

Title: Other School-Based Activities that Promote Student Wellness

Integrating Physical Activity into Elementary Classroom Settings

For elementary students to receive the recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities,
- provide opportunities for physical activity to be incorporated into other subject lessons and
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents

The District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- offer healthy eating resources for parents, including nutrition information, post nutrition tips on school website and provide nutrient content of school menus;
- encourage parents/guardians to pack healthy lunches and snacks that include foods and beverages that meet the nutritional content standards;
- provide parents a list of healthy foods and ideas for healthy celebrations/parties, rewards and fundraising activities;
- support parents' efforts to provide their children with opportunities to be physically active outside of school; and,
- make available information about ways kids and families can be physically active.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. The school district will:

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- limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;
- prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;
- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and
- market activities that promote healthful behaviors (and are therefore allowable) including vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; and sales of fruit for fundraisers.

Meal Times in Schools

The school district will:

- encourage scheduling of school meals that allows adequate time for students to eat,
- provide students access to hand washing or hand sanitizing before they eat meals or snacks,
- take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk) and
- discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

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