

Students  
File 5 - 1800  
Philosophy

## HEALTHY SCHOOL AND NUTRITION ENVIRONMENT POLICY

West Fargo School District will promote good nutrition through curriculum content, instructional practices, a school lunch program that meets nutritional guidelines, and modeling healthy decision making to optimize student performance.

Additional File Listings: 2-1800  
3-1800  
4-1800

Adopted: 06/12/06

**HEALTHY SCHOOL AND NUTRITION ENVIRONMENT PRACTICES**

AREA	STANDARD
<p><i>Nutrition Education Goals</i></p>	<ul style="list-style-type: none"> <li>• Consistent nutrition education will be integrated into K-12 standards based curriculum.</li> <li>• Minimum of 40 minutes weekly of health instruction for grades 1-3 as per state requirements.</li> <li>• Minimum of 80 minutes weekly of health instruction for grades 4-6 as per state requirements.</li> <li>• Minimum of 3,600 minutes or 60 clock hours of health instruction for grades 7 or 8 or both as per state requirement.</li> <li>• Minimum of ½ credit of health instruction in grades 9-12 as per state graduation requirements.</li> <li>• School personnel shall practice consistency of nutrition messages throughout the curriculum and environment.</li> <li>• Staff responsible for nutrition education will be adequately prepared through professional development opportunities to effectively deliver the health and nutrition education as planned.</li> </ul>
<p><i>Physical Activity Goals</i></p>	<ul style="list-style-type: none"> <li>• Minimum of 90 minutes weekly of physical education instruction for grades 1-6 as per state requirement.</li> <li>• Minimum of 80 minutes weekly of physical education instruction for grades 7-8 as per state requirements.</li> <li>• Minimum of 1-1/2 credits of physical education instruction as per state graduation requirement with ½ credit per year during the sophomore, junior, and senior years.</li> <li>• Students given the opportunity and encouraged to participate in a range of after-school co-curricular activities, which include a variety of physical activity clubs and/or organized events.</li> <li>• Noon recess provided daily for elementary students.</li> </ul>
<p><i>Nutrition Standards Goals</i></p>	<p>During the School Day (defined as from the beginning to the end of the instructional day)</p> <ul style="list-style-type: none"> <li>• Reimbursable school meals shall meet the program requirements at all schools.</li> <li>• No ala carte or vending sales may occur in elementary or middle school during school hours.</li> <li>• Ala carte, vending, and high school store shall offer several healthy alternatives. Healthy alternatives are defined as: 1) less than or equal to 35% of calories from fat per serving. 2) sugar not listed as first ingredient.</li> <li>• Elementary schools shall provide parent guidance addressing snacks packed from home for milk/juice break that meet the healthy alternative definition.</li> <li>• Fruits and/or vegetables shall be offered for sale at any location where food is sold.</li> <li>• Water shall be offered for sale at any location where beverages is</li> </ul>

<p style="text-align: center;"><i>Nutrition Standards Goals Cont'd</i></p>	<p style="text-align: center;">sold.</p> <p>Fundraising and Concessions</p> <ul style="list-style-type: none"> <li>• Healthy alternatives including fruits and/or vegetables shall be offered for sale at any location where food is sold.</li> <li>• Water shall be offered for sale at any location where beverages are sold.</li> </ul> <p>Parties, celebrations, meetings</p> <ul style="list-style-type: none"> <li>• If food is provided to students during parties, celebrations, or school meetings, consideration shall be given to providing a healthy alternative.</li> </ul>
<p style="text-align: center;"><i>Goals for school based activities designed to promote student wellness</i></p>	<ul style="list-style-type: none"> <li>• Student lunches will be scheduled in order that students have a minimum of 10-15 minutes to eat a meal.</li> <li>• Cafeteria environment shall provide students: <ul style="list-style-type: none"> <li>○ Adequate space to eat in clean, pleasant surroundings; and,</li> <li>○ Convenient access to hand washing or hand sanitizing facilities before meals.</li> </ul> </li> <li>• West Fargo School District patrons will have access to district facilities for physical activities after school hours as per the School Board policy 6-3000 <i>Use of School Buildings for Other Than School Purposes Policy and Procedures</i>.</li> <li>• Nutrition education and information may be provided to parents and district patrons in the form of handouts, postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, or any other appropriate means for reaching parents.</li> <li>• School personnel encouraged to be good nutrition role models.</li> <li>• District sponsored Staff Wellness Committee will provide newsletters and activities promoting healthy lifestyles.</li> <li>• Health services will be provided, as deemed appropriate, through the district nursing staff.</li> <li>• Staff expected to follow School Board policy 5-1100, <i>Health and Safety Policy</i>, to promote physical health and safety of all students.</li> </ul>
<p style="text-align: center;"><i>Goals for Measurement and Evaluation</i></p>	<ul style="list-style-type: none"> <li>• Use a district-wide Nutrition &amp; Physical Activity Committee for purposes of: <ul style="list-style-type: none"> <li>○ developing guidance to explicate this policy,</li> <li>○ evaluating policy progress, and</li> <li>○ revising policy as necessary.</li> </ul> </li> <li>• District funds, along with the pursuit of outside funding sources, will be used to promote and establish components of this state mandated wellness policy.</li> </ul>