

Non-Instructional Operations

Local School Wellness

The goal of this policy is to promote healthy schools by supporting wellness, good nutrition, and regular physical activity, as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. The District shall review and consider evidence-based approaches in establishing goals for school-based activities to promote student wellness.

Public Involvement

A Wellness Committee, appointed by the Superintendent, may be composed of the District School Board, administration, food service, physical education instructors, school health professionals, community members, students, and parents, and will meet annually to implement, review, and update the Local School Wellness Policy.

Nutrition Guidelines

All foods and beverages available for sale on the school campus during the school day shall meet or exceed the nutritional standards required by USDA's National School Lunch Program, the National School Breakfast Program, and the Smart Snacks in School regulations. The school day is defined as midnight before to 30 minutes after the end of the instructional day. Water shall be available during mealtimes. Water shall also be available through water fountains and/or water bottle filling stations. Water sales options may be provided through school vending and concession services.

Any food item sold in vending machines, school stores, snack bars, classrooms, or a la carte in the cafeteria during the school day that is intended for student consumption at school must meet the requirements of the Smart Snacks in School regulations, except for exempt fundraisers. Principals and teachers are encouraged to use non-food items or foods meeting District nutrition standards for celebrations and as a reward for student accomplishment.

The District shall ensure celebrations that involve food during the school day be limited to no more than one party, per class, per month and that each party includes no more than one food or beverage that does not meet nutrition standards for Smart Snacks in Schools.

Nutrition Standards

Any fundraising requires administrative approval. The number of exempt fundraisers held annually may not exceed the number established by the Idaho State Department of Education unless special permission is granted by the Idaho State Department of Education. Any fundraising activity that involves foods not intended for consumption in schools, such as the sale of cookie dough or frozen pizza outside of school, shall be exempt.

Non-food items or food items that comply with Smart Snacks in School restrictions are also exempt.

Food and Beverage Marketing

Marketing on the school campus during the school day is permitted for the food and beverage items that meet the competitive food requirements. This includes the exterior vending machines, menu boards, posters, coolers, cups, and food service equipment.

Nutrition Promotion

Students shall have opportunities to select healthy, nutritious food items during the school day. The District may take steps to promote wellness, such as the promotion of health fairs, school gardens, theme days, food tasting, wellness newsletters, and smarter lunchroom strategy-theme meals. The school environment shall be safe, comfortable, and pleasing, and allow ample time and space for eating meals.

Nutrition Education

Age-appropriate nutrition education shall be provided to students. Standards-based nutrition education shall be integrated into the curriculum (i.e., cooking classes, food tastings, and meals).

Physical Activity

The District shall meet or exceed the physical education requirements for all students as defined by the Idaho State Department of Education. The District will provide supervised recess time for all elementary students.

Other School-Based Wellness Activities - Physical Activities

The District will provide a variety of extracurricular 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. This policy will be reviewed with school administrators annually to encourage staff awareness and adult modeling.

Assessment

Each building principal will designate one or more persons at each school as the monitor with the operational responsibility for ensuring the school meets the policy. This responsibility includes completing the Idaho Wellness Policy Progress Report, using the Smart Snack product calculator, ensuring the policy's guidelines are being met, ensuring that all fundraisers are tracked, and ensuring that exempted fundraisers do not exceed ten per year, per school.

Evaluation of the Local Wellness Policy shall be conducted at least once every three (3) years and shall include:

- The extent to which schools under the jurisdiction of the District comply with the wellness policy;
- The extent to which the District's wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the wellness policy.

Communication

The Superintendent shall annually inform and update the Board, public, parents, students, and others in the community about the content updates and assessments of the wellness policy.

Complete dietary guidelines, the latest version of USDA's Local School Wellness Policy

Implementation, the Idaho State Department of Education Wellness Policy Guidelines, Smart Snack Guidelines, and tools may be made available on the District 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 that the public was notified annually as required by this policy.

Cross-Reference:

2310 Nutrition Education
2315 Physical Activity Opportunities and Education
8230 Nutrition Standards
4175 Required Annual Notices

Legal Reference:

[S.2507\(§204\) - 108th Congress](#): Child Nutrition and WIC Reauthorization Act of 2004
[42 USC § 1758b, Section 204](#) Healthy and Hunger-Free Kids Act of 2010
[42 USC § 1771](#) *et seq.* Child Nutrition Act of 1966
[42 USC § 1751](#) *et seq.* National School Lunch Act
[7 CFR Parts 210 & 220](#) Nutrition School Lunch and School Breakfast Programs: Final Rule
[7 CFR § 210.30](#) School Nutrition Professional Standards

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

Policy History:

Adopted on: August 22, 2017

Revised on: October 15, 2025