

Policy 0701.01: Wellness Policy

Status: ADOPTED

Original Adopted Date: 05/11/2009 | **Last Revised Date:** 05/11/2020 | **Last Reviewed Date:** 05/08/2023

It is the goal of St. Maries Joint School District No. 41 to strive 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. St. Maries Joint School District No. 41 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 students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, the schools contribute to the basic health status of students. Improved health optimizes student performance potential.

Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.

The Board of Trustees directs the Superintendent to inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of the Wellness Policy. Such information may be provided on the District website, through dissemination of student handbooks, or in any other manner the Superintendent may deem appropriate.

DEFINITION

For the purposes of this Policy the school day is defined as midnight before to thirty (30) minutes after the end of the instructional school day.

GOALS FOR WELLNESS PROMOTION

To ensure the health and well being of all students, it is the policy of the District to:

1. Ensure that all students have access to adequate and healthy food choices on scheduled school days at reasonable prices;
2. Ensure that foods sold at school during the school day meet or exceed the traditional standards required by the National School Lunch Program, the National School Breakfast Program, and the Smart Snacks in Schools standards. 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;
3. Ensure that non-compliant non-exempt fundraising food sales will not occur on school grounds during the school day. The District operates under the United States Department of Agriculture (USDA) program regulations of the National School Lunch Program, National School Breakfast Program, and the Smart Snacks in Schools standards. This includes food sold during the school day in school stores, vending machines, and other venues. (Note: There are many healthy fundraising options available to schools including selling books, fresh produce, school spirit merchandise, or other non-food items during the school day. Fundraising activities that take place outside of school, such as frozen pizza sales, are exempt from the nutrition standards.);
4. Schools should limit celebrations that involve food during the school day to no more than one party per class per month. It is recommended 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 disseminate a list of healthy party ideas to parents and teachers;
[Note: The USDA has no role in regulating foods brought from home. The Smart Snacks in Schools standards only affect foods that are sold on school grounds during the school day. Time honored traditions like treats for birthdays, or foods at an after-school sporting event, are not subject to those standards.];

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:

1. Ensure 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. Provide thirty (30) minutes of physical education per week to elementary students and forty-five (45) minutes per week to middle school students;
7. Offer a recognition or reward program for students who exhibit healthy behaviors;
8. Start a walking or physical activity club at each school;
9. Offer at least one (1) after school physical activity program;
10. Ensure students have access to hand-washing facilities prior to meals;
11. Annually evaluate the marketing and promotion of the school meal program;
12. Share school meal nutrition information with students and families;
13. Offer students taste-testing or menu planning opportunities;
14. Participate in Farm to School activities and/or have a school garden;
15. Advertise and promote nutritious foods and beverages on school grounds;
16. Offer nutritious foods and beverages at lower prices than other foods and beverages;
17. Offer fruits or non-fried vegetables everywhere foods are sold;
18. Use student feedback to improve the quality of the school meal programs;
19. Offer a staff wellness program;
20. 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
21. Participate in community partnerships to support wellness programs, projects, events, or activities.

NUTRITION STANDARDS

To promote student health and reduce childhood obesity, the District requires all schools within the District to comply with the nutrition standards established by the United States Department of Agriculture (USDA) with respect to all food that is available on school grounds during the school day.

COMMUNITY PARTICIPATION

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the School Board, school administrators, and the general public are all invited to participate in the development, implementation, and periodic review of this Policy.

The Superintendent shall periodically measure and make available to the public an assessment on the implementation of this Policy including:

1. The extent to which schools under the jurisdiction of the District are in compliance with the Wellness Policy;
2. The extent to which the District's Wellness Policy compares to model local school wellness policies; and
3. A description of the progress made in attaining the goals of the Wellness Policy.

Methods of providing this information to the public may include developing or disseminating printed or electronic materials to families of students and other members of the school community at the beginning of the school year, or posting the local wellness policies and an assessment of their implementation on the District or school website.

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 or more District officials or school officials to ensure that each school complies with this Policy.

Policy History:

Reviewed: 05/11/2009
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 Reviewed: 05/08/2023

Legal References References

42 USC 1751 et seq.

42 USC 1758b

42 USC 1771 et seq.

7 CFR 210.30

7 CFR Parts 210

Section 204

Description

National School Lunch Act

Local School Wellness Policy

Child Nutrition Act of 1966

Local School Wellness Policy

Nutrition School Lunch and School Breakfast Programs: Final Rule Smart Snacks in School Regulations by the United States Department of Agriculture

Section 204, Child Nutrition and WIC Reauthorization Act of 2004

Other References References

Idaho State Department of Education

Idaho State Department of Education

Idaho State Department of Education

Idaho State Department of Education

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Wellness Policy Guidelines—Elements of Implementation for Final Rule

Implementation and Monitoring Plan

Idaho Wellness Policy Progress Report

[Smart Snacks](#)

Cross References

0701.02

0701.04

0701.10

Description

[Food Services](#)

[Nutrition Standards](#)

[Nutrition Education](#)