



NOBLE

Noble Wellness Policy - 2016

Physical Activity and Physical Education Programming

- *Weekly Physical Activity – In School:* Campuses must provide all students with a minimum average of 280 minutes over a two-week period (10 school days) of high intensity physical activity. This must accommodate students with a 504 plan or IEP. PE classes should not be compromised any more than any other class for things like surveys, etc.
- *Supplemental Weekly Physical Activity:* Campuses are encouraged to offer physical fitness programming before and after school.
- *Curriculum Integration Goals:* All classes are encouraged to maximize student attention and focus by integrating physical activity such as stretching, walking, moving around, or strength training.
- *Inactivity Reduction Goals:* Campuses should minimize extended periods (more than two hours) when students are not physically active by providing periodic breaks when students can be moderately or vigorously active.
- *Weekly Physical Activity Goals:* Campuses should encourage students to engage in physical activities (moderate to intense) outside of school hours so that the combined in-school and outside of school total of continuous physical activities is a minimum 30 minutes daily at least 5 days a week.
- *Regular Fitness Assessment –* Campuses should provide regular assessment of students' fitness levels, including the assessments on the fitness gram (mile run, push-ups, and curl-ups). Campuses must have every student participate in all parts of Noble fitness testing. Students who do not pass the fitness test must take and pass the Noble summer fitness program to be promoted to the next grade level.
- *Backpack weight:* Staff and teachers should assign books and other materials such that backpack weight is minimized so as to protect students' backs.

Health Education

- Campuses should offer health programming that is consistent with Noble goals and accommodates students with disabilities with a 504 plan or IEP.
- Campuses should provide students (and families when possible) with consistent nutrition education messages through multiple channels in addition to classroom instruction, including nutrition information provided in the cafeteria, health fairs, after school activities and programs, and assemblies.
- Campuses must have every student take the annual health test. Students who do not pass the health test must take and pass the Noble summer fitness program to be promoted to the next grade level.



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Food and Beverage Policy

- Any food or beverage paid for with any campus funds or served at any campus functions (on or off-campus), including staff only functions and parent functions, must meet the following guidelines (This does not apply to food or beverage purchased by staff for personal use).
- The only permissible beverages are water, 100% juice (12oz or less), and lightly or unsweetened beverages. Artificially sweetened beverages or beverages with more than 1.5 grams of added natural sweetener per ounce are not permitted. This eliminates most juice drinks, lemonades, and sports drinks.
- Sweets and chips should be offered only rarely and only in moderation and should not be used as a reward for student or class achievement.
- Any food served must include an equal volume of, whole fruits, nuts, and/or, vegetables. Every pizza must contain at least one vegetable topping and the vegetable topping(s) will be considered the equal volume to the rest of the Pizza. Vegetables are defined by culinary standards (savory, not sweet), so tomatoes, jalapenos, and other peppers count, but pineapples do not. The tomato sauce does not count as a vegetable. Pizzas without vegetables are never permitted even if balanced with fruits, nuts, or vegetables.
- Homemade food or drink cannot be served or sold.
- No fundraisers by staff or students can involve the sale of food except for nuts, whole fruits, 100% fruit juice or 100% fruit smoothies with no added sweeteners, and/or vegetables (and if accompanied by anything else, the whole fruits, nuts, or vegetables must equal or greater volume than the other ingredients).