

<b>Category:</b> <b>8000 – STUDENTS</b>	<b>Policy Number:</b> <b>8495</b>
<b>Policy Title:</b> <b>Wellness</b>	<b>Effective Date:</b> <b>July 19, 2006</b>

The Snake River School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Snake River School District that:

**School Health Advisory Committee:**

A School Health Advisory Committee (SHAC) will be formed, including representatives from administration, school food service, school board, parents, students and other members assigned by the superintendent. This committee shall meet to address nutrition and physical activity issues with the objectives of promoting student health. This committee shall offer revisions to these guidelines at least annually or more often if necessary.

The superintendent or designee(s) shall be responsible for monitoring the compliance of this policy. Each school will be evaluated at least annually by a school evaluation team consisting of an administrator, parent, student, and other members assigned by the building administrator. They will present their recommendations to the SHAC and appropriate staff.

**Nutritional Quality of Foods and Beverages Served In Clean Facilities on Campus:**

The District will establish a procedure outlining nutritional guidelines that the schools will follow and will share information about the nutritional content of meals with parents and students. Such information will be available through the food service personnel at each building. Meals served through the National School Lunch and Breakfast programs will be available to all students and will meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations. Safety procedures in the kitchens and lunchrooms shall comply with OSHA and state and federal regulations. The district will provide wholesome and appetizing meals, served in a courteous manner, in a sanitary and pleasant environment.

**Physical Activity Opportunities and Physical Education**

All students in grades K-12 will receive instruction in physical education. The district shall offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students K-6. District administrators and maintenance personnel shall assure that playground equipment, school grounds and facilities meet safety standards.

**Wellness Education for Students, Parents, and Staff:**

The school district will make available information that encourages parents to provide their children with nutritious foods, regular exercise, and healthy lifestyle choices. Food service staff and educators shall receive the training needed to comply with this policy. Wellness education (nutrition, fitness, safety, physical and emotional health) is to be included through the normal curriculum.

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**A. Nutritional Quality of Foods and Beverages Served on Campus.**

The District will share information about the nutritional content of meals with parents and students. Such information will be available through the food service personnel at each building.

School Meals. Meals served through the National School Lunch and Breakfast programs will:

1. Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations;
2. Offer a variety of fruits and vegetables;
3. Serve only low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA);
4. Offer a variety of whole grains;
5. Be appealing and attractive to children; and
6. Be served in clean and pleasant settings

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. Schools will operate school breakfast programs, when feasible.
2. Schools will notify parents and students of the availability of the school breakfast programs
3. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and reduced-priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced schools meals.

Meal Times and Scheduling. The school district shall:

1. provide adequate time for students to eat;
2. schedule lunch time as near to the middle of the school days as possible;
3. schedule recess for elementary schools before lunch when possible so that children will come to lunch less distracted and ready to eat;
4. not schedule tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities

**B. Foods and Beverages Sold Individually (foods sold outside of reimbursable school meals such as through vending machines, fundraisers, etc.)**

Vending Machines in Elementary Schools. Any vending machines or competitive day-time sales will be limited to foods and beverages that are low-fat and non-fat milk, fruits, and vegetables or meet the criteria for healthy snack foods.

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B. Foods and Beverages Sold Individually (foods sold outside of reimbursable school meals such as through vending machines, fundraisers, etc.) (cont.)

Vending Machines in Middle/Junior High and High Schools. In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable meal programs will follow these guidelines:

- a) May not be sold within the cafeteria or school nutrition serving area thirty minutes before or during the breakfast or lunch serving periods.
- b) Will allow 100% fruit juice or beverages sweetened with 100% fruit juice, as long as the portion size does not exceed 16 oz. A selection of reduced calorie choices in fruit juices will be offered, if available.
- c) Will allow a maximum of 2% milk fat for either plain or flavored milk.
- d) There will be no limit on the serving size on bottled water and non-caloric drinks.
- e) Will select 50% of the drinks offered from traditional sugared drinks, but must limit caffeine to no more than 95 mg. per 20 oz. serving.
- f) 50% of the snack machines must include health snack foods that meet the criteria for healthy snack foods
- g) Fruits and vegetables will be made available for purchase by the school food services.

Rewards Educators are discouraged from using foods and beverages with low nutritional value as rewards. Schools will work towards rewarding students with alternative rewards in place of candy and sweets.

Class Parties and Celebrations Providing healthy options at occasional class parties and activities is strongly encouraged. Healthy options are to be published on the District's website. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students. Only commercially prepared and packaged products or products which have been prepared by the district food services are encouraged.

Concessions. When foods and beverages are offered or sold at school-sponsored events outside the school day, every effort will be made to include those foods and beverages that meet the criteria for healthy snacks and beverages.

Fundraising activities School fund raising activities involving food or beverages will be encouraged to utilize foods that meet the criteria for healthy snack foods and beverages sold individually.

C. Wellness Education for Students, Parents, and Staff

1. The school district will make available information that encourages parents to provide their children with nutritious foods, regular exercise, and healthy lifestyle choices. This information is to be available on the district's web page, through district and school newsletters, and parent meetings.
2. Food service staff and educators shall receive the training needed to comply with this policy
3. Wellness education (nutrition, fitness, safety, physical and emotional health) is to be included through the normal curriculum. Elementary grades will introduce nutritional elements in each grade level and will be supported by the food service staff. Secondary students will receive instruction in their health classes, science, classes, family and consumer sciences classes and PE.

D. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12 All students in grades K-12 will receive instruction in physical education. Elementary students, grades 1-6 will receive a minimum of 75 minutes of instruction each week. Students in grades 7-12 will receive health/wellness and physical education instruction as required by district policy and the Idaho State Board of Education.

Daily recess. The district shall offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students K-6. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time.

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D. Physical Activity Opportunities and Physical Education (cont.)

Integrating Physical Activity Into the Classroom Setting. For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
2. Opportunities for physical activity will be incorporated into other subject lessons; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.

Physical Activity Opportunities Before and After School.

Elementary and middle schools will be encouraged to offer intramural physical activity programs, when feasible. The high school and junior high will offer interscholastic sports programs.

E. Monitoring and Compliance The superintendent or designee(s) shall be responsible for monitoring the compliance of this policy. Monitoring of compliance shall include:

1. Within the first twelve weeks and at the end of each school year:
  - a. The building principals, food service personnel, a parent, student, and any other members that the principal assigns, will complete an internal self-audit verifying compliance with the various requirements of this policy;
  - b. The SHAC will review the building and department self reports, audit food service menus and food practices related to this policy for compliance and audit vending machines and day time competitive sales for compliance.
  - c. At the end of the school year the SHAC will review and revise the Wellness policy, as needed.