Notus School District No. 135

NON INSTRUCTIONAL OPERATIONS 8205

WELLNESS POLICY

[The Healthy, Hunger-Free Kids Act of 2010 requires that School Administrators, School Board Members, School Food Service Staff, Teachers of Physical Education, School Health Professionals, Parents, Students, and members of 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.]

Notus School District strives to support a school environment that enhances the ability of students to learn and achieve. Since it is well established that health and well-being are key components to a student's ability to learn and achieve, this district shall work to provide students with a healthy environment. The goal of the board is to encourage a healthy lifestyle for students by providing nutrition education, promoting healthy food choices, providing opportunities for physical activity, and other school-based wellness activities. The district will engage individuals from the district and community to participate in developing, implementing, monitoring, and reviewing this and other related school wellness policies.

GUIDELINES FOR SCHOOL NUTRITION PROGRAMS

The district's school nutrition programs will prepare and serve nutritious, well-balanced, and age-appropriate meals, á la carte foods, snacks, and beverages that comply with current USDA regulations. In order to adhere to these nutrition standards, the school nutrition program will serve a variety of whole grains, fruits, vegetables, and low fat dairy products. Water will be available to students at no charge in the place where meals are served during meal service.

The district utilizes Nutrikids for meal planning and to adhere to the nutrition guidelines.The Food Service Director shall solicit feedback from students, staff, and parents regarding the offered foods and beverages. Nutritional information such as calories, saturated fat, and sodium content of foods shall be made available in the cafeteria and district website.

Each school will provide adequate time to eat during meal periods. Students should have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch. All students shall report to the cafeteria for at least the first 10 minutes of the scheduled lunch period before leaving to an alternative supervised area. Lunch may follow the recess period to better support the consumption of healthy foods and improve learning opportunities. To the extent possible, school, recess, and transportation schedules will be designed to encourage participation in school meal programs. Teachers are discouraged from scheduling tutoring, club or organizational meetings, or activities during mealtimes, unless the student(s) may eat during such activities.
The Food Service Director will utilize a full Hazard Analysis and Critical Control Points (HACCP) Plan to ensure food safety practices are implemented and followed. To the maximum extent practicable, all schools in this district will participate in available federal school meal programs, including the School Breakfast Program, National School Lunch Program, Summer Food Service Program, Fruit and Vegetable Snack Program, Afterschool Snack Program, and Child and Adult Care Food Program.

School meals served through the National School Lunch and Breakfast Programs will meet or exceed nutrition and meal pattern requirements established by local, state, and federal statutes and regulations.

FREE AND REDUCED PRICE MEALS

The district will 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.

FUNDRAISING

All foods sold to students must be tracked and compared to Smart Snack standards. If foods and beverages do not follow the Smart Snacks regulations, the fundraising organization must request an exemption from the appointed district administrator. Per Idaho policy, a district may have ten (10) exempted fundraisers per school year per school site. Fundraisers requiring an exemption may not be longer than four (4) consecutive days in duration and exempt food and beverage items may not be sold in district food service areas during meal service. A designee of the School Wellness Committee will be available to meet with student fundraising organizations to communicate Smart Snacks standards should case-specific questions arise. The Smart Snacks regulations do not apply to items sold during non-school hours, weekends, off-campus fundraising events, or foods intended to be consumed or prepared outside of school.

ALL FOODS AND BEVERAGES SOLD IN SCHOOLS

All foods and beverages sold to students on the school campus will comply with Smart Snack Regulations. This includes food items sold through à la carte lines, vending machines, snack bars, student stores, and fundraising activities. The district will utilize the Alliance for a Healthier Generation's Smart Snack Product Calculator to determine product compliance when considering food items to sell to students during the school day. Per USDA, the school day is defined as midnight the night before to 30 min after the end of the instructional day. Food and beverage marketing and advertising will be limited to only those foods and beverages that meet the competitive food requirements and align with the most recent Dietary Guidelines for Americans.

NUTRITION STANDARDS FOR OTHER FOODS AND BEVERAGES IN SCHOOLS

Celebrations and Snacks Classroom celebrations and snacks served during the school day or in after-school programs will emphasize healthy choices, such as fruits and vegetables, as the primary snacks and water as the primary beverage. Schools will determine when to offer snacks based on the schedule for school meals, the nutritional needs of students, student age, and other pertinent factors. Schools that provide reimbursable snacks through afterschool programs will follow the federal guidelines for the Afterschool Snack Program.

FOOD AS REWARDS

Teachers are prohibited from using food as a reward for students and will not withhold food or beverages as a punishment. School administration will develop guidelines for appropriate alternative reward systems that incorporate social rewards, recognition and praise, privileges, and opportunities for classroom physical activity or additional recess.

NUTRITION PROMOTION

The district will encourage students to make healthy food choices using nutrition promotion techniques such as:

1. Encouraging staff to model healthy eating/drinking behaviors

2. Utilizing Smarter Lunchrooms techniques, such as signage and product placement, when appropriate and attainable
3. Offering taste-testing and menu planning opportunities to students to teach them about healthy fruits and vegetables options and solicit input on preferences
4. Participating in Farm to School activities and access to the school garden

NUTRITION EDUCATION

The school board will adopt and implement a comprehensive health and physical education curriculum in line with the Idaho standards for health and physical education. Additional standards-based nutrition education will be offered in each grade as either a stand-alone unit or integrated into other core subjects, such as math, science, language arts, and social sciences.
1. Curriculum will link nutrition education with the school food environment and focus on behavior-focused skills, such as meal planning, recognizing food groups, and reading food labels to evaluate the quality of different foods.
2. Classrooms, hallways, gymnasiums, and dining areas will utilize regularly updated nutrition and health posters and signage to educate students on nutrition concepts.
3. Nutrition curriculums will utilize culturally relevant and developmentally appropriate opportunities to apply learning in school-wide activities such as contests, surveys, promotions, food demonstrations and taste-testing, voting for recipe names, cafeteria design or décor challenges, farm visits, and school garden.
4. Schools shall provide families with materials that allow parents and students to apply health and nutrition lessons at home.

PHYSICAL ACTIVITY

This district's goal is to provide opportunities for every student to develop the knowledge, skills, and capacity to be physically active throughout their life. This includes providing opportunities to maintain physical fitness; reduce sedentary time; and develop and enhance social skills and self-esteem for students of all levels of physical ability. The physical education curriculum will be aligned with state and national standards for physical education and be taught by a certified physical education teacher. Class sizes will be limited to a maximum of thirty (30) students per instructor. Waivers, exemptions, and substitutions will be considered on a case by case basis. In addition to physical education, the district may provide other opportunities for physical activity which encompasses:
1. Opportunities for physical activity before and after school, by providing intramural programs, interscholastic sports, competitive and non-competitive clubs with a physical activity emphasis
2. Daily recess for elementary students and classroom-based physical activity breaks to increase focus or teach academic content via physical movement for all students
3. Engaging staff, families, and communities to join and support physical activity initiatives
4.To promote physical fitness for students, parents, and community members, the district may enter into joint or shared-use agreements with governmental entities and community organizations that allow school and/or community-based organizations to use the school facilities for physical activity and recreation programs outside of school hours

Teachers and other school personnel are prohibited from withholding opportunities for physical activity such as recess or physical education as punishment. Physical activities, such as push-ups or running, will not be used as a disciplinary measure as this serves to decrease a student's intrinsic motivation to pursue these activities.

OTHER SCHOOL-BASED WELLNESS ACTIVITIES

District goals regarding other school-based wellness activities will include:

1. Providing professional development related to health, nutrition, and physical activity to all staff
2. Developing and implementing a staff wellness program that encourages school staff to serve as role models to students and practice healthy eating, physical activity, and other healthful activities
3. Sponsoring health fairs and family wellness activities
4. Implementing and sustaining a school garden that promotes healthy eating via student participation
5. Evaluating the barriers to implementing Safe Routes to School to make it safer and easier for students to walk and bike to school
6. Initiating and sustaining a recycling/environmental stewardship program
7. Providing students, parents, and staff with mental health resources and prevention program information
8. Applying for state and/or national awards and grants that support a healthy school environment

MONITORING

Building principals or a designee will monitor and ensure adherence to the wellness policy in each school and will report rates of compliance to the superintendent or designee. The food service director will monitor and ensure that the school nutrition program complies with federal and state nutrition and meal pattern guidelines and report such compliance to the superintendent or designee. The superintendent or designee is responsible for monitoring and ensuring that all schools in the district comply with this policy. Reporting of adherence to the wellness policy shall take place yearly.

ASSESSMENT

The superintendent or a designee will conduct an assessment and develop a summary report on district-wide compliance with this policy based on input from schools within the district. The assessment and report will include the extent to which schools are in compliance with this policy, the extent to which this district's school wellness policy compares to model local school wellness policies, and the progress made in attaining the measurable goals of this policy. The report will be made available to the public at the district office and posted on the district's website, as well as provided to the school board, the school wellness committee(s), parent/teacher organizations, school administrators, and school health services personnel in the district. To assist with the development of the district's wellness policy, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity practices. The results of the school assessments will be compiled at the district level to prioritize needs and determine goals to implement. This information will also be used to measure the school's progress toward achieving its wellness goals.

NOTICE

The district will include this policy and policy updates in the student handbook and provide each student and parent/guardian with a copy of the student handbook upon enrolling in classes each year. The policy will also be posted on the district website under board policies and the Nutrition Services Homepage.

Cross Reference:	8200	Healthy Lifestyles
Legal Reference:	7 CFR §210.30	Local school wellness policy

42 U.S.C. § 1758b Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (PL 111-296), reauthorizing the Child Nutrition Act
42 U.S.C. § 1751, et seq. National School Lunch Act
42 U.S.C. § 1771, et seq. Child Nutrition Act of 1966

Policy History:
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