

Nutrition and Fitness

The Board recognizes that healthy eating habits and regular physical activity are essential for students to optimize their physical and mental health and achieve their full academic potential. Healthy eating and physically active life-styles also contribute to lower rates of youth overweight and obesity, and can reduce associated adult morbidity and mortality from chronic diseases linked to childhood obesity. Schools, parents, and the community share the responsibility in promoting lifelong healthy eating habits and encouraging physically active lives amongst young people.

It is the policy of the Mary Walker School District to:

- A. Develop and implement a written, taught, and tested fitness and health curriculum that includes nutrition education that teaches students the fundamental components required for a fit and healthy lifestyle. Students will have an opportunity apply these health and fitness concepts through participation in regular physical activities and dietary practices.
- B. Develop and implement nutrition standards that provide healthy food choices in the school environment. The key focus of these standards are to improve the nutritional value of foods offered to students in the school setting and reduce the calories, sugar and fat made available to students.
- C. Comply with all program requirements of the United States Department of Agriculture's school meal program.
- D. Review, on an ongoing basis, compliance and progress on the health, fitness, and nutrition components of this Policy and accompanying Procedure. The Superintendent shall establish a Nutrition Physical Activity and Health Advisory Committee to review compliance and progress and make recommendations for adjustments and improvements as appropriate.

The Superintendent shall establish Procedures promoting proper nutrition, fitness and health for students to implement this Policy.

Adoption Date: July 20, 2005

School District Name: Mary Walker School District No. 207

Cross References:

Policy 6700 Food and Beverage Sales, and Sanitation Requirements

Legal References:

RCW 28A.210.360 Model Policy on Access to References Nutritious Foods and Developmentally Appropriate Exercise-School District Policies.

RCW 28A.230.040 Physical Education in Grades 1-8

RCW 28A.230.050 Physical Education in High Schools

WAC 180-50-135 Physical Education – Grade School and High School Requirements

WAC 2446-217 Physical Education Requirements – Excuse 7 C.F.R. Parts 210 and 220

Child Nutrition and WIC Reauthorization Act of 2004