

STUDENTS

3504

Health and Wellness Policy

The Purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

Nutrition

- School Nutrition Programs comply with federal, state and local requirements.
- School Nutrition programs are accessible to all children.
- Age appropriate nutrition education is provided to students.
- Students have opportunities to select healthy, nutritious food items at school.
- All foods and beverages sold on campus during the school day are consistent with the USDA standards.
- All foods sold on campus meet adequate level standards outlined in the Idaho State Department of Education Standards for Vending Machines and Other Foods sold in Schools.
- Vending machines are not made available to elementary students.
- The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals.
- Principals and teachers are encouraged to use non-food items or foods meeting district nutrition standards for celebrations, or non-standard foods occasionally and in moderation.

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;
- 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.

Administration

- The superintendent and/or designee will develop measures to evaluate compliance of this policy. Each school will have a designated monitor to insure this policy and the smart snack guidelines are being met and all fundraisers are tracked and exempted fundraisers do not exceed ten per year, per school.

- Complete dietary guidelines and smart snack guidelines are available through the Child Nutrition Department and Nutrition Services page on the district website. Also utilize nutrition software to communicate nutrition and food allergy information to parents, students and staff regarding the NLSP and SBP programs.
- A Wellness Committee comprised of district, foodservice, school and parent representatives will meet annually to review the Student Nutrition and Physical Activity Policy.
- The Student Nutrition and Physical Activity Policy will be reviewed with school administrators annually to encourage staff awareness and adult modeling.
- Students and other community members have access to a community based health resource that provides routine physical exams, sport physicals, diagnosis and treatment of illness and injury, immunizations and flu shots, prescription medications, health education and screenings, blood pressure checks and monitoring, behavioral health services, medical, behavioral health and dental referrals.

Policy History:

Adopted on: May 9, 2016

Revised on: