

**Suring Public School District**  
**Healthy School Nutrition and Physical Fitness Policy**

Approved July 12, 2006

The Suring Public School District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as part of the total learning experience. The District supports an environment where children learn and participate in positive dietary and lifestyle practices, thereby optimizing student performance potential and academic success.

To insure the health and well being of all students, the policy of the Suring Board of Education is to:

1. Make a commitment to provide healthy food options to all students by providing quality school meals with an emphasis on nutrient dense foods in a pleasant dining experience. Encourage that foods available on school grounds and at school-sponsored activities during the instructional day meet or exceed DPI nutrition standards. Lunches brought from home are encouraged to meet the same guidelines as the school lunch program.
2. Encourage staff, parents, and student to utilize healthy nutritious food choices when using food as part of a class, student incentive programs, extra-curricular activities, or fundraising events.
3. Encourage staff, parents, and students to organize or conduct food sales and/or parties for students that do not conflict with school lunch and breakfast programs.
4. Give students opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary students, and the integration of physical activity into the academic curriculum.
5. Provide a health and physical education curriculum that will develop in students the knowledge, attitudes, skills and behaviors vital for lifelong health and physical fitness.
6. Provide adequate training to enable teachers and other school staff to support a healthy school environment and promote enjoyable lifelong physical fitness among students.
7. Encourage parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating, reinforcing nutrition education, and by being physically active, both in school and at home.
8. Regularly evaluate the effectiveness of this policy in promoting healthy lifestyle choices and change the program as appropriate to increase its effectiveness.

## School Nutrition and Physical Fitness Implementation Schedule

<p>2006-07 School Year</p>	<ul style="list-style-type: none"> <li>▪ Inform staff of newly adopted nutrition and physical fitness policy.</li> <li>▪ Establish water bottle guidelines to include cleansing.</li> <li>▪ Evaluate existing vending machines and determine whether they meet the mandated guidelines.</li> <li>▪ Food fact/nutritional info printed on school publications.</li> <li>▪ Send letters to families &amp; staff encouraging nutritional snacks, treats, and lunches, including suggestions.</li> <li>▪ Explore possibilities for recess before lunch at elementary level.</li> <li>▪ Explore updated health kits for PK-5.</li> <li>▪ Apply for breakfast program grant K-8.</li> <li>▪ Address healthy choices for concessions and fundraisers at faculty meeting. (principal)</li> <li>▪ Continue staff wellness program.</li> <li>▪ Encourage certification in Food Service Sanitation and HAACP program for kitchen staff.</li> </ul>
<p>2007-08 School Year</p>	<ul style="list-style-type: none"> <li>▪ Increase awareness of waste at lunch.</li> <li>▪ Update health kits PK-5.</li> <li>▪ Explore updated health kits 6-12.</li> <li>▪ Evaluate parent involvement in nutrition education.</li> <li>▪ Expand breakfast program grant to 9-12.</li> <li>▪ Begin to increase nutritional offerings for concessions &amp; fundraising.</li> <li>▪ Investigate specific health and fitness activities connecting school and community.</li> <li>▪ Review food service employee contracts to incorporate requirement for certification in sanitation and HAACP.</li> </ul>
<p>2008-09 School Year</p>	<ul style="list-style-type: none"> <li>▪ Continue to increase nutritional offerings for concessions and fundraising.</li> <li>▪ Update health kits &amp; materials for 6-12.</li> <li>▪ Implement one school-community health and fitness event.</li> <li>▪ Publish a school-community healthy choices cookbook.</li> </ul>

