RISE CHARTER SCHOOL

Policy 8200: Local School Wellness

Status: ADOPTED

Original Adopted Date:
Last Revised Date:
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NON-INSTRUCTIONAL OPERATIONS **8200**

Local School Wellness

~~**[NOTE: THE FOLLOWING POLICIES PROVIDING NUTRITION AND MEAL REQUIREMENTS, ETC. ARE REQUIRED ONLY IF YOUR CHARTER SCHOOL RECEIVES FEDERAL FUNDS UNDER EITHER *THE CHILD NUTRITION ACT OF 1966* (42 USC § 1771), and/or *THE NATIONAL SCHOOL LUNCH ACT* (42 USC § 1751). The Healthy, Hunger-Free Kids Act of 2010 (42 USC § 1758b) requires that parents, students, Charter School staff, administrators, Directors, food services staff, school health professionals, teachers of physical education, and 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.]**~~

~~It is the goal of the {{School_Name}} 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. The Charter School promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The Charter School supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.~~

~~Healthy eating is demonstrably linked to reduced morbidity and risk of mortality from many chronic diseases.~~

~~The Board directs the Executive Director to inform and update the public, including parents, students, and others in the community, about the content and implementation of the wellness policy. Such information may be provided on the Charter School website, through~~

dissemination of student handbooks, or in any other manner the Executive Director may deem appropriate.

Definition

For the purposes of this policy the school day is defined as midnight before to 30 minutes after the end of the instructional school day.

Goals for Wellness Promotion

The Charter School shall review and consider evidence-based approaches in establishing goals for school based activities to promote student wellness. This may include review of the "Smarter Lunchroom" tools and strategies.

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

1. Ensure that foods sold at school during the school day meet or exceed the nutritional standards required by the USDA's National School Lunch Program, the National School Breakfast Program, and the Smart Snacks in Schools regulations. Exceptions can be made for infrequent food sales and 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. Fundraisers will be tracked at each school site by a designee of the Executive Director in charge of compliance at that site;

3. Ensure that non-compliant and non-exempt fundraising food sales will not occur on school grounds during the school day. The Charter School operates under United States Department of Agriculture (USDA) program regulations of the National School Lunch Program, National School Breakfast Program, and the Smart Snacks in Schools regulations. These regulations apply to 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 involving the sale of food consumed outside of school, such as frozen pizza sales, are exempt from the nutrition standards.);

4. Ensure that celebrations that involve food during the school day be limited to no more than one party per class per month and that each party include no more than one food or beverage that does not meet nutrition standards for Smart Snacks in Schools. The Charter School will disseminate a list of healthy party ideas to parents and teachers.

[Note: The USDA has no role in regulating foods brought from home, but Charter Schools are required to set nutrition guidelines for foods served at school other than those that are

sold. The Smart Snacks in Schools regulations only affect foods that are sold on school grounds during the school day. Time honored traditions like treats for birthdays, or foods at an afterschool sporting event, are not subject to those standards.];

The Charter School shall also take measures to promote nutrition and physical activity, engage in nutrition education, and conduct wellness activities. For this purpose, the Charter School may:

1. Ensure that the Charter School 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 60 minutes of physical education per week to elementary students and 60 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. Ensure students have access to hand-washing facilities prior to meals;
10. Annually evaluate the marketing and promotion of the school meal program;
11. Share school meal nutrition information with students and families;
12. Offer students taste-testing or menu planning opportunities;
13. Participate in Farm to School activities and/or have a school garden;
14. Advertise and promote nutritious foods and beverages on school grounds;
15. Offer nutritious foods and beverages at lower prices than other foods and beverages;
16. Offer fruits or non-fried vegetables everywhere foods are sold;
17. Use student feedback to improve the quality of the school meal programs;
18. Offer a staff wellness program;
19. Provide Charter School 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
20. Participate in community partnerships to support wellness programs, projects, events, or activities.

Nutrition Standards

To promote student health and reduce childhood obesity, the Charter School shall comply with the nutrition standards established by the USDA with respect to all food that is available on school grounds during the school day.

Community Participation

The Charter School shall invite parents, students, representative food service staff of the school food authority, teachers of physical education, school health professionals, the Board, school administrators, and the general public to participate in the development, implementation, and periodic review of this policy.

The Executive Director shall annually make available to the public the content of the policy and an assessment of the implementation of this policy including:

1. The extent to which schools under the jurisdiction of the Charter School are in compliance with the wellness policy;
2. The extent to which the Charter School'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 school children 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 Charter School or school website. The assessment of the implementation of the policy shall be conducted at least once every three years.

Record Retention

The Charter School 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 Executive Director shall designate one or more Charter School officials or school officials to ensure that each school complies with this policy.

Cross-References: 2310 Nutrition Education

2315 Physical Activity Opportunities and Education

4175 Required Annual Notices

8230 Nutrition Standards

~~Legal References: 42 USC § 1758b, Section 204 Local School Wellness Policy~~

~~42 USC § 1771 et seq. Child Nutrition~~

~~7 CFR Part 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 Rules Idaho State Department of Education~~

~~http://www.sde.idaho.gov/cnp/sch-mp/snacks.html~~

LOCAL SCHOOL WELLNESS POLICY

RISE Charter School contracts with Kimberly School District No. 414 (KSD) for the provision of school nutrition services. As a result, RISE Charter School adopts and follows the Kimberly School District's Local School Wellness Policy to ensure consistency in the delivery of nutrition services and compliance with applicable federal and state requirements. The provisions of this policy shall apply to RISE Charter School through its contractual relationship with KSD.

Kimberly School District No. 414 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 achieve1, 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.

The Healthy, Hunger-Free Kids Act of 2010 requires that parents, students, District staff, administrators, Trustees, food service staff, school health professionals, teachers of physical education, and the public be allowed to provide input on the

development of this policy. This policy is intended to support ongoing dialogue and continuous improvement of student wellness.

It is the goal of Kimberly School District No. 414 to make a significant contribution to the general well-being, mental and physical capacity, and learning ability of each student and to afford every student the opportunity to fully participate in the education process. The Board of Trustees is committed to providing a healthy school environment for all students. The District promotes wellness, good nutrition, regular physical activity, mental well-being, and positive dietary and lifestyle practices as part of the total learning environment. Improved health supports student performance and learning.

SCHOOL WELLNESS COMMITTEE

The school wellness committee shall encourage participation from the following stakeholders: school administration, the school board, physical education teachers, school health professionals, food service employees, students, parents, and community members. The committee will be responsible for the development, implementation, review, and update of this school wellness policy.

The District shall maintain a School Wellness Committee and encourage participation from school administration, the Board of Trustees, physical education teachers, school health professionals, the school nurse, food service employees, students, parents, and community members. The committee will be responsible for supporting the development, implementation, review, assessment, and update of this Local School Wellness Policy.

The District will provide reasonable opportunities for stakeholders to participate in the development, implementation, periodic review, and update of the policy.

DEFINITION OF SCHOOL DAY

For purposes of this policy, the school day is defined as midnight before the beginning of the instructional day through 30 minutes after the end of the instructional school day.

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 will either employ, or consult with, registered dietitians to review the menu and ensure that it meet federal 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 will have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch once they are seated. 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.

The District's school nutrition programs will prepare and serve nutritious, well-balanced, and age-appropriate meals, à la carte foods, snacks, and beverages that comply with current USDA regulations and applicable state requirements. The school nutrition program will offer a variety of whole grains, fruits, vegetables, and low-fat or

fat-free dairy products.

- Water will be available to students at no charge in the place where meals are served during meal service.
- School meals served through the National School Lunch Program and School Breakfast Program will meet or exceed applicable USDA nutrition and meal-pattern requirements.
- To the maximum extent practicable, District schools will participate in available federal child nutrition programs for which they are eligible.
- The Food Service Director will solicit feedback from students, staff, and parents regarding foods and beverages offered.
- Nutrition information, including available calorie, saturated fat, and sodium information, will be shared with students and families as appropriate.
- Menus and nutrition practices may be reviewed by a registered dietitian or other qualified nutrition professional when available or appropriate.
- 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.
- Schools will provide adequate time for students to eat during meal periods. Students should have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch once seated.
- To the extent practicable, school, recess, and transportation schedules will be designed to encourage participation in school meal programs. Staff are discouraged from scheduling activities during meal periods unless students are permitted to eat during those activities.

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. KSD will inform families of the eligibility standards for free or reduced meals. Identity of students receiving free or reduced meals will be confidential. A parent/guardian has the right to appeal any decision with respect to his/her application to a designated hearing official.

The District will provide free and reduced-price breakfasts and lunches to eligible students according to the requirements of the National School Lunch and School Breakfast Programs and applicable state and federal laws. The District will inform families of eligibility standards. The identity of students receiving free or reduced-price meals will be kept confidential. Parents or guardians will have the right to appeal eligibility decisions through the designated hearing process.

Summer Food Service Program

If more than 50 percent of a school's students are eligible for free or reduced priced school meals, that school may sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year.

When eligible and practicable, the District may participate in summer and other federally funded child nutrition programs. Program operation will follow current USDA and Idaho State Department of Education requirements.

Food Service for District Employees

KSD employees may purchase meals through the District's Food Service Program. Employees will not receive free or reduced meals. Must keep money on accounts, no charging.

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.

FOODS AND BEVERAGES SOLD DURING THE SCHOOL DAY

All foods and beverages sold to students on the school campus during the school day will comply with applicable USDA Smart Snacks in School standards and other federal and state requirements. This includes foods and beverages sold through à la carte lines, vending machines, snack bars, student stores, school markets, concession operations when applicable, and fundraising activities.

- The District will use an appropriate Smart Snacks compliance resource or calculator when determining whether products may be sold to students during the school day.
- Non-compliant and non-exempt food sales will not occur on school grounds during the school day.

- Food and beverage marketing and advertising during the school day will be limited to products that meet applicable competitive-food requirements and support the Dietary Guidelines for Americans.
- The District will encourage healthy fundraising options, including non-food items, school spirit merchandise, books, fresh produce, or other activities that support wellness.
- Fundraisers that require an exemption will follow current Idaho requirements regarding the number, duration, and timing of exempt fundraisers.
- Smart Snacks standards do not apply to foods sold outside the school day, weekends, off-campus fundraising events, or foods intended to be consumed or prepared outside of school, except where another applicable requirement applies.

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 after-school programs will follow the federal guidelines for the Afterschool Snack Program.

Time honored traditions like treats for birthdays, foods used during cultural learning opportunities, or foods at an afterschool sporting event are not subject to above standards.

The school wellness committee will develop a list of recommended healthy snack and beverage items to provide to teachers, after-school program personnel, and parents. This list will be utilized when planning classroom snacks, school sponsored parties, social events, and school functions.

Food as Rewards

Teachers may only use food that is smart snack compliant as a reward for students and will not withhold food or beverages as a punishment. The school wellness committee will develop guidelines to encourage alternative reward systems that incorporate social rewards, recognition and praise, privileges, and opportunities for classroom physical activity or additional recess2.

CLASSROOM CELEBRATIONS, SNACKS, AND FOOD AS REWARDS

Classroom celebrations and snacks served during the school day or in after-school programs will emphasize healthy choices, including fruits and vegetables as primary snack options and water as a primary beverage. Schools will determine snack timing based on meal schedules, nutritional needs, student age, and other pertinent factors. The School Wellness Committee will develop and periodically update a list of recommended healthy snack and beverage options for teachers, after-school personnel, parents, classroom celebrations, school-sponsored parties, social events, and school functions.

Food used as a reward should meet Smart Snacks standards when applicable. Food and beverages will not be withheld as punishment. The District encourages non-food rewards such as recognition, praise, privileges, classroom responsibilities, and opportunities for additional physical activity or recess.

Traditional birthday treats, foods used for cultural learning opportunities, and foods associated with after-school sporting events may be handled according to applicable District and school procedures and are not automatically subject to Smart Snacks standards unless the food is being sold to students during the school day.

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. Sharing nutrient information with students, staff, and parents at the point of service and district website.
4. Offering taste-testing and menu planning opportunities to students to teach them about healthy fruits and vegetables options and solicit input on preferences.
5. Participating in Farm to School activities and/or implementing a school garden.

The District will encourage students to make healthy food choices through evidence-based nutrition promotion strategies, including:

- Encouraging staff to model healthy eating and drinking behaviors.
- Using Smarter Lunchrooms techniques, including signage and product placement, when appropriate and attainable.
- Sharing school meal nutrition information with students, staff, and families.
- Offering taste-testing and menu-planning opportunities so students can learn about healthy foods and provide feedback.
- Using student feedback to improve the quality and appeal of school meal programs.
- Participating in Farm to School, Farm to Cafeteria, and/or school garden activities when feasible.
- Promoting nutritious foods and beverages on school grounds.
- Making nutritious foods and beverages reasonably accessible and, when practicable, offering healthy options at favorable prices.
- Offering fruits and non-fried vegetables wherever foods are sold when practicable.
- Annually evaluating the marketing and promotion of the school meal program.

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 healthposters and signage to educate students on nutrition concepts.
3. Nutrition curriculums will utilize culturally relevant and developmentally appropriate opportunities to applylearning 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 gardens.
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 (35) students per instructor and be offered daily. Waivers, exemptions, and substitutions will be considered on a case-by-case basis. A student substituting for physical education must demonstrate proficiency of physical education standards.

In addition to physical education, the district will provide other opportunities for physical activity for each grade by utilizing a comprehensive physical activity program (CSPAP) plan which encompasses:

1. Active transportation to and from school.
2. Opportunities for physical activity before and after school, by providing intramural programs, interscholastic sports, competitive and non-competitive clubs with a physical activity emphasis.
3. Daily recess for elementary students and classroom-based physical activity breaks to increase focus or teach academic content via physical movement for all students.
4. Engaging staff, families, and communities to join and support physical activity initiatives.
5. 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.

The District will support a comprehensive health and physical education curriculum aligned with Idaho standards. Nutrition education will be provided at each grade level as a stand-alone unit or integrated into other appropriate subjects.

- Nutrition education will emphasize practical, behavior-focused skills such as meal planning, recognizing food groups, reading food labels, and making informed food choices.
- Classrooms, hallways, gymnasiums, and dining areas may use updated nutrition and health posters and signage.

Schools are encouraged to use culturally relevant and developmentally appropriate activities such as contests, surveys, food demonstrations, taste-testing, recipe-name voting, cafeteria design activities, farm visits, and school gardens. The District will support a comprehensive health and physical education curriculum aligned with Idaho standards. Nutrition education will be provided at each grade level as a stand-alone unit or integrated into other appropriate subjects.

- Nutrition education will emphasize practical, behavior-focused skills such as meal planning, recognizing food groups, reading food labels, and making informed food choices.
- Classrooms, hallways, gymnasiums, and dining areas may use updated nutrition and health posters and signage.
- Schools are encouraged to use culturally relevant and developmentally appropriate activities such as contests, surveys, food demonstrations, taste-testing, recipe-name voting, cafeteria design activities, farm visits, and school gardens.
- Schools will provide families with appropriate materials and resources that allow students to apply health and nutrition lessons at home.
- Schools will provide families with appropriate materials and resources that allow students to apply health and nutrition lessons at home.

OTHER SCHOOL-BASED WELLNESS ACTIVITIES

District goals regarding other school-based wellness activities may 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, no screen-time week, 2 school-supported events (e.g., races or fun runs, family wellness activities, or family day activities that promote health and wellness).

4. Implementing and sustaining a school garden or Farm to School/Farm to Cafeteria activities that promote 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 (e.g., the Healthier US School Challenge or Fuel Up to Play 60 grants).

District wellness activities may include, as resources and opportunities allow:

- Professional development related to health, nutrition, physical activity, food safety, and wellness.
- A staff wellness program that encourages staff to serve as healthy role models.
- Health fairs, family wellness activities, fun runs, races, or other school-supported wellness events.
- School gardens and Farm to School/Farm to Cafeteria activities.
- Recycling and environmental stewardship programs.
- Mental health resource and prevention-program information for students, parents, and staff.
- Walking or physical activity clubs.
- Student recognition or reward programs that encourage healthy behaviors.
- Community partnerships, grants, awards, and other resources that support a healthy school environment.
- Hand-washing facilities and opportunities for students to wash hands before meals.

STAFF WELLNESS AND PROFESSIONAL DEVELOPMENT

The District encourages staff wellness and recognizes the importance of staff serving as positive role models. Professional development may include nutrition, physical

activity, food safety, wellness, program administration, and strategies for supporting healthy behaviors.

COMMUNITY PARTICIPATION AND COMMUNICATION

The District shall invite parents, students, representative food service staff of the school food authority, physical education teachers, school health professionals, the Board of Trustees, school administrators, and the general public to participate in the development, implementation, and periodic review of this policy.
The Superintendent or designee will inform and update the public about the content and implementation of the wellness policy. The policy and required wellness information will be made available through the District website, student handbooks, the Nutrition Services website or homepage, or other appropriate communication methods.

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.

MONITORING COMPLIANCE

The Superintendent shall designate one or more District or school officials to oversee compliance with this policy. Building principals or designees will monitor implementation at each school and report compliance information to the Superintendent or designee. The Food Service Director will monitor the school nutrition program for compliance with applicable federal and state nutrition and meal-pattern requirements and report as appropriate. Monitoring will occur annually or as otherwise required by USDA and Idaho State Department of Education requirements.

ASSESSMENT

On a triennial basis, the wellness committee 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.

ASSESSMENT AND TRIENNIAL REVIEW

At least once every three years, the School Wellness Committee will conduct an assessment of the District's implementation of this policy. The assessment will include, as applicable:

- The extent to which District schools are in compliance with the wellness policy.
- The extent to which the District's policy compares with model local school wellness policies.
- Progress toward measurable wellness goals.
- Input and documentation demonstrating community participation.
- Identification of areas for improvement and recommended updates.

The assessment or summary report will be made available to the public and provided to the Board of Trustees, School Wellness Committee, parent/teacher

organizations, school administrators, and school health services personnel, as appropriate.

ANNUAL PUBLIC NOTICE

The District will annually make available to the public the content of the wellness policy and information regarding implementation and assessment, including compliance, community involvement, and documentation of required review and public notification.

NOTICE

The policy will be posted and updated on the district website under board policies and the Nutrition Services Homepage.

NOTICE AND AVAILABILITY

This policy will be posted and maintained on the District website under Board Policies and on the Nutrition Services webpage or homepage. The District will provide reasonable opportunities for stakeholders to review the policy and provide input.

LEGAL REFERENCE:

7CFR §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

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