

INSTRUCTION

2305

Nutrition Services/Nutrition Education

The Coeur d'Alene School District recognizes that students must go to school with minds and bodies ready to take advantage of the learning environment schools work so hard to develop. Good nutrition is a prime factor in the student's ability to learn. In addition to families, the school environment plays a vital role in shaping students' nutritional health throughout the growing years:

Nutrition services complement and enhance school health services.

Optimally, nutrition services are provided on the school premises by a qualified nutrition professional recognized as a valued member of the health care team. The school nurse, dietitian, food service director, and teachers should work collaboratively to successfully integrate nutrition into the District's comprehensive health program.

Nutrition services are linked to physical education, school meals, and health promotion programs in the school and community.

Nutrition Education

Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and wellbeing. Healthy eating is linked to reduced risk for mortality and the development of many chronic diseases as adults. Schools have a responsibility to help students establish and maintain lifelong, healthy eating patterns.

Quality nutrition education builds knowledge and skills throughout the child's school experience. Nutrition and nutrition education are recognized as important contributors to overall health.

Comprehensive nutrition education programs extend beyond the classroom. The school cafeteria, physical education programs, after-school sports, and school health services are appropriate avenues for nutrition education.

The District shall include the school community, the local community, and students' parents in efforts to provide nutrition education, a healthy diet, and daily physical activity to students.

In addition, students and staff are encouraged to model healthy eating as a valuable part of daily life. The School District shall prepare guidelines that encourage healthy eating at school. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students.

Cross Reference: 8200 Local School Wellness

Legal Reference: I.C. § 33-512 District Trustees - Governance of Schools

Policy History:

Adopted on: 2/3/14

Revised on: