

# St. Joseph Regional School Wellness Policy on Physical Activity and Nutrition

*(Updated July 1, 2025)*

## School Wellness Committee

St. Joseph Regional School has established a Nutrition and Fitness Committee (also referred to as the School Wellness Committee, or SWC). The committee includes, but is not limited to, representatives from the following groups:

- Parents/guardians
- Physical Education teacher
- School food service program representative
- School administrator

## Committee Role and Membership

The school will convene a representative School Wellness Committee (SWC), or work within an existing school health committee, that meets at least twice per year. The committee is responsible for establishing goals and overseeing school health and safety policies and programs, including the development, implementation, periodic review, and updating of this wellness policy.

To the extent possible, the SWC will include representation from all school levels (elementary and middle school) and may include:

- Parents and caregivers
- Students
- School nutrition program representatives
- Physical and health education teachers
- School health professionals (e.g., nurses, counselors, social workers)
- School administrators
- School board members
- Community health professionals (e.g., dietitians, physicians)
- Members of the general public

## Leadership

The Principal will convene the SWC, facilitate the development and updates of the wellness policy, and ensure compliance with the policy.

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## Committee Membership

Name	Title / Relationship	Email	Role
Karen Green	Principal	kgreen@sjsbatavia.org	Oversees implementation and evaluation
Jamie DeHaven	Food Service Director Parent	jdehaven@sjsbatavia.org	Assists in evaluation
Chris Harloff	Physical Education Teacher	charloff@sjsbatavia.org	Assists in evaluation
Stephanie King	Wraparound Program Director	sking@sjsbatavia.org	Assists in evaluation

## Committee Responsibilities

The Nutrition and Fitness Committee will:

- Assess current programs, activities, and policies
- Develop implementation strategies
- Evaluate effectiveness
- Recommend revisions based on school and student needs

The wellness policy is available at:

[www.sjsbatavia.org](http://www.sjsbatavia.org)

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## Goals to Promote Student Wellness

The school is committed to ensuring that all students acquire the knowledge and skills necessary to make healthy food choices and engage in lifelong physical activity.

## Nutrition Promotion and Education

### Classroom Instruction

Nutrition education will be integrated into the health curriculum and other subject areas at all grade levels (K–6). Instruction will follow New York State Standards and help students develop:

#### Knowledge:

- Benefits of healthy eating
- Essential nutrients
- Nutritional deficiencies

- Healthy weight management
- Safe food handling and preparation

### **Skills:**

- Meal planning
- Reading and understanding food labels
- Evaluating nutrition information and advertising
- Assessing personal eating habits
- Setting and achieving health goals

### **Promotion and Communication**

- The school will promote nutrition education with students, families, and the community.
  - This policy will be shared on the school website.
  - Wellness will be encouraged through newsletters, social media, and events.
  - Marketing during the school day will align with Smart Snacks standards.
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### **Additional Guidelines**

- Parents are encouraged to provide healthy options for classroom celebrations.
- Staff should not use food as a reward or withhold food as punishment.
- Soda/pop is not permitted during the school day unless medically necessary with a doctor's note or provided as part of a special school event (e.g., Christmas party).

### **Physical Activity**

- All physical education classes will be taught by a certified teacher.
- Recess and sports do not replace physical education.
- Full Recess will not be withheld as punishment.
- Daily recess:
  - K–3: 20 minutes
  - Grades 4–6: scheduled when possible
- Outdoor recess will occur when temperatures exceed 30°F (including wind chill).
- Teachers are encouraged to incorporate movement into lessons.

### **Physical Education Program Requirements**

The physical education program will include:

- Clearly defined program goals and objectives
- A structured schedule outlining the frequency and duration of physical education (daily, weekly, monthly, and yearly)

- Developmentally appropriate activities offered at each grade level
  - Assessment methods to measure student progress toward program goals and objectives
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## **Physical Education Standards and Expectations**

St. Joseph Regional School recognizes the importance of physical education in providing students with meaningful opportunities for physical activity and overall development. To support this, the school will ensure the following:

- (a) All physical education classes are taught or supervised by a certified physical education teacher.
- (b) All physical education staff participates in annual professional development.
- (c) Interscholastic sports, intramural sports, and recess are not substitutes for a comprehensive physical education program.
- (d) Adequate space and appropriate equipment are provided, and all activities comply with applicable safety standards.
- (e) A sequential physical education curriculum aligned with national standards is implemented, focusing on the development of motor skills, movement patterns, and health-related fitness.
- (f) A safe, inclusive, and supportive environment is provided to encourage participation by all students, including those who may not be athletically inclined.
- (g) Activities are adapted to meet the needs of students who are temporarily or permanently unable to participate in the standard physical education program. The school will adhere to all provisions outlined in Accommodation Plans and/or Individualized Education Service Programs (IESPs).
- (h) All students, including those requiring adaptive physical education, are encouraged to participate in physical fitness activities.
- (i) Full Recess and physical activity will not be withheld as a form of discipline or for academic make-up work, as doing so limits students' opportunities for necessary physical activity.
- (j) Recess will be provided as follows:
  - Grades K–3: 20 minutes daily
  - Grades 4–6: Scheduled when feasible within the school day

Outdoor recess will take place when the temperature (including wind chill) is above 30°F. Indoor recess will be provided when outdoor conditions are not suitable.

