

**Students**

BP 5140.1(a)

## **WELLNESS/PHYSICAL ACTIVITY/NUTRITION**

### **School Wellness**

Southeast Island School District believes that the intellectual, social, emotional and physical development of each student is enhanced by healthy nutrition and physical activity. Our schools are committed to promoting and protecting students' health, well-being and ability to learn by encouraging lifelong habits of healthy eating and physical activity.

The superintendent or designee will be responsible for implementing the school wellness policy and reporting on its status to the Board.

### Physical Activity

All students in grades K-12 will receive support, encouragement, and opportunities to be physically active on a regular basis. Physical activity supports physical growth, brain development, resistance to disease, emotional stability, and enhances a student's ability to learn.

Physical activity, in addition to formal physical education classes and recess, will be encouraged. Ideas for integrating physical activity throughout the day will be developed and disseminated to staff.

Schools will provide regular, age-appropriate, quality physical education, including instruction on year-round outdoor and indoor activities contributing to life-long habits of physical activity. Physical education offerings at all grade levels will be maintained or expanded.

### Nutrition Education

Nutrition education will emphasize the relationship of a balanced diet and regular exercise to good health, and will stress the importance of adopting a healthy lifestyle.

Ongoing professional development will be provided to inform teachers about current nutrition information. School personnel will strive to model good nutrition. Nutrition information will be shared with parents to encourage them to provide nutritional foods for their children.

Nutrition education will be integrated across the curriculum. Only healthy items, which meet the healthy food and beverage guidelines, may be advertised in schools.

**Students**

BP 5140.1(b)

**WELLNESS/PHYSICAL ACTIVITY/NUTRITION (*continued*)**

*Food and Beverage Provided by School*

Nutrition services and all other food and beverage venues will offer a variety of nutritious food and beverages that meet the health and nutritional needs of students.

Food and beverage provided by the school during the school day will meet healthy food and beverage guidelines as defined by administrative regulation.

The district's breakfast, lunch, snack and summer food programs will continue to meet or exceed the nutritional criteria of the School Meals Initiative.

School will provide clean and safe eating environments, as well as adequate time and space to eat meals. Drinking water and hand-washing facilities should be conveniently available at all times. Using food as a reward will be discouraged.

A list of healthy classroom snacks, party and fund-raising ideas will be provided to the schools.

*Other School-Based Activities*

Schools will actively develop and support the engagement of students, families, and community partners in providing and participating in healthy school-based activities for students, including after-school activities.

The district will actively promote healthy eating choices and physical activity through newsletters and posted nutritional analysis menu at the school. The district encourages the involvement of students in the process of creating healthy life long habits.

Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including a diverse selection of competitive and noncompetitive, structured and non-structured activities.

*Added 6/06*