

1 **Students**

BP 5040 (a)

2  
3 **STUDENT NUTRITION, PHYSICAL ACTIVITY AND WELLNESS**

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4  
5 The School Board recognizes that schools are in a position to promote healthy  
6 lifestyle choices by students that can affect their lifelong wellness. Therefore, the  
7 School District will provide environments that promote and protect children's  
8 health, well-being, and ability to learn by supporting healthy eating and physical  
9 activity.

10  
11 Schools will provide nutrition education and physical education to foster lifelong  
12 habits of healthy eating and physical activity, and will establish linkages  
13 between nutrition education and school meal programs.

14  
15 *(cf. 1020 – Youth Services)*

16  
17 **A. Planning and Periodic Review by Stakeholders**

18  
19 The school district and/or individual schools within the district will work with  
20 the existing advisory education committee (AEC) in developing, implementing,  
21 monitoring, reviewing and, as necessary, revising school nutrition and physical  
22 activity goals. The AEC should be provided with appropriate information and  
23 clear guidelines to assist in the development and/or revision of relevant policies.

24  
25 *(cf. 1000 – Concepts and Roles)*

26  
27 **B. Nutrition**

28  
29 All foods available in district schools during the school day shall be offered to  
30 students with consideration for promoting student health.

31  
32 Foods and beverages provided through the National School Lunch or School  
33 Breakfast Programs shall comply with federal nutrition standards under the  
34 School Meals Initiative. To the maximum extent practicable, all schools in the  
35 district will participate in available federal school meal programs. As is possible,  
36 students will learn the value of traditional foods as a part of comprehensive diet.

37  
38 **STUDENT NUTRITION AND PHYSICAL ACTIVITY**

39  
40 Health curricula will include instruction on the benefits of good nutrition and the  
41 role nutrition plays in preventing chronic diseases and maintaining a healthy  
42 weight.

1 **Students**

BP 5040 (b)

- 2  
3 (cf. 0210 – Goals for Student Learning)  
4 (cf. 3550 – Food Service)  
5 (cf. 3551 – Food Service Operations)  
6 (cf. 3552 – Regular Lunch Program)  
7 (cf. 3553 – Free and Reduced Price Meals)  
8 (cf. 3554 – Other Food Sales)
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10 **C. Physical Activity**

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12 All students in grades K-12 will have opportunities, support and encouragement  
13 to be physically active before, during and after school, each school day.

14  
15 Health curricula will include instruction on the benefits of regular physical  
16 activity and the role physical activity plays in preventing chronic diseases and  
17 maintaining a healthy weight.

18  
19 Physical education will be closely coordinated with the overall school health  
20 program, especially health education so that students thoroughly understand  
21 the benefits of being physically active and master the self-management skills  
22 needed to stay active for a lifetime.

23  
24 **D. Communication with Parents**

25  
26 The district/school will support parents' efforts to provide a healthy diet and  
27 daily physical activity for their children. The district/school will send home  
28 nutrition information and/or will post nutrition tips on school websites. Schools  
29 should encourage parents to pack healthy lunches and snacks and to refrain  
30 from including beverages and foods that do not meet nutrition standards  
31 established by the district. The district will provide parents with information on  
32 healthy foods that meet the district's snack standards and ideas for healthy  
33 celebrations/parties, rewards and fundraising activities.

34  
35 The district/school will provide information about physical education and other  
36 school-based physical activity opportunities before, during and after the school  
37 day; and support parents' efforts to provide their children with opportunities to  
38 be physically active outside of school. Such supports will include sharing  
39 information through a website, newsletter, or other take-home materials,  
40 special events, or physical education homework.

41  
42 (cf. 6020 – Parent Involvement)  
43 *Legal Reference:*

44  
45 *Richard B. Russell National School Lunch Act, 42 U.S.C. 1751, et. seq.*  
46 *Child Nutrition Act of 1996, 42 U.S.C. 1771, et. seq.*

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49 **BERING STRAIT SCHOOL DISTRICT**  
50 **Adoption date: November 8, 2006**

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3 **OTHER FOOD SALES**

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5 The Board believes that all food available at school should contribute to the  
6 development of sound nutritional habits and should reflect concern for the  
7 health and well-being of our students.

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9 **During School Day**

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11 The Superintendent or designee may permit food and beverage sales by student  
12 or adult entities or organizations provided that these sales are consistent with the  
13 nutritional criteria of the National School Lunch Program and the current U.S.  
14 Dietary Guidelines for Americans, do not impair the food service's ability to be  
15 financially sound, and observe appropriate sanitation and safety procedures.

16  
17 Note: The sentence below reflects minimum U.S. Department of Agriculture requirements for  
18 schools that participate in the National School Lunch Program and/or School Breakfast  
19 Program.

20  
21 No foods shall be sold in food service areas during breakfast/lunch periods if the  
22 school participates in federal breakfast/lunch programs.

23  
24 *(cf. 5040 – Student Nutrition and Physical Fitness)*

25  
26  
27 **Outside of School Day**

28  
29 The Superintendent or designee may permit food and beverage sales by student  
30 or adult entities or organizations provided that these sales comply with state and  
31 federal regulations and observe appropriate sanitation and safety procedures.

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33  
34 *(cf. 1321 - Solicitations of Funds from and by Students)*

35  
36 **Legal Reference:**

37  
38 NATIONAL SCHOOL LUNCH PROGRAM AND SCHOOL BREAKFAST PROGRAM:  
39 COMPETITIVE FOODS. (7 CFR Parts 210.11 and 220.)  
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48 **BERING STRAIT SCHOOL DISTRICT**  
49 **Adoption: November 8, 2006**