



Capital School District

Board of Education Policy

Section: Instruction
Title: Health and Safety Instruction
Policy #: 600-02
Date Approved: 12/05/12
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The Capital School District Board of Education recognizes that regular physical activity and a healthy lifestyle are essential for students to optimize their physical and mental health and achieve their full academic potential. Healthy lifestyles and physical activity 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. The Board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth and enhance their academic performance and will:

1. Establish policies that promote enjoyable, lifelong physical activity and safety. These include:
 - Establishing comprehensive, physical education programs for elementary, middle and high school students;
 - Provide comprehensive health education for elementary, middle, and high school students;
 - Using appropriately trained physical education specialists and appropriately trained teachers for physical and health education classes, respectively;
 - Providing physical activity instruction and programs that meet the needs and interests of all students, including those with illness, injury, and developmental disability, as well as those with obesity, sedentary lifestyles, or a disinterest in traditional team or competitive sports.
2. Provide physical and social environments that encourage and enable physical activity in a safe setting through adult supervision, teaching, and instruction in assessing the fitness and activity levels of students in grades K-12, to help them develop patterns of lifelong, health-promoting physical activity will be provided.
3. Implement physical education and health education curricula that are aligned with state and national standards that emphasize enjoyable participation in physical activity and that help students develop the knowledge, attitudes, motor skills, behavioral skills, and confidence needed to adopt and maintain physically active lifestyles.
4. Provide and promote extracurricular physical activity programs (those occurring outside of formal classes) that address the needs and interests of all students.
5. Include parents and guardians in physical activity instruction and extracurricular physical activity programs. Encourage parents and guardians to support their children's participation in enjoyable physical activities, as well as to recognize their powerful influence as role models for active lifestyles.

6. Provide professional development to personnel to effectively implement the curriculum and to promote enjoyable, lifelong physical activity among youth.
7. Establish relationships with the community to coordinate and complement physical activity and health related programs.