

The Healthy, Hunger-Free Kids Act of 2010 requires that the parents, students, District staff, administrators, Trustees, 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 Minidoka School District 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 Minidoka School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District 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 Superintendent 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 District website, through dissemination of student handbooks, or in any other manner the Superintendent may deem appropriate.

Nutrition, Healthy and Wellness Committee

The committee membership will consist of:

1. A Board Member;
2. The District School Nutrition Program Director;
3. School health professional
4. A parent representative from each school level;
5. A student representative from each school level;
6. A member of the general public;
7. A staff member representative from each school level;
8. An administrative representative as committee co-chair; and
9. The physical education and health program leader as committee co-chair.

Appointments to the committee will be made by the Board Chair as recommended by the Superintendent.

The committee will meet annually to report on compliance within their school. The school nutrition staff will ensure compliance with nutrition policies within school nutrition areas and

will report on this matter to the School Nutrition Program Director. Each building administrator will ensure compliance with established district-wide nutrition and physical activity wellness policies. The principal or designee will report on the school's compliance to the District Superintendent or designee.

The Superintendent 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 District are in compliance with the wellness policy;
2. The extent to which the District'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 District or school website. The assessment of the implementation of the policy shall be conducted at least once every three years.

Goals for Wellness Promotion

The District shall review and consider evidence-based approaches in establishing goals for school based activities to promote student and staff 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 District to:

1. Address the goals outlined in Policy 834.00.00 Nutrition

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

1. Host at least one health fair each year;
2. Draft and regularly distribute a wellness newsletter for students and parents;
3. Review Smarter Lunchroom Movement best practices and evaluate each school's ability to implement them;
4. Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health, and food services;
5. Provide physical education each week to elementary and middle school students;
6. Offer a recognition or reward program for students who exhibit healthy behaviors.
7. Start a walking or physical activity club at each school;
8. Offer after school physical activity programs;
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 District 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.

To promote student health and reduce childhood obesity, the District requires all schools within the District to comply with the nutrition standards established by the USDA with respect to all food that is available on school grounds during the school day. The District shall follow all Smart Snack regulations as set forth in Policy 834.00.

Community Participation

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

4. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
5. The extent to which the District's wellness policy compares to model local school wellness policies; and
6. 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 District or school website. The assessment of the implementation of the policy shall be conducted at least once every three years.

Staff Wellness Program

Minidoka County Joint School District # 331 believes in supporting and encouraging the overall wellness of all staff members as it directly relates to increased job performance, reduced absenteeism, and improved job satisfaction. Therefore, the District will provide and fund a wellness program for classified and certificated employees annually. The guidelines for the implementation, administration, and effectiveness of this incentive will be reviewed annually in

negotiations. The focus of the program may include encouraging and rewarding employees for regular exercise, good nutrition, increased activity levels, and other areas of wellness (physical/emotional/social/mental/spiritual).

The District will attempt to maintain the consistency in guidelines between certificated and classified personnel wellness plans by having classified, certificated, and board teams collaborate in establishing the guidelines. The Nutrition, Health and Wellness (with classified and certificated representatives from all buildings and departments) will be responsible for developing and directing the Wellness Program.

Record Retention

The District 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.

LEGAL REFERENCE: **Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004**
 42 USC § 1758b, Local School Wellness Policy
 42 USC § 1771 et seq. Child Nutrition Act of 1966
 42 USC § 1751 et seq. National School Lunch Act
 7 CFR Parts 210 Nutrition School Lunch and School
 Breakfast Programs: Final Rule
 7 CFR § 210.30 School Nutritional Program Professional
 Standards

ADOPTED: **June 19, 2017**

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