

The Strafford RVI School District shall provide physical activity and physical education opportunities that provides students with the knowledge and skills to lead a physically active lifestyle. The District shall utilize the following Implementation Strategies and Goals:

1. Physical education classes and physical activity opportunities will be available to all students.
  - All students grades K thru 9<sup>th</sup> grade are required to participate in scheduled physical education classes. 10<sup>th</sup>-12<sup>th</sup> grades are required to participate 1 year. Those unable to participate in regular physical education classes are provided adaptive physical education.
2. Physical activity opportunities shall be offered before and after school as facilities and supervision are available. (Activities subject to change)
  - Elementary has Pow Wow an after school childcare where students engage in organized physical activity/play.
  - Middle School will have open gym with organized activity as facilities and supervision is available.
  - Middle School offers sports activities to include football, cross country, basketball, track, weight training, volleyball, softball, baseball and cheerleading.
  - High School offers sports activities to include football, cross country, basketball, baseball, softball, volleyball, track, weight training, golf, and cheerleading.
  - High School provides open weight training in the summer months and after school during the school year.
  - Teachers will be encouraged to use brain breaks, such as [gonoodle.com](http://www.gonoodle.com) to add small breaks of physical activity throughout the day.
3. As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following.
  - Expose youngsters to a wide variety of physical activities
    - Refer to Health and Physical Education Curriculum
  - Teach physical skills to help maintain a lifetime of health and fitness
    - Physical Fitness Testing at all grade levels. (results found in teacher's files)

- Nutrition, lifetime sports, cardiovascular endurance, etc. are taught throughout the grade levels. (refer to health and physical education curriculum)
  - Encourage self-monitoring so youngsters can see how active they are and set their own goals.
    - Self monitoring is utilized when applicable and individualized goal setting encouraged. (refer to curriculum)
    - .
  - Individualize intensity of activities
    - Programs are designed to meet individual ability level
  - Focus feedback on process of doing your best rather than on product
    - Participation and effort are encouraged at all grade levels.
  - Be active role models.
    - All teachers and school personnel are encouraged to participate in the wellness program.
4. Introduce developmentally appropriate components of a health-related assessment to the students at an early age to prepare them for future assessments.
- PAT
  - Nutrition at Pre-K level (on file with PAT teacher)
5. Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal social responsibility. Students should be able to demonstrate competency through application of knowledge, skill and practice.
- Health and Physical Education Curriculum is aligned using scope and sequence from year to year. (Refer to curriculum)
  - Health and Physical Education Curriculum is aligned using the strands developed by the State. (Refer to curriculum)
  - Assessment of knowledge and skill are completed at each grade level. (Refer to curriculum)

## **Student Nutrition**

### The School Breakfast/Lunch Programs

- The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meals Programs.

- The School Food Service Program will follow the District's Nutrition Standards when determining the items in the a la carte and "competitive foods" sales. Items such as water, milk and fruit juices have added to the a la carte food area.
- The Food and Service Director will work closely with the Health and Wellness Advisory Committee

### Cafeteria Environment

- A cafeteria environment that provides students with a relaxed, enjoyable climate.
- The cafeteria is a place where students have:
  - \_ Adequate space to eat in clean, pleasant surroundings, adequate time to eat meals and convenient access to hand washing or hand sanitizing facilities before meals.

### Fundraising

- All fundraising projects are encouraged to follow the District Nutrition Standards

## **Student Nutrition Education**

The District has a comprehensive approach to nutrition in Kindergarten through 12<sup>th</sup> grades. All K-12 instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. The district nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

### Parent Nutrition Education

- Nutrition education may be provided in the forms of handouts, articles, information on the school web site, presentations and information provided by visiting nutrition professionals and organizations.
- School nurses will occasionally provide nutrition education in school announcements

### Staff Nutrition & Physical Activity Education

Nutrition and physical activity education opportunities will be provided to all schools at the elementary, middle and high school levels, including the staff. These educational opportunities may include, but not be limited to, the distribution of educational informational materials and the arrangement of presentation and workshops the focus on nutritional and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity related topics. Examples of activities the district has or currently provides are, health related workshops during beginning of the year meetings; walking groups, access to treadmills and weight room for staff. Mercy sponsored fitness logs and contests; visits by the Wellness Bus to conduct routine health screenings and mammograms.

## **District Nutrition Standards**

The district strongly encourages the sale or distribution of nutrient dense foods for school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy.

### Food

- The district encourages the consumption of these nutrient dense foods, i.e. Whole grains, fresh fruits, vegetables and dairy products by making these available to students through the Food Service Program
- Better choices such as water and fruit juices have been added to the vending machine
- All vending machines are turned off during school hours.

### **Documentation of Physical Activity**

1. Physical Education Classes (see P.E. Curriculum)
2. Elementary K-4 has one to two recesses per day
3. Middle School 5<sup>th</sup> and 6<sup>th</sup> grade has 1 recess a day
4. Middle School 7<sup>th</sup> and 8<sup>th</sup> grade has P.E. every other day
5. Grades 1<sup>st</sup>-12<sup>th</sup> has Physical Fitness Assessment.