(k) Families will be provided with information and resources to support physical activity at home.

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

(m) Classroom teachers are encouraged to incorporate short physical activity breaks throughout the day and integrate movement and kinesthetic learning into core subjects (e.g., math, science, language arts, and social studies) to reduce sedentary behavior.

St. Joseph Regional School will support teachers in implementing these practices by providing annual professional development, resources, and guidance on the connection between movement and learning.

Teachers are encouraged to serve as role models by participating in physical activities alongside students whenever feasible.

All students must meet the physical education requirements established by the Commissioner of Education as a condition of graduation.

## **Other School-Based Activities**

St. Joseph Regional School is committed to creating an environment that supports and promotes healthy eating and physical activity for all students. To achieve this, the school adopts the following standards:

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### **a) Federal School Meal Programs**

The school will participate, to the maximum extent practicable, in available federal school meal programs, including the National School Lunch Program. All meals served will meet applicable federal and state nutrition standards.

The school will ensure that food service directors, managers, and staff receive annual professional development in food safety, nutrition, and meal program requirements, consistent with USDA Professional Standards for State and Local Nutrition Programs.

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### **b) Access to School Nutrition Programs**

The school will implement a student payment system that ensures all eligible students have access to free or reduced-price meals in a non-stigmatizing and confidential manner.

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## **c) Meal Environment**

St. Joseph Regional School will ensure that:

- Dining areas provide sufficient space for students to sit and eat comfortably
  - Dining areas are clean, safe, and promote a positive and social eating experience
  - Adequate serving areas are available to minimize wait times
  - All students have a scheduled lunch period
  - Lunch periods are scheduled near the middle of the school day
  - Students are provided with adequate time to eat their meals
  - Free, safe, and fresh drinking water is available to students and staff throughout the school day, including in meal areas
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## **d) Community Access to School Facilities for Physical Activity**

School grounds and facilities will be made available to students, staff, community members, and organizations in accordance with school policies governing conduct and facility use.

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## **e) Community Partnerships**

The school will maintain and strengthen partnerships with community organizations to support the implementation of this wellness policy. Both existing and new partnerships will be periodically evaluated to ensure alignment with the policy's goals and objectives.

## **Nutrition Guidelines**

In an effort to promote lifelong healthy eating habits, St. Joseph Regional School is committed to providing foods that are nutrient-dense, low in fat and added sugars, and offered in appropriate portion sizes. The School Nutrition and Fitness Committee will recommend nutrition standards for all foods and beverages available on campus.

For the purposes of this policy, the **school day** is defined as the period from midnight before to thirty (30) minutes after the end of the official school day.

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## **School Meals**

All school meals will meet, at a minimum, the program requirements and nutrition standards established by the National School Lunch Program.

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## **Fundraising**

### **a) During the School Day**

All foods and beverages sold as part of a fundraiser during the school day must meet the nutrition standards outlined in the USDA *Healthy, Hunger-Free Kids Act* “Smart Snacks in School” Rule.

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### **b) After the School Day**

Fundraising activities that occur outside of the instructional day are encouraged to align with the USDA Dietary Guidelines for Americans. The school strongly recommends:

- **Fundraisers:** Consider alternatives to selling candy and sugar-sweetened beverages
- **Concession stands:** Offer healthy food and beverage options
- **Open houses/evening events:** Provide healthy alternatives whenever possible

The school will make every effort to replace foods of minimal nutritional value with more nutritious options. The following guidelines are recommended:

#### **Calorie Limits**

- Snack items: fewer than 200 calories
- Entrée items: fewer than 350 calories

#### **Sodium Limits**

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

#### **Fat Limits**

- Total fat: less than 35% of calories
- Saturated fat: less than 10% of calories
- Trans fat: 0 grams

#### **Sugar Limits**

- Less than 35% of total weight from sugars
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### **c) Approval of Fundraising Activities**

The school administrator, in collaboration with the School Nutrition and Fitness Committee, will

develop and promote a list of approved fundraising activities. All fundraising activities conducted during the school day must receive prior approval from the Principal.

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## Competitive Foods

### a) Definition and Standards

Competitive foods include all foods and beverages sold outside of the school meal programs, on school campus, in areas accessible to students, and at any time during the school day. These items will meet, at a minimum, the nutrition standards established by the USDA *Healthy, Hunger-Free Kids Act* “Smart Snacks in School” Rule.

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### b) Applicability

These standards apply to all foods and beverages sold individually and outside of reimbursable school meals, including:

- Vending machines
  - School stores
  - Cafeteria à la carte items
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### c) Prohibited Foods

The school will not sell foods of minimal nutritional value in student-accessible areas from the start of the school day through the end of the last lunch period. Prohibited items include:

- Soda/pop and soda water
  - Water ices (excluding those containing fruit or fruit juice)
  - Chewing gum
  - Hard candy
  - Jellies
  - Marshmallow candies
  - Licorice
  - Fondants (e.g., soft mints, candy corn)
  - Cotton candy
  - Candy-coated popcorn
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### d) Classroom Celebrations

Classroom celebrations will be limited to **one (1) per month per homeroom**. This includes, but is not limited to, birthday parties, holiday celebrations, and reward-based events.

# Implementation and Evaluation of the Nutrition and Fitness Policy

## **a) Implementation and Oversight**

The school will establish and maintain an implementation and evaluation plan to monitor the effectiveness of this policy and determine the need for revisions over time. The Nutrition and Fitness Committee is designated to oversee this process and will periodically verify that the policy's goals and requirements are being implemented with fidelity.

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## **b) Community Collaboration**

The Nutrition and Fitness Committee will serve as a liaison between the school and community agencies to support the development of nutrition education programs and the promotion of physical activity opportunities aligned with this policy.

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## **c) Stakeholder Feedback**

Ongoing evaluation and feedback from stakeholders—including students, parents, faculty, and administration—are encouraged and will be considered an essential component of the school's continuous improvement process. Satisfaction with the policy and its implementation will be periodically assessed.

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## **d) Policy Review Cycle**

Formal assessments of the Nutrition and Fitness Policy and its implementation may occur annually; however, a comprehensive review will take place at least once every three (3) years. These reviews will evaluate policy compliance, measure progress toward established goals, and identify areas for improvement.

## **Staff Wellness Initiatives**

When feasible, the school will implement strategies that encourage staff to model and promote healthy behaviors. These may include:

- Participation in after-school fitness or wellness activities
- Involvement in school-sponsored programs such as the Extended Day Program
- Access to wellness resources and health-related information
- Share opportunities to engage in physical activity and healthy lifestyle practices

Staff members are encouraged to serve as positive role models by demonstrating healthy eating habits and active lifestyles.

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## **Assessment and Continuous Improvement**

The evaluation of the wellness policy will include:

- Compliance with the Nutrition and Fitness Policy
- Progress toward achieving the established wellness goals

Based on assessment results, the school will revise the Nutrition and Fitness Policy as needed and develop action plans to support ongoing implementation and improvement.

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## **Regulatory References**

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

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**Adoption Date:** June 2017

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

- *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.healthyakransas.com/advisory\\_committee/pdf/final\\_recommendations.pdf](http://www.healthyakransas.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](http://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.publichealthadvocacy.org/school\\_food\\_standards/school\\_food\\_standards/Nutrition%20Standards%20Report%20-%20Final.pdf>](http://www.publichealthadvocacy.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>](http://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/>](http://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>](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>](http://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>](http://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](http://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](http://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](http://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](http://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](http://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](http://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](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](http://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](http://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](http://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](http://www.emc.cmich.edu/brainbreaks)>
- *Energizers*, East Carolina University, <[www.ncpe4md.com/energizers.html](http://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](http://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](http://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](http://www.gao.gov/new.items/d04810.pdf)>

### **Eating Disorders**

- Academy for Eating Disorders, <[www.aedweb.org](http://www.aedweb.org)>
- National Eating Disorders Association, <[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)>
- Eating Disorders Coalition, <[www.eatingdisordercoalition.org](http://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/HealthyWorkforce2010.pdf](http://www.prevent.org/publications/HealthyWorkforce2010.pdf)>
- *Well Workplace workbook: A Guide to Developing Your Worksite Wellness Program*, Wellness Councils of America, <[www.welcoa.org/wellworkplace/index.php?category=7](http://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](http://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&section=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&section=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&section=5>>
- *Substitution for Instructional Physical Education Programs*, National Association for sport and Physical Education, <[www.aahperd.org/naspe/pdf files/pospapers/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](http://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](http://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](http://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](http://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](http://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](http://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](http://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/pepbimot/bike/saferouteshtml/](http://www.nhtsa.dot.gov/people/injury/pepbimot/bike/saferouteshtml/)>

- *KidsWalk to School Program*, Centers for Disease control and Prevention, <[www.cdc.gov/nccdphp/dnpa/kidswalk/](http://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](http://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](http://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](http://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&section=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&section=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&section=5>>