



## **Tacoma Public School District**

### **Policy No. 6700 Management Support**

#### **HEALTH, NUTRITION AND PHYSICAL FITNESS**

The board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases such as some cancers, diabetes and other chronic illnesses are significantly reduced and may be preventable through a well balanced diet and a regular physical activity program.

The understands the importance of recess and its positive effect upon physical, developmental, social, emotional health and well being of children that in turn paves the way for academic excellence. In addition to required health, nutrition and fitness education, consideration should be given to a 15-minute recess in addition to the lunch recess, at a time determined by the teacher so as to best meet the instructional needs of the children. The district encourages the provision of adequate co-curricular physical activity programs, including fully-inclusive intramural programs and physical activity clubs; and the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.