A.235.120
Sec. 204 of P.L. 111-296

Nutrition, Health and Physical Wellness
Physical Education – Grades 1-8
Physical Education in High Schools
Meal Programs, Establishment and Operation, Personnel Agreements
Healthy, Hunger-Free Kids Act of 2010
Management Resources:
*Policy and Legal News, August, 2018*
*Policy and Legal News, February 2014*
*Policy News, February 2005*
*Policy News, December 2004*
ActionforHealthykids.org
Physical Activity
Wellness Policy

Child Nutrition Programs
Healthy and Hunger Free Kids Act regulations on school snacks go into effect July 1, 2014
Nutrition and Physical Fitness Policy
Nutrition and Physical Fitness Update

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[Department of Health document](#)
[OSPI Document](#)