

St. Joseph Regional School Wellness Policies on Physical Activity and Nutrition

(Updated 8/2/21)

The school has established a Nutrition and Fitness Committee. St. Joseph Regional School Nutrition and Fitness Committee include, but are not limited to, representatives from each of the following groups:

1. Parents;
2. Physical Education teacher;
3. The District's food service program; and
4. School Administrator.

Committee Role and Membership

The school will convene a representative school wellness committee (here to referred to as the SWC or work within an existing school health committee) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The SWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the SWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Principal will convene the SWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

Name	Title / Relationship to the School or District	Email address	Role on Committee
Karen Green	Principal	kgreen@sjsbatavia.org	Enforce and Assists in the evaluation of the wellness policy implementation
Sandi Clark	Food service Director	cafeteria@sjsbatavia.org	Assists in the evaluation of the wellness policy implementation
Mary Wright	PE Teacher	mwright@sjsbatavia.org	Assists in the evaluation of the wellness policy implementation
Stephanie King	Wrap around/parent	sking@sjsbatavia.org	Assists in the evaluation of the wellness policy implementation

The school Nutrition and Fitness Committee will also be responsible for assessing current activities, programs and policies available in the school, and provide mechanisms for implementation, evaluation, and revision of the policy. In so doing, the Nutrition and Fitness Committee will evaluate and make recommendations which reflect the specific needs of the school and its students.

This wellness policy can be found at: www.sjsbatavia.org

Goals to Promote Student Wellness

The school seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections and enjoy life-long physical activity. To this end, the school sets forth the following goals relating to nutrition promotion and education, physical activity, and other school-based activities.

Nutrition Promotion and Education

a) Classroom Teaching: Nutrition topics will be integrated within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught at every grade level, K through 6. Nutrition instruction will follow applicable New York State Standards and be designed to help students acquire:

1. Nutrition knowledge, including but not limited to: the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements; and safe food storage, handling, and preparation.
2. Nutrition related skills, including but not limited to: planning healthy meals; understanding and using food labels; critically evaluating nutrition information, misinformation, and commercial food advertising; assessing personal eating habits; and setting and achieving goals related to these concepts.

b) Education, marketing, and promotion

1. As appropriate, the school will promote nutrition education activities that involve parents, students, and the community.
2. The school will promote school and community awareness of this policy through various means, such as a publication on the school website.
3. The school will encourage and promote wellness through social media, newsletters, and family wellness events.
4. Marketing and advertising on school campuses during the school day will be consistent with nutrition education and health promotion. As such, the school will restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy Hunger-Free Kids Act's Smart Snacks in School Rule.

c) Additional provisions

1. Parents will be encouraged to send in healthy treats for classroom celebrations.
2. School personnel are discouraged from using food as a reward or withholding food as punishment under any circumstance.

Physical Activity

a) St. Joseph Regional School will provide opportunities for every student to participate in physical education and to be involved in physical activities. In doing so, the school aims to promote among students the development of knowledge and skills for specific physical activities, the maintenance of physical fitness, regular participation in physical activity, and an understanding of the short-term and long-term benefits from a physically active and healthy lifestyle.

b) The school will ensure that the following standards are met to achieve its goals relative to physical education and physical activity:

Program goals and objectives;

The way in which students are to be scheduled for physical education, and the length of time provided for physical education daily, weekly, monthly, or yearly;

Program activities offered at each grade level or each year of instruction; and

Assessment activities for determining the students' performance toward the goals and objectives of the program.

1. The school recognizes the importance of physical education classes in providing students with meaningful opportunities for physical exercise and development. Consequently, the school will ensure:
 - (a) All physical education classes are taught or supervised by a certified physical education teacher.
 - (b) All physical education staff receive professional development on a yearly basis.
 - (c) Interscholastic sports, intramural sports, and recess do not serve as substitutes for a quality physical education program.
 - (d) It provides adequate space and equipment for physical education and conforms to all applicable safety standards.
 - (e) A sequential physical education course of study consistent with national standards for physical education is implemented, with a focus on students' development of motor skills, movement forms, and health related fitness.
 - (f) A physical and social environment is provided that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
 - (g) Activities are adapted to meet the needs of students who are temporarily or permanently unable to participate in the regular program of physical education. In doing so, the school will abide by specific provisions in 504 Plans and/or individualized education programs (IEP).
 - (h) All students, including students in need of adaptive physical education, will be encouraged to participate in physical fitness programs.

(i) Punishing children by taking away recess or physical education class reduces children's already scarce opportunities for physical activity. Teachers/staff should not deny a student's participation in recess or physical activity as a form of discipline or for classroom make up time.

(j) St. Joseph Regional School will provide a daily recess for a 20 minute period for grade levels K-6, which is not used as a punishment or a reward. It is recommended that recess be scheduled before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste. Outdoor recess will only take place when it is warmer than 30 degrees with the wind chill. Otherwise recess should take place inside.

(k) Information will be provided to families to help them incorporate physical activity into their student's lives.

(l) Physical activity facilities on school grounds will be safe and supervised.

(m) It is recommended that classroom teachers provide short physical activity breaks between lessons or classes, as appropriate. Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

St. Joseph Regional School will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

1. All students will be required to fulfill the physical education requirements set forth in the regulations of the Commissioner of Education as a condition of graduating from the school.

Other School-Based Activities

The school is committed to establishing a school environment that is conducive to healthy eating and physical activity for all. The District will, therefore, adopt the following standards:

- a) Federal School Meal Programs

1. The school will participate to the maximum extent practicable in available federal school meal programs including National School Lunch Program. Food served through these programs will address all applicable federal and state standards.
2. The school will ensure that food service directors, managers, and staff are provided with annual professional development in the areas of food and nutrition consistent with USDA Professional Standards for State and Local Nutrition Programs. School food service staff will meet with students in grades 4 through 8 once annually to solicit feedback on the school lunch program.

b) Access to School Nutrition Programs

The school will utilize a system of student payment that ensures all eligible students have access to free/reduced meals in a non-stigmatizing manner.

c) Meal Environment

St. Joseph Regional School will ensure:

1. School dining areas have sufficient space for students to sit and consume meals.
2. School dining areas are clean, safe, and pleasant environments that reflect the social value of eating.
3. Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
4. All students have a scheduled lunch period.
5. Lunch times are scheduled near the middle of the school day.
6. Students are given adequate time to eat healthy meals.
7. Students and staff have access to free, safe, and fresh drinking water throughout the school day and where school meals are served.

d) Community Access to School Facilities for Physical Activities

School grounds and facilities will be available to students, staff, community members and organizations, and agencies in accordance and consistent with school policy regarding conduct on school grounds.

e) Community Partnerships

The school will continue relationships with community partners in support of the implementation of this policy. Existing and new community partnerships will be evaluated to ensure they are consistent with this policy and its goals.

Nutrition Guidelines

In an effort to encourage healthy life-long eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size, the school Nutrition and Fitness Committee will recommend nutrition standards to be set for all foods and beverages available on school campus. For purposes of this section, the school day is defined as the period from the midnight before, to thirty (30) minutes after the end of the official school day.

School Meals

School meals will, at a minimum, meet the program requirements and nutrition standards of the National School Lunch Programs.

Fundraising

a) All food and beverages sold as a fundraiser during the school day will meet the nutritional requirements listed in the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in Schools" Rule.

b) **After the instructional day** it is suggested that groups should consider the current USDA Dietary Guidelines for Americans **including, but not limited to:**

- o Fundraisers – It is strongly recommended that fundraising groups consider alternatives to candy and carbonated beverage sales.
- o Concession stands – Healthy alternatives should be available.
- o Open Houses/Evening Celebrations – Healthy alternatives should be available.
- Food of minimal nutritional value on the school campus will be replaced with more nutritional options. Every attempt will be made to adhere to the following standards for nutritional value of foods and beverages:

- Calorie limits:

- * Snack items less than 200 calories
- * Entrée items less than 350 calories

- Sodium limits:

- * Snack items fewer than 200mg
- * Entrée items fewer than 480mg

- Fat limits:

- * Total fat under 35% of calories
- * Saturated fat under 10% of calories
- * Trans-fat zero grams

- Sugar limits:

- * Under 35% of weight from total sugars in foods

c) School administrator, with the assistance of the School Nutrition and Fitness Committee, will create and promote a list of recommended fundraising activities. All fundraisers taking place during the school day must be approved by the Principal prior to their being conducted.

Competitive Foods

a) Competitive foods-which include all foods and beverages sold outside the school meal programs, on the school campus in student accessible areas, and at any time during the school day-will follow, at a minimum, the nutrition standards specified by the Healthy, Hunger-Free Kids Act.

b) These standards will apply to all foods and beverages sold individually and outside of the reimbursable school meal, including vending machines, school stores and cafeteria a la carte lines.

c) Additionally, the school will not sell foods of minimal nutritional value in the student store, from a machine, or anywhere in the building from the beginning of the school day until the end of the last lunch period. Prohibited foods include: soda water, water ices (excluding ices containing fruit or fruit juices), chewing gum, hard candy, jellies, gums, marshmallow candies, licorice, fondants (soft mints, candy corn), cotton candy and candy coated popcorn.

d) Class Parties: All homeroom classes will be limited to 1 party a month. This will include but not limited to birthday, holiday, rewards, etc.

Implementation and Evaluation of the Nutrition and Fitness Policy

a) The school will establish an implementation and evaluation plan for this policy in order to monitor its effectiveness and the possible need for modification over time. To this end, the school designates the Nutrition and Fitness committee with the responsibility to periodically verify that the policy goals and mandates are being followed by the school.

b) The Nutrition and Fitness committee will act as a liaison with community agencies to assist in the development of nutritional education programs and promotion of physical activities that consider the school policy.

c) The school will provide a summarized annual report on the activities of the Nutrition and Fitness Committee and how they advanced the policy throughout the school year. Such report may include:

1. The website address for the nutrition and fitness policy and/or information on how the public can access a copy;

2. A description of each school's progress in meeting the Nutrition and Fitness Policy goals;
3. A summary of each school's local school Nutrition and Fitness Committee; and events or activities;
4. Contact information for the leader(s) of the Nutrition and Fitness Committee; and
5. Information on how individuals can get involved in the Nutrition and Fitness Committee's work.

Such report will be publically available for viewing by all interested parties.

d) Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the Nutrition and Fitness Policy, are welcomed as an essential part of the school evaluation program.

e) Assessments of the school Nutrition and Fitness Policy and implementation efforts may be repeated on an annual basis, but it is recommended that such assessment occur no later than every three (3) years, to help review policy compliance, assess progress, and determine areas in need of improvement.

Staff Wellness and Health Promotion

The SWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader's name is Mary Wright.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include participating in fitness classes held after school, faculty/staff are eligible to become YMCA members through our corporate account and participate in any Extended Day program that would interest them. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

The assessment will include:

1. Compliance with the Nutrition and Fitness Policy;
 2. Progress made in attaining the goals of the Nutrition and Fitness Policy.
- f) The school will, as necessary, revise this Nutrition and Fitness Policy and develop work plans to facilitate its implementation.

42 USC Section 1758b
7 CFR Section 210.11
79 FR 10693
Education Law Section 915
8 NYCRR Section 135.4

Adoption Date: 6/17

Policy References:

- Refer also to Policy #5660 -- School Food Service Program (Lunch and Breakfast)

Policy Cross References:

- » [5660](#) - SCHOOL FOOD SERVICE PROGRAM (LUNCH AND BREAKFAST)
- *Making it Happen: School Nutrition Success Stories*, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education, <http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <http://www.fns.usda.gov/tn/healthy/changing.html>
- *Dietary Guidelines for Americans 2005*, U.S. Department of Health and Human Services and U.S. Department of Agriculture, <http://www.health.gov/dietaryguidelines/dga2005/document/>
- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Centers for Disease Control and Prevention, <http://www.cdc.gov/mmwr/pdf/rr/rr4509.pdf>
- *Healthy Food Policy Resource Guide*, California School Boards Association and California Project LEAN, <http://www.csba.org/ps/hf.htm>
- *United States Department of Agriculture*, www.mypyramid.gov
- *Diet and Oral Health*, American Dental Association, <http://www.ada.org/public/topics/diet.asp>

School Meals

- *Healthy School Meals Resource System*, U.S. Department of Agriculture, [<http://schoolmeals.nal.usda.gov/>](http://schoolmeals.nal.usda.gov/)
- *School Nutrition Dietary Assessment Study – II*, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program, [<www.cspinet.org/nutritionpolicy/SNDAllfind.pdf>](http://www.cspinet.org/nutritionpolicy/SNDAllfind.pdf)
- *Local Support for Nutrition Integrity in Schools*, American Dietetic Association, [<www.eatright.org/Member/Member/Files/Local.pdf>](http://www.eatright.org/Member/Member/Files/Local.pdf)
- *Nutrition Services: an Essential Component of Comprehensive Health Programs*, American Dietetic Association, [< www.eatright.org/Public/NutritionInformation/92 8243.cfm>](http://www.eatright.org/Public/NutritionInformation/92_8243.cfm)
- *Healthier US School Challenge*, U.S. Department of Agriculture, [<www.fns.usda.gov/tn/HealthierUS/index.htm>](http://www.fns.usda.gov/tn/HealthierUS/index.htm)
- *Breakfast for Learning*, Food Research and Action Center, [<www.frac.org/pdf/breakfastforlearning.pdf>](http://www.frac.org/pdf/breakfastforlearning.pdf)
- *School Breakfast Scorecard*, Food Research and Action Center, [<www.frac.org/School Breakfast Report/2004/>](http://www.frac.org/School%20Breakfast%20Report/2004/)
- *Arkansas child Health Advisory Committee Recommendations* [includes recommendation for professional development for child nutrition professionals in schools], [<www.healthyarkansas.com/advisory committee/pdf/final recommendations .pdf>](http://www.healthyarkansas.com/advisory_committee/pdf/final_recommendations.pdf)

Meal Times and Scheduling

- *Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch*, National Food Service Management Institute (NFSMI) [Attach PDF file]
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, www.nfsmi.org/Information/Newsletters/insight24.pdf

Nutrition Standards for Foods and Beverages Sold Individually

- *Recommendations for Competitive Foods Standards* (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy,

www.publichealthadvisory.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf

- State policies for competitive foods in schools, U.S. Department of Agriculture, www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm
- *Nutrition Integrity in Schools*, (forthcoming), National Alliance for Nutrition and Activity
- *School Foods Tool Kit*, Center for Science in the Public Interest, www.cspinet.org/schoolfood/
- *Foods Sold in Competition with USDA School Meal Programs* (a report to Congress), U.S. Department of Agriculture, [www.cspinet.org/nutritionpolicy/Foods Sold in Competition with USDA School Meal Programs.pdf](http://www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf)
- *FAQ on School Pouring Rights Contracts*, American Dental Association, http://www.ada.org/public/topics/softdrink_faq.asp

Fruit and Vegetable Promotion in Schools

- *Fruits and Vegetables Galore: Helping Kids Eat More*, U.S. Department of Agriculture, www.fns.usda.gov/tn/Resources/fv_galore.html
- *School Foodservice guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$29.95 at [www.shop5aday.com/acatalog/School Food Service guide.html](http://www.shop5aday.com/acatalog/School_Food_Service_guide.html)
- National Farm-to-School Program website, hosted by the Center for Food and Justice, www.farmtoschool.org
- Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <http://www.uffva.org/fvpilotprogram.htm>
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at www.5aday.org

Fundraising Activities

- *Creative Financing and Fun Fundraising*, Shasta County Public Health, www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf

Snacks

- *Healthy School Snacks*, (forthcoming), Center for Science in the Public Interest
- *Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs* (website), Food Research and Action Center, <www.frac.org/html/building_blocks/afterschsummertoc.htm>

Rewards

- *Constructive Classroom Rewards*, Center for Science in the Public Interest, <www.cspinet.org/nutritionpolicy/constructive_rewards.pdf>
- *Alternatives to Using Food as a Reward*, Michigan State University Extension, <www.tn.fcs.msue.msu.edu/foodrewards.pdf>
- *Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*, U.S. Department of Agriculture Food and Nutrition Service [Link to PDF]

Celebrations

- *Guide to Healthy School Parties*, Action for Healthy Kids of Alabama, <www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf>
- *Classroom Party Ideas*, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign, <<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>>

Nutrition and Physical Activity Promotion and Food Marketing:

Health Education

- *National Health Education Standards*, American Association for Health Education, <http://www.aahperd.org/aahe/pdf_files/standards.pdf>

Nutrition Education and Promotion

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), <www.fns.usda.gov/tn/Educators/index.htm>
- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service, <www.fns.usda.gov/t/resources/power_of_choice.html>

- *Nutrition Education Resources and Programs Designed for Adolescents*, compiled by the American Dietetic Association.
< www.eatright.org/Public/index_19218.cfm >

Integrating Physical Activity into the Classroom Setting

- *Brain Breaks*, Michigan Department of Education, <www.emc.cmich.edu/brainbreaks>
- *Energizers*, East Carolina University, <www.ncpe4md.com/energizers.html>

