

4075. WELLNESS**1. INTRODUCTION**

The Board of Directors recognizes that childhood obesity has reached epidemic levels in Idaho and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. Therefore, the wellness policies of the District will encourage students to adopt life-long healthy lifestyles through education and modeling good eating and exercise habits.

The Board of Directors supports increased emphasis on wellness at all grade levels to enhance the wellbeing of our District's youth. The District will adopt procedures, processes and curriculums that enable students to develop good eating and exercise habits by offering choices in food, beverage and exercise on campus that meet dietary and exercise guidelines set forth by state and federal agencies.

Therefore, it is the policy of the Board to:

- A. Provide each student access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide students, staff and parents accurate information related to these topics.

The Superintendent or designee(s) shall develop and implement a comprehensive District-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program.

In addition to the nutrition program, the Superintendent or designee(s) shall adopt and implement a curriculum on health and fitness. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents and public health professionals in the development of the curriculum is encouraged. The health and fitness curriculums updates will be in place for the start of the 2009-2010 school year.

The District shall encourage students to make nutritious food choices. The Superintendent or designee(s) shall ensure that:

- A. A variety of healthy food choices are available whenever food is sold or served on District property or at District-sponsored events; and
- B. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and

- C. Nutritious meals served by the school food service program comply with state and federal regulations.

2. NUTRITION STANDARDS FOR BREAKFAST AND LUNCH PROGRAMS

The District supports the philosophy of the National School Lunch, School Breakfast and Summer Food Service programs. The District shall operate these programs providing wholesome meals which conform to the nutritional standards as required by USDA Child Nutrition Programs.

3. NUTRITION STANDARDS FOR OTHER FOODS AND BEVERAGES SOLD IN SCHOOLS

The District supports USDA “*Smart Snacks in Schools*” initiative. *Smart Snacks in Schools* nutrition standards apply to foods and beverages sold in schools during the school day, outside of the School Breakfast Program and National School Lunch Program, and includes à la carte lines, vending machines, and other food and beverage sales not otherwise exempted.

4. CONCESSIONS AND CLASSROOM PARTIES

After-school concessions and occasional classroom parties and celebrations are exempt from the above guidelines.

5. FUNDRAISERS

Fundraisers held in schools during the school day will comply with USDA *Smart Snacks in Schools* standards with the following exceptions:

- A. School sites will be allowed up to ten (10) exempted fundraisers per year. Each exempt fundraiser is limited to four (4) consecutive days of duration.
- B. *Smart Snacks in Schools* standards would not apply to fundraisers occurring during non-school hours, weekends, off-campus fundraising events, or foods intended to be consumed outside of school (cookie dough, raw pizza kits, etc.)

No exempt fundraiser foods or beverages will be sold in competition with school meals in the food service area during the meal service.

6. STUDENT STORES

School stores will work toward modifying products for sale to meet the *Smart Snacks in Schools* standards. Annually they will be evaluated to ensure there is progress in meeting these standards.

7. FOOD USED AS A REWARD

Educators are discouraged from using foods and beverages with low nutritional value as rewards.

8. PHYSICAL EDUCATION

Health and Fitness Curriculum:

- A. The Superintendent or designee shall adopt and implement a comprehensive health and fitness curriculum. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

- B. All students in grades one through six are required to complete an average of sixty instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All secondary school students are required to complete three credits of physical education and one credit of health to meet District graduation requirements. The District encourages the secondary schools to offer a variety of elective health and fitness classes.

9. EMPLOYEE HEALTH AND WELLNESS PROGRAM

The District recognizes that wellness and prevention are important health considerations and improve employee productivity. Therefore, the District supports an employee health and wellness program that encourages its employees to become more involved in managing their health and to be healthy role models.

10. ASSESSMENT TO INCLUDE POLICY EFFECTIVENESS

The District recognizes that growth or improvement must be tied to some form of assessment that is dynamic enough for analysis and decision-making. Toward achievement of this end, the Board of Directors directs the Superintendent or designee to create and administer assessment tools which provide data that can be used for decision-making and planning. The assessment process should provide school, group and individual assessment data. The assessment process should incorporate aspects identified in the body of this policy and be available for ongoing implementation.