

NON-INSTRUCTIONAL OPERATIONS

Local School Wellness

[The Healthy, Hunger-Free Kids Act of 2010 requires that the parents, students, district staff, administrators, Trustees, food service staff, school health professionals, teachers of physical education, and the public be allowed to provide input on the development of this policy. This model policy is intended only as a starting point for this dialogue.]

It is the goal of Post Falls School District 273 to make a significant contribution to the general well-being, mental and physical capacity, and learning ability of each student and afford them the opportunity to fully participate in the education process. The district promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our schools contribute to the basic health status of children. Improved health optimizes student performance potential.

Healthy eating is demonstrably linked to reduced morbidity and risk of mortality from many chronic diseases.

The Board of Trustees directs the superintendent or designee to inform and update the public, including parents, students, and others in the community, about the content and implementation of the wellness policy. Such information may be provided on the district's website, through dissemination of student handbooks, or in any other manner the superintendent or designee may deem appropriate.

Definition

For the purposes of this policy the school day is defined as midnight before to 30 minutes after the end of the instructional school day.

Nutrition Education and Promotion

The district shall review and consider evidence-based approaches in establishing goals for school-based activities to promote student wellness. This may include review of the "Smarter Lunchroom" tools and strategies.

The district shall also take measures to promote nutrition and physical activity, engage in nutrition education, and conduct wellness activities. For this purpose, the district may incorporate some of the following methods as recommended by the Wellness Committee:

1. Encourage and promote that all district schools become certified as a Healthier US Schools Challenge schools and/or enroll as a Team Nutrition schools;
2. Host at least one health fair each year;

3. Draft and regularly distribute a wellness newsletter for students and parents;
4. Review Smarter Lunchroom Movement best practices and evaluate each school's ability to implement them;
5. Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health, and food services;
6. Offer a recognition or reward program for students who exhibit healthy behaviors.
7. Offer students taste-testing or menu-planning opportunities;
8. Participate in Farm to School activities and/or have a school garden;
9. Use student feedback to improve the quality of the school meal programs;
10. Offer a staff wellness program;
11. Provide district staff with adequate pre-service and ongoing in-service training that focuses on program administration, nutrition, physical activity, safety, the importance of modeling healthy behaviors, and strategies for behavioral change; and
12. Participate in community partnerships to support wellness programs, projects, events, or activities.

Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

1. USDA School Meals – School meals will include a variety of healthy choices while accommodating special dietary needs. All schools shall participate in the USDA school breakfast and school lunch programs. The district will also offer the Summer Food Service Program at approved sites.
 - a. All reimbursable meals will meet nutrition standards mandated by the USDA.
 - b. All School Nutrition staff will receive training per USDA professional standards guidelines.
 - c. Students will have access to hand washing/hand sanitizing facilities before meals.
 - d. Information on the nutritional content and allergens will be found on the district website.
 - e. Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast, lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals.
 - f. Foods served as part of the After School Snack Program (GAP) run by the school will meet USDA standards.
1. Competitive Foods and Beverages:
 - a. On campus sales during the school day – All foods sold at school during the school day 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. These regulations apply to food sold during the school day in school stores, vending machines, and other venues.
 - b. Fundraising – Non-Food fundraising is promoted. When in-school fundraising involves food, items must meet the district's nutrition standards for competitive foods. Exceptions can be made for infrequent food sales fundraisers that occur no more than the number of times determined appropriate by the Idaho State Department of Education during the school year and are not held during school meal times. Fundraisers will be tracked at each school site by a designee of the superintendent in charge of compliance at that site. (Note: There are many healthy fundraising options available during the school day to schools including selling books, fresh produce, school spirit merchandise, or other non-food items. Fundraising activities involving the sale of food consumed outside of school, such as frozen pizza sales, are exempt from the nutrition standards.)

- c. Celebrations - Promote and encourage celebrations involving 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. The district will make available a list of healthy party ideas to parents and teachers.

[Note: The USDA has no role in regulating foods brought from home, but school districts are required to set nutrition guidelines for foods served at school other than those that are sold. The Smart Snacks in Schools regulations only affect foods sold on school grounds during the school day. Time honored traditions like treats for birthdays, or foods at an afterschool sporting event, are not subject to those standards.]

Other Wellness Activities

1. Marketing – School-based marketing will be consistent with nutrition education and health promotion. Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the district’s Wellness Policy.
2. Food used as reward or punishment – Research clearly indicates the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences.

Physical Activity

1. Provide, as identified by State Department of Education guidelines, an age-appropriate amount of minutes of physical education per week for elementary students and middle school students.
2. Elementary, middle and high schools may offer extracurricular physical activity programs, such as physical activity clubs and intramural programs. High school and middle school may offer interscholastic sports programs to all students.

Evaluation and Enforcement

1. Community Participation - The district shall invite parents, students, representative food service staff of the school food authority, teachers of physical education, school health professionals, the board, school administrators, and the general public to participate in the development, implementation, and periodic review of this policy.
2. Annual Review - The superintendent or designee shall annually make available the content of the policy, and review and measure the Wellness Committee’s progress. This review and measurement may include but is not limited to the following:
 - a. The extent to which schools under the jurisdiction of the district are in compliance with the Wellness Policy;
 - b. The extent to which the district’s Wellness Policy compares to model local school wellness policies; and
 - c. A description of the progress made in attaining the goals of the Wellness Policy.

Updated wellness policies, timelines and information dissemination practices will be identified by the Wellness Committee and the superintendent or designee. The updated Wellness Policy and implementation of the policy shall be conducted at least every three years.

Record Retention

The district shall retain the following records relating to the Wellness Policy:

1. The written local school Wellness Policy;
2. Documentation demonstrating the community was involved in the development, implementation, and periodic review of the Wellness Policy;
3. Documentation of the assessment of the Wellness Policy; and
4. Documentation to demonstrate the public was notified annually as required by this policy.

Monitoring Compliance

The superintendent shall designate one or more district officials or school officials to ensure each school complies with this policy.

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| Cross-References: | § 2310 | Nutrition Education |
| | § 2315 | Physical Activity Opportunities and Education |
| | § 8230 | Nutrition Standards |
| Legal References: | P.L. 108-265 | The Child Nutrition and WIC Reauthorization Act of 2004 |
| | 42 USC § 1758b | Healthy and Hunger-Free Kids Act of 2010 |
| | 42 USC § 1771 <i>et seq.</i> | Child Nutrition Act of 1966 |
| | 42 USC § 1751 <i>et seq.</i> | National School Lunch Act |
| | 7 CFR §§ 210 & 220 | Nutrition School Lunch and School Breakfast Programs: Final Rule |
| | 7 CFR § 210.30 | Local School Wellness Policy |
| Other References: | Idaho Wellness Policy Progress Report, Idaho State Department of Education Implementation and Monitoring Plan, Idaho State Department of Education Wellness Policy Guidelines—Elements of Implementation for Final Rule, Idaho State Department of Education http://www.sde.idaho.gov/cnp/sch-mp/snacks.html | |

Policy History:

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