

School Wellness Policy

The Homedale School District recognizes that students who eat well-balanced meals and participate in regular physical fitness activities, are healthier and more likely to thrive in the academic setting. The Board of Trustees supports and encourages increased emphasis on healthy nutritional choices and regular physical activity at all grade levels to enhance the well-being of our district's youth. The Board recognizes that nutrition and education about proper nutrition are important contributors to overall health and wellness. The Homedale School District is committed to providing a school environment that enhances learning and the development of lifelong wellness practices.

Policy Purpose

The purpose of this policy is to provide guidance to the district to promote nutrition education, physical activity, other school based activities that are designed to promote wellness, and meet the requirements of Public Law 111-296, Section 204, December 13, 2010, of the Healthy, Hunger-Free Kids Act of 2010; Local School Wellness Policy Implementation.

Policy Goals

1. Provide All Students in Grades K-12 the Opportunity, Support, and Encouragement to be Physically Active on a Regular Basis

Homedale School District will provide instruction in Health and PE as required by state and district guidelines. Instruction will consist of sequential learning experiences that assist students in acquiring knowledge, understanding, and practices about healthy choices in fitness activities and nutrition. Outside of regularly scheduled PE and Health classes, district staff will encourage students to engage in healthy activities outside the classroom.

The Homedale School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

2. Nutritional Guidelines for Reimbursable School Meals are not Less Restrictive than USDA Regulations

The Homedale Schools will offer breakfast, lunch and an after school snack when applicable. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Idaho State Department of Education. Meals will feature a variety of healthy choices that are tasty, attractive, of excellent quality and served at the proper temperature. Nutrient analysis will be available to teachers, parents, students and health professionals when requested.

School Food Service staff that is properly qualified according to current professional standards and regularly participates in professional development activities will administer the Child Nutrition Programs. Food safety and sanitation will be a key part of the School Food Service operation.

Schools will attempt to provide students with a clean, safe and pleasant settings and adequate time for students to eat. Child Nutrition Programs will attempt to meet the needs of children with special diets whenever possible within regulatory requirements.

3. Nutritional Guidelines for all Foods Available During School Day with the Objective of Promoting Student Health and Reducing Childhood Obesity

The Homedale School District will work with vendors to provide choices and selections for healthy food and beverages in their vending machines, concession stands, and school stores to meet the standards required by the Healthy, Hunger-Free Kids Act of 2010 - Smart Snacks in School.

Schools will work toward rewarding students with alternative rewards in place of candy and sweets with healthy treats meeting the USDA's "All Foods Sold in Schools" Standards. Non-food rewards will be encouraged.

Schools and school organizations selling foods during school hours (12:00 midnight until ½ hour after school is released) for fundraising purposes will be exempt of following the Smart Snacks in School requirement 10 times per year maximum. Each school's Administrative office will be responsible for monitoring these fundraisers, such as what is being sold and the number of exempt fundraisers held. These Administrative offices will also be responsible for educating the staff and students in their buildings to adhere to these requirements established by USDA.

Administrators will encourage staff to request parents/room parents to bring healthy and non-food items as treats for classroom parties; i.e. birthdays and holidays.

4. Nutrition Education, Nutrition Promotion, and Other School-Based Wellness

Administrators will encourage staff to include nutrition education and promotion into curricula and through self modeling, such as providing nutritional facts during the Fresh Fruit and Vegetable snack break and encouraging students/staff to participate in walking club. Food Service will provide education through cafeteria education (posters, verbal conversations). Schools should provide total wellness education to students and their families through drug abuse prevention and bullying programs. Other ideas are available on the Idaho State Department of Education website at <http://www.sde.idaho.gov/site/cnp/wellness/> under "Tools for Success".

Policy Implementation Monitoring

The Superintendent or designee will establish procedures to review the implementation and evaluation of this policy. This will include an annual review by a committee consisting of parents, students, school food service staff members, school board member(s), school administrators, a public member, physical education teacher, and school health professional. This committee will be charged with the duty to review, revise, and recommend changes, if any, to the Homedale School Board of Trustees.

The administrator or another staff member designated by the administrator at each school will be responsible to ensure that their school meets the Wellness Policy requirements.

Legal Reference: Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004
Pub.L. 111-296 Healthy, Hunger-Free Kids Act of 2010
Nutrition Standards for All Foods Sold in School, Docket No. FNS-2011-0019

Policy History:

Adopted on: 8-14-06
Revised on: 12-09-13
9-8-14