

NUTRITION AND PHYSICAL ACTIVITY

The Board of Education recognizes that schools influence the lifelong dietary and physical activity habits of children. They, in partnership with parents, are responsible for conveying the importance of good nutrition, effective exercise, and generally healthy lifestyles. The Board further recognizes that students who are well nourished and healthy are more likely to be academically motivated, alert, and successful.

Nutrition

School Meals

- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs.

Foods and Beverages Sold Individually (during the school day and at school sponsored events)

All food and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines, or student stores) during the school day, or through programs for students after the school day, should meet the nutrition requirements established by local, state, and federal statutes and regulations. Daily use of a snack cart with healthy offerings should be encouraged.

Fund Raising Activities Involving Food

To support children's health and school nutrition-education efforts, school fundraising activities that involve food should meet the nutrition requirements established by local, state, and federal statutes and regulations. The district will provide a list of suggested alternative fund raising activities.

Rewards

Schools should not use foods or beverages, especially those that do not meet nutrition requirements, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment.

Celebrations

Schools should limit celebrations that involve foods that do not meet the nutrition standards. Each party should include no more than one food or beverage that does not meet nutrition standards. The district will disseminate a list of healthy party ideas to parents and teachers.

Meetings

Food and beverages offered at meetings (before, during, and after school) should be in accordance with New York State Department of Health Guidelines for Healthy Meetings.

Nutrition Education and Promotion

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

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.
- Is integrated into other components of a coordinated health program, such as school health services. For example, health education/promotion is provided by school nursing personnel through the following activities: distributing educational materials; individual advice or counseling; small group or classroom discussion; presentations; bulletin board display; school newspaper/publications.
- Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Promotes fruits, vegetable, whole grain products, low fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices.
- Emphasizes caloric 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.
- Includes training for teachers and other staff.

Physical Activity

Daily Physical Education (P.E.) K-12

Plattsburgh City School District will strive for all students in grades K-12, including students with disabilities, special healthcare needs, and in alternative educational settings, to receive daily physical activity. New York State Standards will serve as a guide for the physical education program. A certified physical education teacher will teach all physical education classes. Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. The District realizes that this would be the ideal situation and continues to promote and support its Physical Education Program.

Daily Recess

All elementary school students (K–5) will have at least 20 minutes per day of supervised recess, preferably outdoors, with appropriate space and equipment. School personnel should verbally encourage moderate to vigorous physical activity. In the same light, it is important for classroom teachers to provide short physical activity breaks, which are grade level appropriate when extended periods of inactivity have occurred.

Physical Activity Opportunities After School

All elementary, middle and high school will offer extracurricular physical activity programs such as physical activity clubs or intramural programs. The high school and middle school, as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students including boys, girls, students with disabilities, and students with special healthcare needs. After school child care and enrichment programs will provide and encourage, verbally and through the provision of space, equipment, and activities, periods of moderate to vigorous physical activity.

Safe Routes to School

The school district will work together with local public works public safety and/or the police department to make it easier and safer for students to walk and/or bike to school.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Physical Education Curriculum/Grading

At the Elementary Level, the goal of the Physical Education curriculum is to foster a love of physical activity and play, hoping to instill a need for physical fitness. Throughout the year the Elementary Physical Education classes will attempt: to develop coordination, grace and control; to provide opportunities for increased responsibility; to give each child a wide range of skills, including gymnastics and dance; to present opportunities for each child to belong to a group in which there is acceptance; to provide experiences which will develop initiative, self-reliance, self-worth, honesty and kindness to others; to develop a sense of fair play and cooperation; and to provide an integration of the Physical Education class with the subject areas being taught in the classroom. Students will be assessed on skill objectives and behavior, which include effort, attitude and cooperation.

The Physical Education goals and objectives at Stafford Middle School are to provide the opportunity to participate in a wide range of activities; to promote collaborative activities supported through Adventure Based Learning which includes a Low Ropes Course; to provide a strong aquatics program based on the American Red Cross Level 1-7; and to prepare students with team and individual sports' skills with an emphasis on physical wellness and life long activities.

At Plattsburgh Senior High School, the physical education curriculum encompasses traditional team and individual sports as well as life long sports and activities. There is a greater emphasis on physical wellness through

Individualized Exercise Programs called IEP's. Junior and Senior students are offered Athletic Training as a Physical Education/Science elective. The senior physical education curriculum includes Red Cross CPR Certification Training. All students, upon graduation, will leave with their own personalized fitness program developed by the student under the guidance of the physical education staff. At Stafford Middle School and Plattsburgh High School, students earn grades for required physical education courses.

Implementation, Monitoring and Review

The Plattsburgh City School District Health Education Advisory Committee will develop plans to facilitate implementation, monitor, review, and as necessary, revise school nutrition and physical activity guidelines.

Ref: Public Law 108-265 §204 (Child Nutrition Reauthorization Act and Women, Infants and Children Reauthorization Act)

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