

Physical Activity

The Snoqualmie Valley School District offers numerous opportunities for students to participate in some form of physical activity while at school. Some examples are physical education classes, recess, and extracurricular sports and activities.

Here are some ways to help your child keep active at home:

- Participate in community sports programs
- Play active games with your child (Frisbee, golf, tennis, capture the flag, etc.)
- Throw and catch with your child, using beanbags and balls of different sizes.
- Play ball games with your child; bounce a ball to music. Provide challenges by: bouncing to an even rhythm, bouncing on a line, and bouncing in a sequence.
- Walk, hike, climb, jog, or bicycle together.
- Take a walk through the neighborhood, picking up trash and discussing ways to improve the look of the neighborhood.
- Visit parks, playgrounds, and swimming pools.
- Select an area of fitness you and your child would like to improve or maintain. Chart and record the results.



Healthy Classroom Party Suggestions

- **Build your own fruit parfait:** low-fat yogurt, fruit selection, toppings.
- **Build your own sundae:** low-fat frozen yogurt, fresh fruit toppings, nuts.
- **Build a fruit kabob**
- **Popcorn and Movie**
- **Strawberry Shortcake:** low-fat shortcake, fresh strawberries and low-fat sugar free toppings.



Foods of minimal nutritional value should not be sold or dispensed by school district staff on campus during the school day.

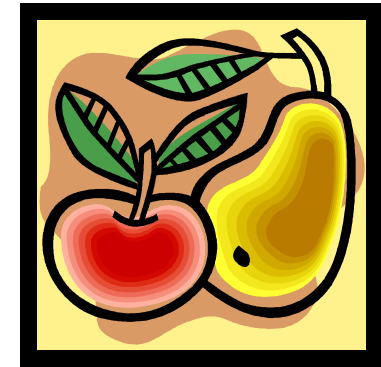
Examples include:

- Pepsi, 7-up, Coca Cola (Diet soda is allowed at middle and high school level)
- Frozen sweetened water such as, popsicles and snowcones
- Marshmallows, cotton candy
- Chewing gum, licorice
- Certain type of candies: Hard candy, jellies, gummy bears, Pez, Skittles, lollipops, Starburst, etc.

Visit the Snoqualmie Valley School District website for more information

www.svsd410.org/departments/foodservices

Snoqualmie Valley School District Wellness Policy



The importance of proper nutrition and physical activity to life-long good health will be demonstrated and taught to Snoqualmie Valley School District students through food served in the school setting, appropriate classroom instruction and a quality physical education program.

“BALANCED CHOICES” MEANS:

PROVIDING AND PROMOTING HEALTHY FOOD, INSTRUCTION AND PHYSICAL ACTIVITY AT SCHOOL

What are Balanced Choice Foods?

- Food choices in the Snoqualmie Valley School District schools are based on guidelines to meet state and federal nutrition standards.
- Choices of snacks, beverages and meals that meet nutrition guidelines and which endorse healthy eating and appropriate portion sizes.
- Balanced Choice teaches students how to make a healthy choice while on the school campus as well as outside of school.

What are Competitive Foods?

Competitive foods are defined as **foods and beverages sold to students other than as a meal provided through the National School Lunch Program**, such as:

- *Student stores , student restaurants*
- Clubs, snack sales, fund raisers
- Competitive foods served or sold to students will not include soda* or any Foods of Minimal Nutritional Value as defined by the National School Lunch program.

* *Diet soda is allowed at the middle and high school level*

School Lunch

- Limit high sugar to items that are nutrient dense
- Serve meals that include a variety of foods that are low in fat, saturated fat and zero trans fat
- Include fresh fruit, vegetables and whole grain products.
- Eliminate deep-fried foods.



Portion Recommendations for snacks and beverages

- 275 calories or less for high school
- 25-35% of calories from fat or ten grams or less of fat
- 17 grams of sugar or less (based on 35% weight on 1.75 oz portion)
- At least 3 grams of protein
- **Water:** No added sugar
- **Sport Drinks & Other Beverages:** 20 oz
- **Milk:** 2%, 1% and non-fat, 16 oz maximum.



Examples of Healthy Food Choices

Fresh Fruits & Vegetables

- In season, fresh fruit
- Carrots, broccoli, cauliflower with low-fat dip, or dressing.
- Kiwi, grapes, pineapple, apple slices with low fat, low sugar dips.



Beverages

- Fruit Juices-Apple, Grape, OJ
- Fruit Smoothies
- Low-fat Milk
- Water
- Sports Drinks– Powerade, Gatorade



Snacks

- 100% fruit snacks, fruit bars
- Frozen low-fat yogurt
- Low-fat pudding cups
- Popcorn
- Jerky
- Low-fat string cheese
- Low-fat sandwich cookies
- Fruit, nuts, trail mix, & grain mixes
- Baked chips
- Baked goods, low-fat
- Fresh-peeled, prepared fruit

