

**PHYSICAL ACTIVITY**

Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendation regarding physical education and physical activity.

Per Oklahoma Senate Bill 312 (effective school year 2006-2007), students in Grades K through 5 will participate in 60 minutes of physical activity each week.

Students will be encouraged to participate in voluntary before- and after-school physical activity programs such as intramurals, clubs, and, at the secondary levels, interscholastic athletics.

All playgrounds will meet the recommended safety standards for design, installation and maintenance.

School sites will provide adequate equipment (e.g., balls, rackets, and other manipulatives ) for every student to be active.

**SCHOOL-BASED ACTIVITIES**

Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee. Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.

Per USDA Regulations 210.12 and 227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.

Students will be provided with a clean, safe, enjoyable meal environment.

Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of 15 minutes will be provided at breakfast and 20 minutes at lunch (after students receive their trays).