

Purpose and Goal:

The link between nutrition and learning is well documented. Good nutrition and improved health optimizes student performance and ensures that no child is left behind. Healthy eating patterns are essential for students to achieve their full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reducing the risk of developing many chronic diseases in both children and adults.

Schools have a responsibility to help students and staff establish and main lifelong, healthy eating patterns. A healthy school environment has been shown to positively influence students eating habits. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, the staff is encouraged to model healthy eating and physical activity as a valuable part of daily life.

The Burke Central School District promotes a healthy school environment. The District supports and promotes:

Local Wellness Policy Component 1: Nutrition Education*North Dakota State Requirements:*

The Burke Central School District will:

Grades 1-6: Students in grades 1 through grade 6 (kindergarten is optional) will receive nutrition education that is sequential, interactive and integrated with the core curriculum. The curriculum shall teach skills they need to adopt healthy eating behaviors. Recommended curriculum: The Know Your Body health education program.

Grades 7-12: Students in middle/junior high school and students in high school will receive nutrition/health education that is interactive and teaches the skills they need to adopt healthy behaviors. Students will receive instruction consistent with or above the North Dakota state requirements. Meeks Heit Health and Wellness is our current curriculum.

Nutrition education: Nutrition education will be offered in the school cafeteria and in the classrooms with coordination between school foodservice staff and teachers. Suggested resources: USDA Team Nutrition.

Positive Message: Students will receive positive, motivating messages, about healthy eating and physical activity throughout the school, classroom, cafeteria, home, community and the media. Class trips, health fairs, Ag in the Classroom, open houses, PTO/PTA meetings, parent/teacher

conferences and teacher in-services will promote consistent positive nutrition/health messages. All school personnel will reinforce these positive messages.

Student Input in Planning: Schools will consider student need in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys and attention be given to their comments. Ex. School sponsored student groups.

Teacher Quilifications: Nutrition/health classes will be taught by highly qualified teachers. Continuing education in nutrition/health education should be promoted/supported by the school's Administration.

Local Wellness Policy Component 2: Physical Activity Goals

Students in grades K-12 will receive physical education (or its equivalent of 150 minutes per week for elementary school students and 225 minutes per week for middle and high school students). Students with disabilities, special healthcare needs, and those in alternative educational settings will be included.

Curriculum: The physical education curriculum should demonstrate progression and sequence and be consistent with North Dakota and/or national Physical Education standards for Pre-K through grade 12.

Teacher Qualifications: Highly qualified physical education teachers will teach all physical education.

Lunch sequence: When feasible, recess and/or PE will occur prior to lunch to ensure appropriate healthful food intake.

Daily Physical Activity: Students will be given opportunities for physical activity during the school day through daily recess periods, elective physical education classes, walking programs, and the integration of physical activity into the academic curriculum.

School-Wide Testing: Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

After-school programs: Students will be given opportunities for physical activity through a range of after-school programs including intramural, interscholastic athletics, and physical activity clubs.

Safety: Provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted.

Physical Activity and Punishment: School personnel will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Denial of Physical Activity: Students will not be denied physical activity for purposes of makeup work, testing, etc.

Environment: Schools should work with the community to create an environment that is safe and supportive of students' physically active commute to and from school.