

NUTRITION AND FITNESS

I. POLICY STATEMENT:

The St. Johnsbury school board, teachers, staff, and community have the responsibility to create a healthier community and be good role models for our children. To support these efforts, we offer resources that might help change attitudes and behaviors to help children make better decisions that affect their health and quality of life. Therefore, the intent of this policy is to ensure that certain health and wellness standards are upheld and that all procedures, protocols, and activities within the school comply with the federal Child Nutrition and WIC Reauthorization Act of 2004.

II. RATIONALE:

The Nutrition and Fitness Policy complies with the current General Standards for Vermont Public Schools and fulfills the requirements of ACT 161 passed by the Vermont Legislature in 2004.

III. GOALS FOR NUTRITION EDUCATION

- a. The school district shall provide a nutrition component in their Comprehensive Health Education Program. Curricular programs and activities shall stress the importance of healthy eating and a well-balanced diet;
- b. Nutrition instruction shall be delivered by appropriately licensed staff whenever possible;
- c. Nutrition education shall be integrated into other curricular areas like physical education and science as well;
- d. Administration and staff shall model proper nutritional standards and encourage other staff members and students to eat healthy and make good nutritional choices;
- e. Food shall not be used for any type of reward system unless it complies with the federal nutritional guidelines for the School Lunch Program.

IV. GOALS FOR PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

- a. The district shall make every effort to provide formal physical education classes for all students in grades K-8 more than once a week;
- b. Physical education shall be taught by licensed physical education teachers;
- c. The physical education program shall be coordinated with the overall health education program; specifically the benefits of physical activity shall be linked to instruction on human growth and development units taught in science classes;
- d. The school district shall provide safe environments for physical education classes;
- e. The district shall encourage other physical activities for students through recess periods, field trips, interscholastic and intramural programs, and other physical activities that can be enjoyed throughout life; the denial of recess and/or other types of physical

activity shall be discouraged as a form of punishment, unless doing so is directly related to the student's unsafe behavior.

V. GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

- a. The school shall provide adequate space and time for serving and eating snacks, breakfast, and lunches;
- b. The school hot lunch program shall conform to all federal and state nutritional guidelines; nutritious foods shall be included whenever foods are offered or sold at school;
- c. The school district shall provide opportunities for staff training in health and wellness;
- d. The sale of any foods in school, for fund-raising purposes, shall be coordinated with the Food Services Manager and comply with all federal and state nutritional guidelines;
- e. Vending machines shall dispense only water during the school day and only foods that comply with the federal and state guidelines at other times;
- f. The district will encourage the celebration of cultural diversity by promoting different ethnic foods and cultural activities as part of the Food Service Program and the regular curriculum;
- g. Outside groups that rent our facility shall be informed of our nutritional guidelines and encouraged to comply.

VI. GOALS FOR CURRICULUM

- a. All curriculum related to health and wellness shall emphasize balance and stress life-long healthy activity and nutrition;
- b. The curriculum shall include material on healthy body image;
- c. All curriculums shall comply with the Vermont Quality Standards.

DATE WARNED: MAY 25, 2006
DATE APPROVED: JUNE 5, 2006