Food Marketing to Children

- *Pestering Parents: How Food Companies Market Obesity to Children*, Center for Science in the Public Interest, <www.cspinet.org/pesteringparents>
- *Review of Research on the Effects of Food Promotion to Children*, United Kingdom Food Standards Agency,
<www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf>
- *Marketing Food to Children* (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO), <<http://whplibdoc.who.int/publications/2004/9241591579.pdf>>
- *Guidelines for Responsible Food Marketing to Children*, Center for Science in the Public Interest, <<http://cspinet.org/marketingguidelines.pdf>>
- *Commercial Activities in Schools*, U.S. General Accounting Office,
<www.gao.gov/new.items/d04810.pdf>

Eating Disorders

- Academy for Eating Disorders, <www.aedweb.org>
- National Eating Disorders Association, <www.nationaleatingdisorders.org>
- Eating Disorders Coalition, <www.eatingdisordercoalition.org>

Staff Wellness

- *School Staff Wellness*, National Association of State Boards of Education [link to pdf]

- *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small*, Partnership for Prevention, <[www.prevent.org/publications/HealthyWookforce 2010.pdf](http://www.prevent.org/publications/HealthyWookforce%202010.pdf)>
- *Well Workplace workbook: A Guide to Developing Your Worksite Wellness Program*, Wellness Councils of America, <www.welcoa.org/wellworkplace/index.php?category=7>
- *Protecting Our Assets: Promoting and Preserving School Employee Wellness*, (forthcoming), Directors of Health Promotion and Education (DHPE)

Physical Activity Opportunities and Physical Education:

General Resources on Physical Activity

- *Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People*, Centers for Disease Control and Prevention, <www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm>
- *Healthy People 2010: Physical Activity and Fitness*, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports, <[www.healthypeople.gov/document/HTML/Volume2/22Physical.htm# Toc490380803](http://www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#Toc490380803)>
- *Physical Fitness and Activity in Schools*, American Academy of Pediatrics, <<http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>>

Physical Education

- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726§ion=5>>
- *Opportunity to Learn: Standards for High School Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productid+727§ion=5>>
- *Substitution for Instructional Physical Education Programs*, National Association for sport and Physical Education, <[www.aahperd.org/naspe/pdf files/pos papers/substitution.pdf](http://www.aahperd.org/naspe/pdf_files/pospapers/substitution.pdf)>

- *Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together*, PE4life, <www.pe4life.org/articles/blueprint2004.pdf>

Recess

- *Recess in Elementary Schools*, National Association for Sport and physical Education, <www.aahperd.org/naspe/pdf_files/pos_papers/current_res/pdf>
- *Recess Before Lunch Policy: Kids Plan and then Eat*, Montana Team Nutrition, <www.opi.state.mt.us/schoolfood/recessBL.html>
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management institute, <www.nfsmi.org/Information/Newsletters/insight24/pdf>
- The American Association for the Child's Right to Play, <<http://www.ipausa.org/recess.htm>>

Physical Activity Opportunities Before and After School

- *Guidelines for After School Physical Activity and Intramural Sport Programs*, National Association for Sport and Physical Education, <www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf>
- *The Case for High School Activities*, National Federation of State High School Associations, <www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpageddisplay.cfm?content_id=71>
- *Rights and Responsibilities of Interscholastic Athletes*, National Association for Sport and Physical Education, <www.aahperd.org/naspe/pdf_files/pos_papers/RightandResponsibilities.pdf>

Safe Routes to School

- *Safe Routes to Schools Tool Kit*, National Highway Traffic Safety Administration, <www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/>
- *KidsWalk to School Program*, Centers for Disease control and Prevention, <www.cdc.gov/nccdphp/dnpa/kidswalk/>
- *Walkability Check List*, Pedestrian and Bicycle Information Center, Partnership for a Walkable America, U.S. Department of Transportation, and U.S. Environmental Protection Agency, <www.walkinginfo.org/walkingchecklist.htm>

Monitoring and Policy Review:

- *School Health Index*, Centers for Disease Control and Prevention (CDC), <<http://apps.nccd.cdc.gov/shi/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Healthy/changing.html>
- *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, <www.actionforhealthykids.org/docs/specialreports/report_small.pdf>
- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726§ion=5>>
- *Opportunity to Learn: Standards for High School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID-727§ion=5>>