

**NON-INSTRUCTIONAL OPERATIONS**

**8200**

**Local School Wellness**

- The goal of this policy is to promote healthy schools by supporting wellness, good nutrition, and regular physical activity, as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. The District shall review and consider evidence-based approaches in establishing goals for school based activities to promote student wellness.

**Public Involvement**

- A Wellness Committee, appointed by the superintendent and/or designee, shall be comprised of District School Board, administration, food service, physical education instructors, school health professionals, community members, students and parents will meet annually to implement, review and update the Local School Wellness Policy.

**Nutrition Guidelines**

- All foods and beverages available for sale on the school campus during the school day shall meet or exceed the nutritional standards required by the USDA's National School Lunch Program, the National School Breakfast Program and the Smart Snacks in schools regulations. School day is defined as midnight before to 30 minutes after the end of the instructional day. Water shall be available during mealtimes. Water shall also be available through water fountains and/or water bottle filling stations. Water sales options may also be provided through school vending and concession services.
- Any food item sold in vending machines, school stores, snack bars, classrooms, ala-carte items in the cafeteria during the school day, and intended for consumption at school must meet the requirements of the Smart Snacks in School Regulations, except for exempt fundraisers. Principals and teachers are encouraged to use non-food items or foods meeting District nutrition standards for celebrations and as a reward for student accomplishment.
- The District shall ensure celebrations that involve food during the school day be limited to no more than one party, per class, per month and that each party include no more than one food or beverage that does not meet nutrition standards for Smart Snacks in Schools.

**Nutrition Standards**

- Any fundraising requires administrative approval. The number of exempt fundraisers held annually may not exceed the number established by the Idaho State Department of Education, unless special permission is granted by the State Department of Education. Any fundraising activity that involves foods not intended for consumption in schools, such as the sale of cookie dough or frozen pizza outside of school, shall also be exempt. Non-food items or food items that comply with Smart Snack restrictions are also exempt.

### **Food and Beverage Marketing**

- Marketing on the school campus during the school day is permitted for the food and beverage items that meet the competitive food requirements. This includes exterior of vending machines, menu boards, posters, coolers, cups, and food service equipment.

### **Nutrition Promotion**

- Students shall have opportunities to select healthy, nutritious food items during the school day. The District may take steps to promote wellness, such as the promotion of health fairs, school gardens, theme days, food tasting, wellness newsletters, and smarter lunchroom strategies theme meals, food tasting. The school environment shall be safe, comfortable, pleasing and allows ample time and space for eating meals.

### **Nutrition Education**

- Age appropriate nutrition education shall be provided to students. Standards based nutrition education shall be integrated into curricula (i.e. cooking classes, food tastings and meals).

### **Physical Activity**

- The District will meet or exceed the physical education requirements for all students as defined by the State Board of Education.
- The District will provide supervised recess time for all elementary students.

### **Other School Based Wellness Activities Physical Activity**

- The District will provide a variety of extra-curricular activities and opportunities for physical activity to meet the needs of all students.
- The District will promote physical activity and healthy eating to students, parents, staff and patrons at all schools.
- This policy will be reviewed with school administrators annually to encourage staff awareness and adult modeling.

### **Assessment**

- Each building Principal will designate one or more persons at each school as the monitor with the operational responsibility for ensuring the school meets the policy. This responsibility includes completing the Idaho Wellness Policy Progress Report, using the smart snack product calculator, ensuring the policy's guidelines are being met, ensuring that all fundraisers are tracked and ensuring exempted fundraisers do not exceed ten per year, per school.
- Evaluation of the Local Wellness Policy shall be conducted at least once every three years and shall include:
  - The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
  - The extent to which the District's wellness policy compares to model local school wellness policies; and
  - A description of the progress made in attaining the goals of the wellness policy.

