

# Huntington Beach City School District

## Goals for Nutrition Education, Promotion and Physical Activity

### NUTRITION EDUCATION, PHYSICAL EDUCATION, FOODS & BEVERAGES, AND OTHER SCHOOL ACTIVITIES

The Board shall adopt specific goals for nutrition education and promotion, physical activity and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate.

#### Nutrition Education and Promotion

(New Section 204 of the Healthy-Hunger Free Kids Act of 2010)

Pursuant to the requirements of the Education Code (CA Ed/Code 51210.4), nutrition education is encouraged as part of the instructional program in grades K-8 as suitable, integrated into core academic subjects and offered throughout the school day.

Nutrition education programs should foster and promote literacy to encourage students to obtain, interpret, and understand basic health information and services and to achieve the competence to use such information and services in ways that are health enhancing.

The district aims to teach, encourage, and support healthy eating for students, school staff, parents, and community at large while on the school site. Schools will provide nutrition education and engage in nutrition promotion that may include, but is not limited to, the following:

- Ensuring 100% of foods and beverages sold to students meet the USDA Smart Snacks in School nutrition standards.
- Integrating health and nutrition information, as appropriate, into other classroom subject area instruction such as Language Arts, Math, Physical Education, Science, Social Sciences, and elective subjects.
- Providing developmentally-appropriate, culturally-relevant, participatory activities such as taste testing, working in school gardens, field trip to farms, community gardens, and/or other community locations promoting healthy lifestyles.
- Promoting the consumption of water, fruits, vegetables, whole-grain products, and low-fat and fat-free dairy products, and sharing healthy food preparation methods. Emphasis will be placed on calorie balance between food intake and energy expenditure through physical activity and exercise.
- Providing nutrition education and promotional activities resources on the Food Services Department website.

- Incorporating lessons to help students acquire skills such as reading food labels and meal planning.
- Providing local communities health and wellness fairs information to students, parents, and staff.
- Selecting educational materials and instructional resources for the classroom to include a process to review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.
- The healthiest choices such as salads and fruits will be prominently displayed in the cafeterias to encourage students to make healthy choices.

### Physical Education

The Huntington Beach City School District will provide all students with an opportunity to be physically active within developmentally appropriate physical education as part of the academic curriculum.

The physical education curriculum for grades K-8 will be aligned with established state and physical education requirements. All students in grades K-8 shall be required to take physical education class in accordance with state guidelines.

The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-8. Physical education for grades K-8 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.

Physical education activities shall promote positive self-image and teach students how to cooperate to reach common goals. The district will meet minimum requirements for physical education as specified in the California Education Code:

- All elementary grade levels must provide 200 minutes of physical education every 10 days (CA Ed/Code 51222) and all secondary grade levels must provide 400 minutes of physical education every 10 days. (CA Ed/Code 51223)
- All intermediate grade levels must provide 200 minutes of physical education every 10 days (CA Ed/Code 51222) and all secondary grade levels must provide 400 minutes of physical education every 10 days. (CA Ed/Code 51223)

The district shall ensure schools do not allow students to substitute other school or community activities for required physical education class time or credit

Students with disabilities and/or special healthcare needs will receive physical education services (modified or adapted). Exemptions include students who are ill or injured and a modified program cannot be provided or the student is enrolled for one-half of the school day or less.

The district shall also provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.

### Physical Activity

The district may:

- Encourage students to incorporate small bouts of activity into their daily schedules; for example, they are encouraged to walk to school, take the stairs, etc.
- Encourage each school to provide physical activity opportunities at the school to all students
- Establish physical activity rules and safety procedures for students and staff and assign appropriate enforcement of these rules and procedures
- Provide at least 20 minutes of active recess daily to all elementary school students
- Provide all teachers with periodic professional development opportunities that are focused on the integration of physical activity into classroom academic content.
- Provide classes to encourage physical activity to staff

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