NUTRITION AND PHYSICAL FITNESS

Nutrition Content and Food Service Operations

The following guidelines shall be in effect:

A. Foods that meet the minimum nutrition values shall be encouraged. Examples of these foods include, but are not limited to, corn chips, beef jerky, popcorn, fruit, cheese & crackers, 100% fruit juices, peanuts, sunflower seeds, granola bars, low fat yogurt, pretzels, trail mix, low-fat and nonfat milk.

B. Foods sold or served in school should assist students to comply with the dietary guidelines for Americans, by providing a variety of grains, fruits, vegetables, foods low in saturated fat, trans fat, cholesterol, sugars and salt.

C. Apple or other fresh fruit machines are acceptable at all times.

D. Food that is sold must meet the health department's standards in regards to storage, preparation and serving.

E. Students and staff will have access to safe, fresh drinking water throughout the school day. Fluoridated or bottled water should be made available for purchase by staff and students.

F. School staff should encourage non-food alternatives as student rewards.

School Cafeterias

A. Any student may eat in the school cafeteria or other designated place.

B. Healthy option foods should be competitively priced.

C. Prices for food will be conspicuously posted in each cafeteria or designated meal area.

Nutrition Education

Nutrition education at all levels of the district's integrated curriculum should include, but not be limited to, the following essential components designed to help students learn:

A. Age-appropriate nutritional knowledge, including understanding the relationship of nutrition and food nutrients to physical performance and body composition; recognizing patterns of growth and development; understanding the concept of control and prevention of disease; acquiring skills to live safely and reduce health risks; understanding how environmental factors affect health; learn the benefits of healthy eating; understanding essential nutrients; learn about nutritional deficiencies, understand the principles of healthy weight management; understand the use and misuse of dietary supplements; learn safe food preparation, handling, and storage; and appreciate cultural diversity related to food and eating;

B. Age-appropriate nutrition-related skills, including gathering and analyzing health information; using social skills to promote health and safety; understand how emotions influence decision making; analyze health and safety information and develop a health and fitness plan and a monitoring system, to plan and prepare a healthy meal, understand and use food labels, and to critically evaluate nutrition information, misinformation, and commercial food and advertising; and

c. How to assess one's personal eating habits, set goals for improvement, and achieve those goals.

Multipurpose Environment during Breakfast and Lunch

A. Seating is not overcrowded

B. Rules for safe behavior are consistently enforced

C. Appropriate supervision is provided

Staff Development

Ongoing in-service and professional development training opportunities for staff in the area of food nutrition will be encouraged.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal is responsible for ensuring:

A. Nutrition education materials and food menus are made available to parents;

B. School staff is encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate.

Physical Education

Health and Fitness

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:

A. All children, from kindergarten through grade 12, will participate in a daily, quality, standards-based physical activity/fitness education program;

B. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

School shall require students in grades one through eight to engage in physical education averaging 100 instructional minutes per week and all high school students shall complete two credit(s) of health and fitness. Students involved in interscholastic sports programs may be exempt from physical education requirement.

Access to school sites will be provided through permitting groups consistent with the district's facilities use policy.

Schools shall discourage the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school principal is responsible for ensuring:

A. Physical education activity ideas are sent home with students;

B. Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities;

C. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

Advisory Committee

The District shall convene a Nutrition and Physical Activity committee to assist in development and implementation of the district wide nutrition and physical fitness policy. The committee shall include staff, parents, administrators, school board members, students, and interested community organizations.

Date: 07/20/05
Revised: