

Policy Title: Student Wellness	Revised Date 04/17/14
	Policy Number 602.10

The Blaine County School District is committed to providing school environments that promote and protect our children's health, well-being, and ability to learn by supporting healthy eating, physical activity, and emotional wellness. We recognize that a physically and emotionally healthy, nutritionally astute, and physically active child is more likely to be academically successful.

A healthy school environment fosters a positive emotional and social climate, critical to support learning and healthy social development. A safe environment that includes school buildings and grounds is important to allow students an opportunity to succeed.

This policy is to assist our students in establishing life-long healthy eating and exercise patterns in order to achieve his or her full academic potential, sets forth the following goals and guidelines:

GUIDELINES

Authority

To ensure the health and well-being of all students, the Board shall provide, to students, a comprehensive nutrition and wellness program which meets or exceeds program federal and state requirements that includes:

- a. Access to foods and beverages that meet established nutritional guidelines. <http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>
- b. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- c. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with Idaho State content standards.
- d. Provide activities, curriculum and or programs to promote student social and emotional wellness. (Goals)

Delegation of Responsibility

The Superintendent or designee shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines.

The Superintendent or designee shall report to the Board on the district's compliance with law and policies related to student wellness. The report may include:

Policy Title: Student Wellness (continued...)	Revised Date 04/17/14
	Policy Number 602.10

- a. Assessment of school environment regarding student wellness issues.
- b. Listing of activities and programs conducted to promote nutrition and physical activity and student wellness.
- c. Recommendations for policy and/or program revisions.
- d. Suggestions for improvement in specific areas.
- e. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.

GOALS

Nutrition Education and promotion goals:

- a. Provide health education to include nutrition at all elementary and secondary schools
- b. Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media
- c. The nutrition education program will be linked to school meal programs, cafeteria nutrition promotion, and instructional after-school programs;
- d. Nutrition education will be offered in the classroom, with opportunities to access food service staff as an educational resource.
- e. Staff will use adopted nutrition instructional materials in the classroom.
- f. Staff is encouraged to model healthful eating habits.
- g. Families will be encouraged to pack lunches and snacks that meet district nutrition standards and will be provided with written guidance on how to accomplish this.
- h. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, preparation methods, and accurate portion sizes.
- i. Provide nutrition/wellness education materials to families.
- j. The school district should limit the marketing of food and beverages to food and beverages that meet District nutrition standards.

Physical activity goals:

- a. Continue to provide physical education at all elementary and secondary schools.
- b. Continue to require the two credits of High School physical education for graduation.
- c. Physical Education will be standards-based, using national and state-developed standards.
- d. Physical Education classes will be developmentally appropriate and may include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior, and benefits of physical activity.
- e. Continue to access our natural surroundings and community partnerships to provide extended physical activities for students

Policy Title: Student Wellness (continued...)	Revised Date 04/17/14
	Policy Number 602.10

- f. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation.
- g. All students have opportunities for physical activity beyond physical education class on a regular basis. Teachers will be encouraged to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.
- h. Elementary school students will have access to at least 20-30 minutes a day of supervised recess during which moderate to vigorous physical activity is encouraged.
- i. High school and middle school offer interscholastic sports programs.
- j. The school district promotes walking and biking to school for students through community resources such as Safe Routes.

Other health promoting school based goals:

- a. Students will have access to school health services such as counseling, psychological, and social services providing a wide variety of programs that address the mental and physical health needs.
- b. School counselors, psychologists, and social workers may work in concert with other school and community professionals to provide effective assistance for students and their families.
- c. District programs shall focus on prevention, address problems, facilitate positive learning and healthy behavior, and enhance healthy student development.
- d. Health education shall help students adopt and maintain healthy behaviors that protect and promote health and avoid or reduce health risks.
- e. Family and community partnerships shall share resources and expertise to help children and youth develop healthy behaviors and promote healthy families.
- f. District facilities, grounds, and classrooms shall promote and provide ways to make our buildings more energy efficient, environmentally friendly and a healthier environment for optimal learning.

Policy Title: Student Wellness (continued...)	Revised Date 04/17/14
	Policy Number 602.10

NUTRITIONAL GUIDELINES FOR COMPETITIVE AND OTHER FOODS AVAILABLE TO STUDENTS:

Foods and/or beverages offered at school-sponsored events outside the school day, (e.g. concessions) will be exempt from the wellness policy; but are encouraged to also offer healthy choices as well. All guidelines for competitive foods, beverages, fundraising, and additional foods available to students shall meet the regulations and guidance issued by the National School Lunch Program.

- a. Celebrations (birthdays, cultural events, holidays, etc.): During school and classroom celebrations, teachers, parents, and principals should use either non-food items, or foods that meet [District nutrition standards](#). Celebrations involving food shall be limited (ex: combining birthday celebrations to once a month). Non-food celebrations will be promoted and a list of ideas will be distributed to parents and teachers.
- b. Teacher to student reward/incentive: Schools will discourage the use of food or beverages as a reward for academic performance or good behavior. Rewarding students with candy, food and beverages of little nutritional value contradicts the teaching and modeling of behaviors and skills that promote student wellness.
- c. Fundraising: Fundraising projects are encouraged to use either non-food items, or food items that meet [District nutrition standards](#). Food items that do not meet district standards should be distributed outside the normal school day and be for consumption off of school grounds. Fundraising activities that promote physical activity are encouraged.

Wellness Committee

The Superintendent or designee will be responsible for the formation of a Wellness Committee which may include the following members: School board member, district administrator, district food service representative, teacher of physical education, school nurse, school counselor, student, parent/guardian, and representatives of community organization(s)/general public.

The Wellness Committee shall serve as an advisory committee, providing guidance to the Board regarding student health issues and possible revisions, improvements, monitoring, and implementation of the Wellness Policy. This policy was developed by the Wellness Policy Committee, as required by law, to recommend to the Board for adoption.

The Wellness goals/guidelines will be monitored as follows:

Policy Title: Student Wellness (continued...)	Revised Date 04/17/14
	Policy Number 602.10

The District Wellness Committee shall meet at a minimum of once a year to review and revise, if needed, policy content and to design and evaluate implementation plans throughout district schools. A progress report will be prepared after each meeting for the superintendent, which will evaluate the implementation of the policy and regulations and include recommended changes or revisions. All meeting dates and times will be posted on the school district's website and meeting minutes will be available to the public. This committee will report the Board by February 1st of each school year of any suggestions or changes.

The Food Service Director will provide an annual report (at the end of each school year) to the Superintendent and School Board members on the District's progress toward meeting these goals and on any further recommendations of the Wellness Committee.

References:

Section 204 of Public Law 108-265-June 30, 2004
Child Nutrition and WIC Reauthorization Act of 2004