

Management Support Nutrition and Physical Fitness Procedure

Nutrition

Nutrition Standards and Food Service Operations

The district seeks to serve fresh, whole and locally grown foods and to minimize the use of highly processed foods and sugary foods. Competitive foods are not sold during breakfast or lunch periods, and whenever competitive foods are sold or served on district property or at events, healthy food choices must be equally available. Students and staff will have access to free, safe and fresh drinking water where meals are served and throughout the school day.

Students will be provided adequate time to eat, at least 20 minutes to eat lunch after obtaining food.

While welcoming donations of food, the Food Services Director shall retain the right to refuse donations not previously approved by the Superintendent. State law governing food inspection and handling procedures must be followed before food is incorporated or sold as part of the school breakfast or lunch program.

The classroom practice of using food or beverages as rewards for academic performance or good behavior is retired. Food and beverages (including food served through school meals) will not be withheld as punishment except under special individualized circumstances as a last alternative for behavior modification.

Food, utensil and container waste will be developed as part of Food Services and operational management. Composting, sorting, recycling and disposal will be addressed continuously for educational purposes and sustainable practices.

Physical Fitness

Health and Fitness Programs

Physical Fitness programs focus on teaching skills needed to develop lifelong healthy habits and physical fitness. Physical fitness classes will promote a coherent and progressive understanding of skills, practice, confidence building, self-knowledge and personal assessment from kindergarten through high school. The Physical Fitness program will be designed to be meaningful and inclusive of all students, to teach cooperation, fair play and responsible participation.

- Elementary Physical Fitness programs focus on foundational skills, both social and physical, for developing an active lifestyle
- Middle School Physical Fitness programs focus on guided application of those skills with development of personal assessment and goal setting.
- High School Physical Fitness programs cultivate the practice and habits of an active, healthy lifestyle.

All students in grades 1-8 are required to complete an average of 100 minutes per week of Physical Fitness. National Standards for Physical Education (NASPE) recommends 150 minutes for elementary students and 225 minutes for middle level students per week, per year. The district, through its focus on placed-based education, will strive to support physical activity and/or outdoor educational experiences on a regular basis.

Waivers and Exemptions from Fitness Programs

Because healthy habits and academic achievement are interrelated and because Health and Physical Fitness are considered key educational components toward building knowledge, skills and understanding, waivers and exemptions from Physical Fitness classes are handled on a case by case basis. The high school principal may waive some portion of the 1.5 credit graduation requirement for 9-12 grade students through establishing equivalency criteria and collecting evidence of competency.

Active Learning

Recess and Physical Activities

Recess will be provided to all K-8 students on a daily basis along with other opportunities for physical activity and being outdoors. The district encourages classroom teachers to incorporate physical activity breaks into instruction to enhance learning. Learning activities that incorporate whole-body and kinesthetic experiences are encouraged. Extended periods of sitting for instruction is strongly discouraged.

Schools will be encouraged to schedule recess before the lunch period.

Disciplinary actions should not be applied through restricting a student's physical activity or being outside. Teachers, other district staff and community partners using school facilities are discouraged from withholding Physical Fitness class, recess or other activities as a disciplinary consequence unless the safety of the student or others is in question.

Additional Physical Fitness Opportunities

Physical activities before and after school are supported and fostered by the district. Co-curricular activity programs throughout the grade levels, including interscholastic sports at the middle school and high school are provided. It is the expectation of the school district that any organization that provides after-school child care or enrichment programs sited on school district property will also provide physical activities.

Safe Routes to Schools

In collaboration with community partners, the district supports students and staff using active transportation such as walking and biking to school. The district promotes safe routes, skills and practices and participates in the twice yearly Bike/Walk to School days. The district will provide supportive infrastructure such as bike storage, storage space and access to hygiene facilities.

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