

## Section IV: Policy

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**Updated 03-06-2017**

Theodore Jamerson Elementary School (TJES) recognizes the responsibility to provide guidance and support to our students regarding healthy lifestyle choices. TJES is committed to providing a school environment that promotes healthy eating and physical activity.

### NUTRITION EDUCATION

The primary goal of nutrition education is to positively influence students' eating behaviors. The following statements provide guidelines for nutrition education at TJES:

- Consistent Nutrition Messages - School personnel shall practice consistency of nutrition messages throughout the school, classroom, cafeteria, home and TJES community. School personnel are encouraged to serve as positive role models.
- Health Curriculum - Focusing on nutrition, physical activity and emotional wellness with a goal of educating students about making a lifelong commitment to healthy eating and physical activity choices.
- Lifelong Wellness Behaviors - Students at each grade level will receive consistent nutrition education that teaches the skills they need to adopt healthy eating behaviors.
- Nutritional Activities – Nutrition education activities will be linked to the school health program and involve parents, students, staff and the TJES community.
- Smart Snack Regulations – TJES is committed to providing healthy snacks for all students. Snacks are offered to students during the regular school day meet the nutritional requirements of the “Smart Snacks in School” standards.

### PHYSICAL EDUCATION

The physical education program at TJES is committed to providing opportunities for students to be physically active. The goal of physical education program is to teach students the knowledge and skills related to specific physical activities as well as the benefits of regular participation in physical activity. The objective of

physical education is to allow students to discover a physical activity they can enjoy for a lifetime.

- Physical Activity - Students are given a minimum of 90 minutes each week for physical activity during the school day through physical education classes, daily recess periods, and the integration of physical activity into the academic curriculum. Students will be given opportunities for physical activity through a range of before and/or after-school programs, which may include interscholastic athletics and physical activity clubs. TJES will encourage parents and guardians to support their children's participation in physical activities, to be physically active role models, and to include physical activity in family events.
- Consequences - Teachers and other school and community personnel are discouraged from using physical activity such as running laps, pushups, etc. or from withholding opportunities for physical activity (recess, physical education classes) as a consequence/punishment for negative behavior.

#### SCHOOL MEAL GUIDELINES

- Meals - A'viands Food and Services Management provides healthy, nutritious meals, snacks and beverages in compliance with the National School Lunch and Breakfast Program. Meals served through the National School Lunch and Breakfast Program will:
  - Be appealing and attractive to children
  - Be served in a clean and pleasant setting
  - Meet nutritional requirements
  - Offer a variety of fresh fruits and vegetables
  - Serve only low-fat(1%), fat-free milk, and chocolate skim milk
  - Serve 100% whole grains
  - Provide all students with free breakfasts and lunches at the cafeteria
- Snacks and Celebrations – All foods and/or beverages served to students during the school day or in after-school care will strive to meet the nutrition guidelines and make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snack and 100% fruit/vegetable

juice, 1% or skim milk or water as the primary beverage. Families will be encouraged to provide healthy treats when bringing treats to school for special events (birthdays, holiday parties).

- Hydration – Drinking water is available in all classrooms for student use.
- Rewards/Punishment – All foods or beverages, especially those that do not meet the nutrition guidelines will be discouraged as rewards for academic performance or good behavior. Food and beverages (including food served through school meals) should not be withheld as a punishment.
- School-Sponsored Events – TJES will encourage the service of healthy foods and beverages during school sponsored events outside of the school day.

#### **POLICY REVIEW**

- Wellness Committee – The TJES Wellness committee may develop activities and programs that help TJES students; families and staff achieve a healthy lifestyle. These programs may include before-school and after-school physical activities, staff wellness programs, staff professional development programs related to wellness, as well as community partnership programs.
- Monitoring – The principal or designee will ensure compliance with the nutrition and physical activity wellness policy.

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