

**Healthy & Fit Schools
Advisory Committee**

The Alva Independent School District is concerned about the health of the students who attend the sites within the district. Therefore, in an attempt to promote healthy and fit students, the board of education establishes this policy creating the Healthy & Fit Schools Advisory Committee. It is the preference of the board of education that the Safe School Committee at each site also serves in the capacity of the Healthy & Fit Schools Advisory Committee.

1. Committee Composition: The advisory committee may be combined with existing Safe School Committees and must have at least six (6) members. Membership may include: Parents/PTO Representatives, Students, Teachers/Administrators, Food Service Personnel, Dietitians, Physical education staff, health care providers, school board members and local businesses.

Specific Guiding Recommendations Based on SB 1627

1. Physical Education/Physical Activity
 - Encourage use of health related fitness assessments
 - Review physical education program and make recommendations
 - Consider/discuss the time allotted for children to engage in physical activity/
Recess/physical education
 - Identify barriers that limit physical activity opportunities for children and families
 - Incorporate physical education PASS skills into the curriculum

2. Nutritional Education/Services
 - Review/establish vending machine policy in schools
 - Assess school nutrition program for healthier choices
 - Consider closed campuses
 - Support child nutrition programs in schools
 - Review school-related fund raising activities
 - Consider/discuss the time allotted for children to eat lunch
 - Identify barriers to healthy eating
 - Share nutrition education/health information materials with parents

3. Health Education/Health Services
 - Consider promoting health through daily messages that empower students to
make healthier choices
 - Incorporate health education/nutrition PASS skills into the curriculum

Healthy & Fit Schools Advisory Committee – continued

A written report containing the above-cited recommendations shall be made to the building principal at least once per year, but in any event, no later than May 1. The building principal shall maintain said report in his/her office, and shall provide a copy to the superintendent. A copy shall be given to each Alva Independent School District Board of Education Member. Adoptions of, or revisions to, the recommendations shall be at the discretion of the Board of Education.

Adopted: February 07, 2005

Revised:

Legal Reference:

Cross Reference:

District #001, Woods County, Oklahoma