

NUTRITION AND PHYSICAL FITNESS

The Board recognizes that healthy eating habits and regular physical activity are essential for students to optimize their physical and mental health and achieve their full academic potential. Healthy eating and physically active life-styles also significantly contribute to lower rates of overweight and obese young people. Proper fitness and nutrition in youth can also significantly reduce the risk of chronic diseases associated with childhood obesity. School, parents and the community share the responsibility in promoting lifelong healthy lifestyles in terms of eating habits and fitness. The Board supports increased emphasis on nutrition as well as physical activity at all levels to enhance the well-being of our district's youth and enhance their academic performance.

It is the policy of the Trout Lake District School to:

- A. Develop and implement a written, taught, and tested fitness and health curriculum that includes nutrition education and that teaches the fundamental components required for a fit and healthful lifestyle. Students will have the opportunity to practice these concepts in regular physical activities and dietary practices.
- B. Develop and implement nutrition standards that provide healthy food choices in the school environment. A key focus of these standards will be to improve the nutritional value of the foods offered to students in the school setting and reduce calories as well as sugar and fat intake made available to students.
- C. Review, on an ongoing basis, compliance and progress on the health, fitness and nutrition components of the policy and accompanying procedure.
- D. The Superintendent shall establish a Nutrition and Physical Activity Advisory Committee to review compliance and progress as well as make recommendations and improvements as appropriate.

The Superintendent shall establish procedures promoting proper nutrition, fitness and health for students to implement this policy.

Cross References: Board Policy 2100

Instructional Program Offerings

Legal References: RCW 28A.230.040
28A.230.050

Physical Education in Grades 1-8
Physical Education in High Schools

WAC 180-50-135

Physical Education-Grade School And
High School Requirements

WAC 180-51-85

Physical Education Requirements – Excuse

Child Nutrition and WIC Reauthorization Act Of 2004

Adoption Date: 07/20/05

School District Name: Trout Lake School District

Revised: