

## **WELLNESS PROCEDURE 1**

The superintendent or designee is responsible for developing and implementing a comprehensive district-wide school wellness program consistent with state and federal requirements, in implementing this policy, the goal of the Board is to encourage a healthy lifestyle for students through the introduction of nutritious foods and physical activity within the school setting.

### **NUTRITION GUIDELINES**

The district will be proactive in encouraging students to make nutritious food choices, utilizing the following strategies:

1. The school district will offer breakfast, lunch, and an after school snack when applicable. Students and staff are highly encouraged to promote and participate in the above programs. Menus offered meet the nutrition standards established by the U.S. Department of Agriculture.
2. Meals served will feature a variety of healthy choices that are tasty, appealing, of excellent quality, and served at the proper temperature.
3. If Ala Carte food sales are allowed in the cafeteria or in other locations where the school meals are served or eaten, the like foods should be of the same portion size as those offered within the standards established in the guidelines above. Ala Carte options within the school nutrition program should be offered to supplement, not substitute for school meals. Ala Carte options must be smart snack compliant.
4. Schools will make an effort to encourage students to make nutritious food choices such as whole grains, fresh fruits and vegetables, and low fat dairy.
5. The district shall provide free and reduced-priced breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast Programs and the laws and rules of the state. The district shall inform parents or guardians of the eligibility standards for Free or Reduced Meals prices. Reasonable efforts will be made to protect the identity of students receiving such meals.

### **QUALITY GUIDELINES**

1. Schools will provide clean and adequate facilities.
2. Students will be asked for input periodically regarding the quality of food served, the variety of options offered, and new menu choices to consider.
3. The school district will utilize a nutritional professional in the establishment, maintenance, and education of students and adults regarding the menus and food offerings. The

nutritional professional may be an employee, contracted individual, or employed by a food service contractor.

4. Adequate time to eat should be provided. School personnel will evaluate procedures and processes in the cafeteria to minimize wait times in lines.
5. Child nutrition programs will meet the needs of children with special diets in compliance with regulatory requirements.
6. Drinking fountains will be available for students to get water at meals or throughout the day.
7. Proper sanitizations and cleanliness will be promoted prior to eating meals.

### **OTHER FOOD OPTIONS**

1. Healthy, nutritious alternatives will be provided wherever food is offered through parties, celebrations, social events, and any school function.
2. Vending machines may be operated in the high school and junior high school offering food products to students. Vending machines will be controlled at the facility level regarding their content. The contents will comply with smart snack compliant regulations as defined by Federal NSLP guidelines.
3. Class functions or parties shall offer healthy fruit alternatives to any non-healthy snacks to accommodate and include students with medical conditions. All peanuts, nuts, and any product made with or cooked in nut oils are prohibited and cannot be brought to the classroom to prevent potential severe allergic reactions. A listing of healthy food and party alternatives will be provided and maintained on the school website to encourage parents to bring healthy, appropriate snacks.
4. School staff shall not use food as a reward for student accomplishments unless it is specifically stated in the student's IEP. The withholding of food or food alternatives shall not be permitted as a punishment or discipline action (i.e. not allowing flavored milk as an option for misbehaving).
5. The district shall maintain on the school website a link to FDA recommendations for healthy alternatives and other websites for additional information. This will be designed to educate parents and encourage healthy eating away from school.

**PHYSICAL ACTIVITY**

1. The district will maintain a health and physical education curriculum consistent with the Idaho State Board of Education Rules that will provide opportunities for developmentally appropriate health and physical education instruction.
2. Elementary schools will provide when practical, 40-minutes of recess per day where rigorous activity is encouraged. Elementary schools are encouraged but not required to hold a noon recess prior to eating lunch.
3. To promote physical fitness of students and parents, the district will offer its facilities for recreational purposes, with minimum cost to the district, pursuant to the district’s facility use policies and procedures. The district may enter into agreements with other governmental or community organizations to allow the facilities to be used for physical activities and recreation programs outside the hours of the normal school day.
4. The district shall support, provide, and participate in extracurricular activities to promote physical fitness where financially feasible. This includes but is not limited to all inter-district sports activities, competitions, and intra-district intramural competitions.
5. The district will provide a link on its website of the recommendations for family physical fitness activities and fitness standards to promote physical fitness outside of school activities and to educate parents.

**COMMITTEE FORMATION**

The district shall convene a school wellness committee with representatives from administration, parents, students, teachers, and food service staff to monitor and evaluate the effectiveness of the current procedures. Recommendations from this committee will be forwarded to the Superintendent for their evaluation and implementation.



**LEGAL REFERENCE:**

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (PL 111-296), reauthorizing the Child Nutrition Act, 42 U.S.C. § 1758b (2010).  
 Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, § 204  
 42 U.S.C. § 1751, *et seq.*  
 42 U.S.C. § 1771, *et seq.*  
 7 CFR Part 210

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