

**STUDENT WELLNESS: SCHOOL NUTRITION AND PHYSICAL EDUCATION PROGRAMS**

**SCHOOL NUTRITION**

**Whereas**, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

**Whereas**, good health fosters student attendance and education;

**Whereas**, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity (National Center for Health Statistics. Prevalence of overweight among children and adolescents: United States, 1999-2002. National Health and Nutrition Examination Survey [NHANES], 1999-2002);

**Whereas**, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood (Surgeon General's Report, 1996, 2004);

**Whereas**, only 25% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the USDA Food Guide Pyramid (Centers for Disease Control and Prevention. Risk factors for consumption of fruits and vegetables per day. Behavioral Risk Factor Surveillance System [BRFSS], 2003);

**Whereas**, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

**Whereas**, school districts around the country are facing significant fiscal and scheduling constraints; and

**Whereas**, community participation is essential to the development and implementation of successful school wellness policies;

**Thus**, the Dixie School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. The Board desires to provide a comprehensive program promoting healthy eating in district students. To reinforce the district's nutrition education program, foods available on school premises shall:

1. Be carefully selected so as to contribute to students’ nutritional well being and the prevention of disease

Note: Information about nutritional standards is presented in the accompanying administrative regulation.

3. Be prepared in ways that will appeal to students, retain nutritive quality, and foster lifelong healthful eating habits
4. Be served in age-appropriate quantities and at reasonable prices

The Board desires to provide students with adequate space and time to eat meals.

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/guardians are asked to support the district’s nutrition education efforts by providing birthday and holiday treats that meet the guidelines set forth in the Wellness Policy.

**Wellness Advisory Ad Hoc Committees**

The Board may establish a district-level Wellness Advisory Ad Hoc Committee to develop school district policies on nutrition and physical activity for recommendation to and approval by the Board.

The membership of the district-level Wellness Advisory Ad Hoc Committee may include, but need not be limited to, Board members, school administrators, food service directors, food service staff, other staff, parents/guardians, students, physical and health education teachers, dietitians, health care professionals, and interested community members.

Site-based Wellness Committees will also be encouraged. The district-level Wellness Advisory Ad Hoc Committee will promote ongoing wellness education and nutritional options.

**Nutrition Education and Promotion**

Dixie School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is a sequential, research-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Emphasizes balance between food intake and energy expenditure (physical activity/exercise);

- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.
- Recognizes and accepts differences in culturally diverse food practices.

**PHYSICAL EDUCATION**

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the district.

The Board desires to provide a standards-based physical education program which builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Besides promoting optimal levels of personal achievement and a positive self-image, physical education activities should provide students with opportunities to learn how to cooperate in the achievement of common goals.

Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather, or other inclement conditions.

With the consent of the student, the Superintendent or designee may grant temporary exemption from physical education under either of the following conditions:

1. A student is enrolled for one-half time or less.
2. A student is ill or injured and a modified program to meet his/her needs cannot be provided.

Legal Reference:

EDUCATION CODE

51241 Temporary or Permanent Exemption from Physical Education

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