

BLOOMSBURG AREA SCHOOL DISTRICT Policy Manual
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Section: PROGRAMS

Title: PHYSICAL EDUCATION, PHYSICAL ACTIVITY AND
 NUTRITION

Date Adopted: June 19, 2006

Date Last Revised:

118. PHYSICAL EDUCATION, PHYSICAL ACTIVITY AND NUTRITION

.1 Purpose

The Bloomsburg Area School District is committed to preparing students to make healthy nutritional and physical activity choices every day in their communities, homes and schools. Therefore, it is the policy of the Bloomsburg Area School District that:

- .11 Students, parents, teachers, food service professionals, health professionals, and community members will jointly implement, monitor, and review the district’s nutrition and physical activity policies.
- .12 All students will receive opportunities and encouragement to stay physically active on a regular basis.
- .13 The district’s schools will provide K-12 physical education curricula and nutrition education opportunities during the school day, as well as other opportunities for developmentally appropriate activities aimed at fostering lifelong habits for health.
- .14 Food and beverages sold or served at school will contribute to a healthy lifestyle.
- .15 The goals of the student wellness policy shall be considered in planning all school-based activities.

.2 Delegation of Responsibility

- .21 The superintendent or designee shall monitor district schools, programs, and curricula to ensure compliance with this policy, related policies and to establish guidelines or administrative regulations.
- .22 The superintendent or designee shall report to the board on the district's compliance with laws and policies related to student wellness.

.3 School Health Council

- .31 A school health council will be established and will meet semi-annually for the purpose of implementing, monitoring, and, as necessary, revising school wellness policies. The council will be comprised of at least one of each of the following:

- Parents
- Students
- Administrators
- Teachers
- Physical Educator/Health Educator
- Health professional
- School food service staff
- School board member, appointed by board president

- .32 Committee members will serve a two-year term.

.4 Foods and Beverages Available on Campus

.41 School Meals

- a. Students will have access to the National School Lunch and Breakfast Programs that meet at least the minimum nutritional requirements established by state and federal regulations.
- b. Information about the nutritional content of school meals will be available to parents and students.
- c. Schools will provide adequate time for students to enjoy healthy foods.*
- d. Dining areas will be pleasant, with enough space to seat all students.

*The National Association of State Boards of Education recommends at least ten minutes for breakfast and twenty minutes for lunch, from the time the student is seated.

- .5 Competitive Foods (foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte, vending, school store sales, fundraisers, booster club sales, classroom parties, and holiday celebrations.)
- .51 Elementary Schools
- a. Given young children’s limited nutrition skills, items for individual sales will be restricted to milk and bottled water.
- .52 Middle Schools/High Schools
- a. All competitive foods available to students in district schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three-year plan.
- .53 Vending and Other In-School Sales Outlets
- a. Snack vending machines will be available no earlier than thirty minutes after the last meal period of the day.
- b. Food and beverage vending machines will comply with the Nutritional Standards for Competitive Foods in Pennsylvania School, Best Standards.
- .54 Fundraising
- a. All food items sold as fundraisers, available for sale during the school day shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania, Best Standards.
- b. Food items will be available no earlier than thirty minutes after the last meal period of the day.
- c. Schools should encourage fundraisers to promote positive health habits such as the sale of non-food and nutritious food items, as well as fundraising to support physical activity events.
- d. Foods and beverages sold at fundraisers should reinforce the importance of healthy choices.
- .55 Classroom Snacks, Rewards, and Celebrations
- a. Classroom snacks and celebrations should reinforce the importance of healthy choices.
- b. Classroom celebrations in elementary schools should encourage healthy choices and portion control. Parents and families should receive guidance from the school on foods that are appropriate for such celebrations. Parents may provide food items of their choice,

(ex. Cupcakes, cookies, pretzels) subject to the approval of the building principal.

- c. Classroom celebrations should be limited to preserve instructional time.

- .56 School Sponsored Events (such as, but not limited to, athletic events, dances, performances or ceremonies, e.g. sponsored by booster organizations).
 - a. Coordinators of these events will be made aware of the district's commitment to wellness and will be encouraged to provide healthy options. All reasonable food and beverages will be permitted, subject to approval of the appropriate administrator.

.6 Nutrition Education

- .61 The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases potential for achievement.
- .62 The nutrition curricula shall be age appropriate and behavior focused.
- .63 Nutrition education shall be integrated into other subjects to compliment but not replace academic standards based on nutrition education.
- .64 The nutrition curricula will be a sequential, comprehensive health education program in accordance with the State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, Family and Consumer Sciences, Science and Technology, Mathematics and Social Studies.

.7 Physical Education

- .71 The physical education curricula will be a sequential, comprehensive program in accordance with the State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education.
- .72 All physical education classes should be taught by certified physical education teachers.
- .73 Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of students' lives.

.74 Schools should ensure that students have safe, well-maintained, adequate space and equipment to participate in structured physical activity.

.8 Physical Activity

.81 In addition to planned physical education, age appropriate physical activity opportunities shall be provided to meet the needs of all students. These may include recess, activities before and after school and during lunch, clubs, intramurals, and interscholastic athletics.

.82 Whenever possible, elementary schools should provide daily recess that encourages physical activity.