BP-5040 (a)

STUDENT NUTRITION & PHYSICAL ACTIVITY

The School Board recognizes that schools are in a position to promote healthy lifestyle choices by students that can affect their lifelong wellness. Therefore, the School District will provide environments that promote and protect children's health, wellbeing, and ability to learn by supporting healthy eating and physical activity.

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

A. Planning and Periodic Review by Stakeholders

The Superintendent, the district Policy Committee and appropriate stakeholders will review this policy on a regular basis.

B. Nutrition

Schools will encourage students to eat a variety of nutritious and appealing foods that meet the health and nutrition needs of students and will provide clean, safe and pleasant settings and adequate time for students to eat.

Foods available in district schools during the school day should be offered to students with consideration for promoting student health and reducing childhood obesity.

Schools will provide free potable water in the place where meals are served and elsewhere throughout the school buildings.

Schools will protect the identity of students who eat free and reduced priced meals.

To the extent practicable, schools will schedule lunch as close to the middle of the school day as possible. Schools are encouraged to provide opportunities for mid-morning or mid-afternoon healthy snack breaks.

Schools will work to provide age-appropriate nutrition education as part of the health and physical education curricula that respects the cultural practices of students and provides opportunities for students to practice skills and apply knowledge both inside and outside the school setting. The District will seek to provide evidence-based nutrition education curricula that foster lifelong healthy eating behaviors integrated into comprehensive school health education. **To the extent practicable:**

(a) Students in grades pre-K-12 shall receive nutrition education that teaches the skills needed to adopt lifelong healthy eating behaviors.

STUDENT NUTRITION & PHYSICAL ACTIVITY

(b) Classroom nutrition education shall be reinforced in the school dining room or cafeteria setting as well as in the classroom, with coordination among the nutrition service staff, administrators and teachers.
(c) Students shall receive consistent nutrition messages from schools and the district. This includes in classrooms, cafeterias, outreach programs and other school-based activities.

C. Mandatory Physical Activity

Pursuant to AS 14.30.360 a district shall establish guidelines for schools in the district to provide opportunities during each full school day for students in grades kindergarten through 8 for a minimum of 90 percent of the daily amount of physical activity recommended for children and adolescents in the physical activity guides by the Centers for Disease Control and Prevention. The time provided for physical activity may involve physical education classes and unstructured physical activity, such as recess. The district shall adopt guidelines that allow students to be excused from physical activity due to medical and health and safety reasons, such as inclement weather.

All students in grades kindergarten through eight will be provided with at least 54 minutes each day of physical activity. This time may be accumulated throughout the school day and may include physical education, recess and classroom based activities. Whenever possible, all students shall be given opportunities for physical activity through a range of programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.

Elementary students will be provided at least 20 minutes each day or structured, active recess. Classroom based physical activity is encouraged and counts toward the 54-minute requirement as long as it does not replace recess.

When practicable, recess shall be scheduled before lunch periods and take place outdoors.

Indoor and outdoor facilities shall be available so that physical activity is safe and not dependent on the weather. Physical activity equipment shall be age-appropriate, inviting, and available in sufficient quantities for all students to be active. Equipment shall be inspected regularly for safety and replaced when needed.

Using physical activity as punishment or withholding physical activity/physical education time as a means of discipline is prohibited.

STUDENT NUTRITION & PHYSICAL ACTIVITY

The district/school will promote strategies/events designed to generate interest in and support active transport to school (i.e. walking school busses, 'bicycle trains,' Walk/Bike to School Day, Safe Routes to School Programs).

Schools are encouraged to negotiate mutually acceptable and fiscally responsible arrangements with community agencies and organizations to keep school spaces and facilities available to students, staff and community members before, during and after the school day, on weekends and during school vacations.

D. Physical Education

Physical education will be closely coordinated with the overall school health program, especially health education so that students thoroughly understand the benefits of being physically active and master the self-management skills needed to stay active for a lifetime.

To the extent practicable, all schools will provide daily physical education opportunities for all students. All elementary students will be provided at least the National Association for Sport and Physical Education (NASPE) recommendation of 150 minutes of physical education per week, for the entire school year. Middle and high school students shall be provided at least 120 minutes of physical activity per week, for the entire school year.

Each district/school will adopt a physical education curriculum that aligns with the Alaska State Standards for Physical Education for grades K-12 with grade level benchmarks. The curriculum shall be reviewed in accordance with the regular curriculum review and adoption schedule for the District.

E. **Communication with Parents**

The district must make available to the public the wellness policy, including any updates to and about the wellness policy. The district/school will support the efforts of parents to provide a healthy diet and daily physical activity for their children. Schools will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards. The district/school will provide information about physical education and other school-based physical activity opportunities before, during and after the school day; and support the efforts of parents to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information through a website, newsletter, or other take-home materials, special events, or physical education homework.

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F. Monitoring, Compliance and Evaluation

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies and administrative regulations.

Legal Reference:

UNITED STATES CODE
Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 – 1769j
Child Nutrition Act of 1996, 42 U.S.C. 1771 – 1793

ALASKA STATUTES
AS 14.30.360 Health education curriculum; physical activity guidelines

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