Local School Wellness

The Board of Trustees believes that student wellness is fundamental to academic achievement, lifelong health, and overall well-being. The District is committed to fostering a school environment that supports healthy eating, regular physical activity, nutrition education, and positive lifestyle choices for all students.

The District recognizes that schools play a vital role in developing healthy habits that contribute to student success both inside and outside the classroom. Through a collaborative partnership among students, families, staff, and the community, the District strives to provide a safe, supportive, and inclusive environment where wellness is valued as an essential component of student learning.

The Board is committed to providing high-quality, nutritious school meals; promoting nutrition education and physical activity; supporting Farm to School and other evidence-based wellness initiatives; encouraging healthy school environments; and ensuring compliance with all applicable federal and state laws governing student wellness and Child Nutrition Programs.

The District further recognizes that student wellness is a shared responsibility. Successful implementation of this policy requires the active participation of District leadership, school administrators, staff, students, families, and community partners working together to create a culture that supports healthy choices and lifelong wellness for every student.

The Board of Trustees encourages continuous improvement and innovation in school wellness practices and supports programs that increase student access to nutritious foods, strengthen connections to local agriculture, reduce food waste, and promote healthy lifelong habits while maintaining fiscal responsibility and regulatory compliance.

District Wellness Leadership

The Superintendent shall serve as the District Wellness Coordinator and shall be responsible for the overall administration, implementation, enforcement, oversight, and evaluation of the District's Local School Wellness Policy. The Superintendent shall ensure that all District schools comply with applicable federal and state laws, regulations, and Board policy related to student wellness.

The Superintendent shall provide leadership to promote a coordinated, district-wide approach to student wellness and shall ensure collaboration among District administrators, principals, instructional staff, school health professionals, food service personnel, parents, students, and community partners in implementing this policy.

Building principals shall be responsible for implementing and enforcing the provisions of this policy within their respective schools. Principals shall ensure that school-level practices, procedures, fundraising activities, food sales, classroom celebrations, wellness initiatives, and other school-based activities are conducted in accordance with this policy and applicable federal and state regulations.

The Superintendent may designate District administrators or other qualified staff members to assist in the implementation, coordination, monitoring, and evaluation of this policy as necessary.

The Child Nutrition Director shall serve as the District's Nutrition Compliance Advisor and shall be a standing member of the District Wellness Committee. In this capacity, the Child Nutrition Director shall provide technical guidance regarding USDA Child Nutrition Programs and nutrition-related requirements and shall:

Advise the Superintendent, building principals, and District Wellness Committee regarding compliance with the National School Lunch Program (NSLP), School Breakfast Program (SBP), Child and Adult Care Food Program (CACFP), Fresh Fruit and Vegetable Program (FFVP), Summer Food Service Program (SFSP), Smart Snacks in School standards, and other applicable USDA Child Nutrition Programs;

Recommend nutrition-related policies, procedures, and evidence-based practices that support student health and comply with federal and state regulations;

Provide technical assistance regarding meal pattern requirements, Smart Snacks standards, nutrition promotion, food and beverage marketing restrictions, and school meal program operations;

Assist with the District's triennial wellness assessment by evaluating nutrition-related components of the Local School Wellness Policy and providing supporting documentation;

Maintain records and documentation necessary to demonstrate compliance during Child Nutrition Program Administrative Reviews and other regulatory monitoring activities; and

Recommend continuous improvements that strengthen the District's nutrition programs, increase student participation in school meals, and support lifelong healthy eating behaviors.

The Superintendent shall periodically report to the Board of Trustees regarding implementation of the Local School Wellness Policy and shall recommend revisions as necessary to maintain compliance with applicable laws and regulations and to support continuous improvement in student wellness.

District Wellness Committee

The Board of Trustees establishes a District Wellness Committee to advise the Superintendent regarding the development, implementation, monitoring, periodic review, and updating of the District's Local School Wellness Policy. The Superintendent shall serve as Chair of the District Wellness Committee and shall ensure the Committee fulfills its responsibilities under this policy and applicable federal and state requirements.

The Wellness Committee shall support the District's commitment to providing a school environment that promotes student health, nutrition, physical activity, and overall wellness while ensuring compliance with applicable federal and state laws and regulations.

The District Wellness Committee shall include, at a minimum: Superintendent (Chair); Child Nutrition Director (Standing Member and Nutrition Compliance Advisor); Building principal(s);

School Board representative; School nurse or other school health professional; Physical education teacher; Classroom teacher; Parent or guardian of a currently enrolled student; Student representative(s), when age and grade level are appropriate; Community member; Local healthcare or public health representative, when available; Farm to School, agriculture, or community food system representative, when available; and Other individuals with knowledge, interest, or expertise in student wellness as determined by the Superintendent.

The District Wellness Committee shall meet at least annually and may meet more frequently as determined necessary by the Superintendent. The responsibilities of the District Wellness Committee shall include, but are not limited to:

1. Assisting in the development, implementation, periodic review, and updating of the Local School Wellness Policy;
2. Reviewing District wellness goals and recommending evidence-based strategies that promote student health, nutrition, physical activity, and overall wellness;
3. Monitoring progress toward achieving the goals established in this policy;
4. Reviewing changes to applicable federal and state laws, regulations, and guidance and recommending policy revisions as necessary;
5. Assisting with completion of the District's triennial wellness assessment;
6. Reviewing annual reports regarding implementation of the Local School Wellness Policy and recommending continuous improvements;
7. Promoting collaboration among schools, families, community organizations, healthcare providers, and local agricultural partners to support student wellness initiatives;
8. Encouraging participation in the National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, Fresh Fruit and Vegetable Program, Farm to School initiatives, school gardens, nutrition education activities, and other wellness-related programs;
9. Reviewing nutrition promotion, physical activity, and wellness initiatives implemented throughout the District and recommending opportunities for continuous improvement; and
10. Providing recommendations to the Superintendent regarding wellness priorities, implementation strategies, and future policy revisions.

The Child Nutrition Director shall serve as the District's Nutrition Compliance Advisor and a required standing member of the District Wellness Committee. The Child Nutrition Director shall provide technical guidance regarding USDA Child Nutrition Programs, Smart Snacks in School requirements, nutrition standards, Administrative Review requirements, and other applicable federal and state nutrition regulations.

The Superintendent shall provide opportunities for parents, students, school staff, and members of the public to participate in the development, implementation, periodic review, and updating of the Local School Wellness Policy. Opportunities for participation may include committee membership, public meetings, surveys, and other methods determined appropriate by the District.

Meeting agendas, attendance records, recommendations, and supporting documentation of the District Wellness Committee shall be maintained as part of the District's required wellness policy records.

Goals for Wellness Promotion

The District shall establish, implement, periodically review, and evaluate evidence-based goals that promote student wellness through nutrition promotion, nutrition education, physical activity, and other school-based activities designed to support student health and academic success. The Superintendent shall ensure these goals are reviewed as part of the District's triennial assessment and updated as appropriate.

Nutrition Promotion

The District shall promote healthy food and beverage choices for all students throughout the school environment using evidence-based strategies designed to encourage lifelong healthy eating behaviors and increased participation in federally reimbursable Child Nutrition Programs.

The District may promote healthy eating by:

1. Providing students with access to attractive, appealing, and nutritious school meals.
2. Encouraging participation in the National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, Fresh Fruit and Vegetable Program, and other USDA Child Nutrition Programs offered by the District.
3. Promoting Farm to School activities, local food procurement, school gardens, taste-testing opportunities, Harvest of the Month activities, and nutrition-focused special events when feasible.
4. Using evidence-based nutrition promotion strategies within cafeterias and other dining areas to encourage healthy food selections.
5. Providing families with information regarding school meal programs, menus, nutrition education resources, and healthy eating practices.
6. Seeking student input regarding menus, recipes, and meal satisfaction to improve participation in school meal programs.

Nutrition Education

The District shall support nutrition education that provides students with the knowledge and skills necessary to make healthy food choices and adopt lifelong healthy eating behaviors.

Nutrition education should:

1. Be age-appropriate and culturally relevant;
2. Be integrated into the District's comprehensive health education curriculum when appropriate;
3. Reinforce the connection between nutrition, physical activity, academic performance, and lifelong wellness;
4. Encourage students to develop food preparation, food safety, gardening, agriculture, and nutrition literacy skills when opportunities are available; and
5. Include opportunities for experiential learning such as school gardens, Farm to School activities, classroom nutrition education, and taste-testing events when feasible.

Physical Activity

The District recognizes that regular physical activity is essential to student health, academic achievement, and overall well-being.

The District shall encourage opportunities for students to engage in physical activity throughout the school day and may:

1. Provide standards-based physical education consistent with Idaho Content Standards;
2. Encourage classroom physical activity breaks and movement opportunities;
3. Support active recess and other age-appropriate physical activities;
4. Encourage participation in extracurricular physical activity opportunities;
5. Promote walking programs, activity clubs, and other wellness initiatives when feasible; and
6. Encourage staff to model healthy and active lifestyles.

Other School-Based Wellness Activities

To support a healthy school environment, the District may:

1. Promote employee wellness programs and activities;
2. Support community partnerships that encourage healthy lifestyles;
3. Participate in Farm to School initiatives and other agriculture education programs;
4. Provide students with access to handwashing facilities before meals;
5. Offer opportunities for student involvement in menu planning and wellness initiatives;
6. Promote healthy fundraising practices;
7. Recognize schools, students, or staff who demonstrate leadership in wellness initiatives;
8. Encourage collaboration among parents, community organizations, healthcare providers, and local businesses to support student wellness; and
9. Evaluate District wellness initiatives as part of the continuous improvement process.

Nutrition Standards

The District shall provide students with access to nutritious foods and beverages that support health, well-being, and academic achievement. All school meals offered through federally reimbursable Child Nutrition Programs shall comply with the current meal pattern and nutrition standards established by the United States Department of Agriculture (USDA).

The District shall ensure that nutrition standards are consistently implemented throughout all schools participating in federally reimbursable Child Nutrition Programs.

School Meal Programs

Meals served through the National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, Fresh Fruit and Vegetable Program, Summer Food Service Program or SUN Meals, and any other USDA Child Nutrition Program administered by the District shall comply with all applicable federal and state regulations.

The District shall encourage student participation in school meal programs by providing nutritious, appealing, and age-appropriate meal options in a positive dining environment.

Smart Snacks in School

All foods and beverages sold to students on the school campus during the school day outside of the federally reimbursable school meal programs shall meet or exceed the USDA Smart Snacks in School nutrition standards.

This requirement applies to: à la carte sales, vending machines, school stores, snack bars, student organizations, booster organizations, fundraising activities, and any other location where food or beverages are sold to students during the school day. The Child Nutrition Director shall provide technical assistance regarding Smart Snacks compliance.

Foods Provided but Not Sold

The District recognizes that foods provided to students during the school day influence lifelong eating habits and support the educational environment.

Whenever practical:

1. classroom celebrations should emphasize healthy food choices or non-food activities;
2. classroom snacks should encourage nutritious options;
3. food shall not routinely be used as a reward or incentive for academic performance or behavior;
4. withholding food or beverages as punishment is prohibited.

Nothing in this policy shall prohibit accommodations required by an Individualized Education Program (IEP), Section 504 Plan, documented medical condition, or other applicable law.

Food & Beverage Marketing

Only foods and beverages that meet the USDA Smart Snacks in School nutrition standards may be marketed or advertised to students on the school campus during the school day.

Marketing includes, but is not limited to: posters, menu boards, vending machine exteriors, scoreboards, school stores, coolers, equipment, educational materials, signs, branded merchandise, or other visual or electronic media intended to promote food or beverage products. The Superintendent and building principals shall ensure compliance with this section.

Fundraisers

The District recognizes that fundraising activities support valuable student organizations and educational opportunities.

Fundraising activities involving the sale of foods or beverages during the school day on the school campus shall comply with USDA Smart Snacks in School requirements and Idaho State Department of Education regulations.

Non-food fundraisers are encouraged whenever practical.

Food fundraisers intended for consumption outside the school day (such as frozen food, cookie dough, or similar bulk products) are not subject to Smart Snacks standards when conducted in accordance with applicable federal, state, and District requirements.

The Superintendent or designee shall establish procedures to document and monitor fundraiser compliance.

Public Notification

The Superintendent shall ensure that the District annually informs the public about the content and implementation of the Local School Wellness Policy. The policy, any updates to the policy, and the results of the District's triennial assessment shall be made available to the public in an accessible and easily understood manner.

The District may provide public notification through one or more of the following methods:

1. District website;
2. Student and parent handbooks;
3. Annual registration materials;
4. District newsletters;
5. Board meeting agendas or reports;
6. School communications; and
7. Other communication methods determined appropriate by the Superintendent.

The District shall provide opportunities for parents, students, school staff, the Board of Trustees, representatives of the school food authority, school health professionals, physical education teachers, and members of the public to participate in the development, implementation, periodic review, and updating of the Local School Wellness Policy.

Triennial Assessment

The Superintendent shall ensure that the District completes an assessment of the Local School Wellness Policy at least once every three (3) years. The assessment shall evaluate:

1. The extent to which each school is in compliance with the Local School Wellness Policy;
2. The extent to which the District's Local School Wellness Policy compares to model wellness policies; and
3. The progress made in achieving the goals established by this policy.
4. The District Wellness Committee shall review the results of the triennial assessment and make recommendations for policy revisions and continuous improvement.

The results of the assessment shall be presented to the Board of Trustees and made available to the public in accordance with applicable federal regulations.

Recordkeeping

The Superintendent shall ensure that the District maintains records demonstrating compliance with the Local School Wellness Policy and applicable federal and state regulations.

At a minimum, the District shall retain:

1. The current written Local School Wellness Policy;
2. Documentation demonstrating public participation in the development, implementation, periodic review, and updating of the policy;
3. Documentation of annual public notification activities;
4. Agendas, meeting minutes, attendance records, and recommendations of the District Wellness Committee;
5. Documentation of the District's triennial assessment and any corrective actions or policy revisions resulting from the assessment;
6. Documentation supporting compliance with Smart Snacks in School requirements, as applicable;
7. Other documentation required by the United States Department of Agriculture, the Idaho State Department of Education, or other applicable regulatory agencies.

Monitoring Compliance

The Superintendent, serving as the District Wellness Coordinator, shall be responsible for monitoring implementation of this policy throughout the District.

Building principals shall monitor implementation within their respective schools and shall cooperate with the Superintendent in evaluating compliance.

The Child Nutrition Director shall serve as the District's Nutrition Compliance Advisor and shall provide technical assistance regarding nutrition-related provisions of this policy, USDA Child Nutrition Program requirements, Administrative Reviews, Smart Snacks in School standards, and other applicable federal and state nutrition regulations.

The Superintendent shall report periodically to the Board of Trustees regarding implementation of the Local School Wellness Policy and recommend revisions as necessary to maintain compliance with applicable laws and regulations and to support continuous improvement in student wellness.

Legal References: Federal
Child Nutrition Act of 1966, as amended
Richard B. Russell National School Lunch Act, as amended
Healthy, Hunger-Free Kids Act of 2010
42 U.S.C. § 1758b
42 U.S.C. § 1771 et seq.
42 U.S.C. § 1751 et seq.
7 C.F.R. Part 210
7 C.F.R. Part 220

USDA Smart Snacks in School Standards

State
Idaho State Department of Education
Idaho Child Nutrition Programs
Applicable Idaho laws and administrative rules

Policy History
Adopted on: 8-14-06
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9-08-14
10-9-17