

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. A variety of healthy food choices will be available whenever food is sold or served on district property or at district-sponsored events;
2. Food will be prepared in such a manner to be nutritious and appealing to students' food preferences; and
3. Food prices will be designed to encourage students to purchase nutritious items.

School Nutrition Program

The district's school nutrition programs shall prepare and serve meals, á la carte foods, snacks, and beverages that meet the U.S. Dietary Guidelines for Americans. In complying with such guidelines, the foods and beverages sold or served in school will contain a variety of grains, fruits, vegetables, and foods that are low in saturated fat, trans fatty acids, cholesterol, sugars, and sodium. The school nutrition program will serve food choices that do not comply with U.S. Dietary Guidelines for Americans no more than 10% of the time; in the event food is offered that is not in compliance with such guidelines, it will be clearly identified as not meeting the guidelines and alternative foods that do meet the guidelines will also be offered.

The district will either employ, or consult with, registered dieticians to ensure the school nutrition programs serve food in compliance with the U.S. Dietary Guidelines for Americans.

Students, staff, and parents will be encouraged to provide feedback regarding the selection of foods and beverages available through the school nutrition program.

The district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.

Snacks and Parties

The school wellness committee will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered as classroom snacks for elementary students, as well as school sponsored parties, social events, and school functions.

Vending Machines

Vending machines will not be installed in any elementary school in the district. The school wellness committee will develop and recommend to the administration guidelines regarding restrictions of the use of vending machines installed in the secondary schools, as well as the foods and beverages that may be sold in such vending machines.

Food as Rewards

Teachers are encouraged to not use food as a reward for students. The school wellness committee will develop guidelines for appropriate alternative reward systems.

Fundraising

All fundraising efforts by the school or any school-sponsored organization involving the sale of food items will be reviewed by the school wellness committee. In determining whether to approve the fundraising, the administration will consider the committee's recommendation as to whether the sale of such items is contrary to the district's goals in promoting healthy lifestyles.

Free and Reduced-Price Food Services

The district shall provide free and reduced-price 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 and reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent or guardian has the right to appeal any decision with respect to any denial of his/her application for free or reduced-price food services to the superintendent or designee.

ASSURANCE REGARDING REIMBURSABLE SCHOOL MEALS

Notwithstanding any other provision of this policy, the district's guidelines for reimbursable school meals shall not be less restrictive than the regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. § 1779) and Section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. §§ 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools.

PHYSICAL ACTIVITY

Health and Physical Education Curriculum

The board will adopt and implement a comprehensive health and physical education curriculum consistent with the Idaho State Board of Education Rules, which will provide opportunities for developmentally-appropriate health and physical education instruction. Nutrition, health, and

fitness topics will be integrated within the sequential, comprehensive health and physical education curriculum.

All teachers will be encouraged to incorporate concepts of good nutrition and physical activity in other courses of instruction, as appropriate.

Recess

Elementary students will be provided the opportunity to participate in daily recess for a minimum of forty (40) minutes per day. Students will be encouraged to engage in some form of physical activity during the daily recess period(s), and the schools will be responsible for providing adequate time, facilities, and equipment to facilitate such physical activities.

Use of School Facilities Outside of School Hours

To promote physical fitness for students and patrons, and pursuant to the district's facility use policy, the district may enter into agreements with governmental entities and community organizations to allow the use of school facilities for physical activity and recreation programs offered by the school and/or community-based organizations outside of school hours.

FAMILY AND COMMUNITY INVOLVEMENT

To promote family and community involvement in supporting and reinforcing physical education in the schools, the school principal or designee is responsible for providing educational information and/or events to promote nutritious eating habits and increased physical activities for students, family members, and community members.

MONITORING AND POLICY REVIEW

The superintendent or designee is responsible for monitoring and ensuring that the schools in the district comply with this policy. Principals will ensure compliance with this policy in the school and report such compliance to the superintendent or designee. The director of food services will ensure that the food service program complies with nutrition guidelines set forth in this policy, and state and federal regulations, and will report such compliance to the superintendent or designee.

A school wellness committee will be convened, with a membership including two (2) or more representatives from each of the following groups: the administration/board of trustees, teachers, food service employees, students, parents, and community members. The committee will be responsible for recommending guidelines as set forth in this policy, developing recommendations for events and programs to further encourage school wellness, and reviewing the policy and suggesting modifications thereof.



LEGAL REFERENCE:

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.*

FIRST READING: October 9, 2006

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