

Title: Other School-Based Activities that Promote Student Wellness

### **Integrating Physical Activity into Elementary Classroom Settings**

For elementary students to receive the recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities,
- provide opportunities for physical activity to be incorporated into other subject lessons and
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

### **Communication with Parents**

The District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- offer healthy eating resources for parents, including nutrition information, post nutrition tips on school web site and provide nutrient content of school menus;
- encourage parents/guardians to pack healthy lunches and snacks that include foods and beverages that meet the nutritional content standards;
- provide parents a list of healthy foods and ideas for healthy celebrations/parties, rewards and fundraising activities;
- support parents' efforts to provide their children with opportunities to be physically active outside of school; and,
- make available information about ways kids and families can be physically active.
- report student results of FitnessGram assessment; and
- provide referrals to appropriate services.

### **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. The school district will:

- limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;

- prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;
- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and
- market activities that promote healthful behaviors (and are therefore allowable) including vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; and sales of fruit for fundraisers.

### **Meal Times in Schools**

The school district will:

- encourage scheduling of school meals that allows adequate time for students to eat,
- provide students access to hand washing or hand sanitizing before they eat meals or snacks,
- take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk) and
- discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Approved: July 25, 2006

Reviewed: \_\_\_\_\_

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