

**\*\*\*569 – School Wellness.** On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by school districts. The rule requires school districts to develop a revised school wellness policy during the 2016-1017 school year that complies with the new rules, with full compliance mandated by June 30, 2017. This revised policy incorporates the requirements of the new regulations, as adapted from the model wellness policy of the Alliance for a Healthier Generation.

## **I. INTRODUCTION AND DEFINITIONS**

Soda Springs School District No. 150 endeavors to establish a school environment that promotes students' health, well-being, and the ability to learn. The goal of the board is to encourage a healthy lifestyle for students through the promotion of nutritious foods and physical activity, nutrition education, and other school-based activities that promote school wellness. The district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing this and other related school wellness policies.

This policy outlines the district's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the district have access to healthy foods throughout the school day in accordance with federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the district in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The district establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

## **DEFINITIONS**

“Competitive Food” means all food and beverages other than meals reimbursed under programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 available for sale to students on the school campus during the school day.

“Extended School Day” means the time during, before and after school that includes but is not limited to activities such as clubs, intramural sports, band and choir practice, drama rehearsals.

“School Campus” means all areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups and water bottles) or parking lots.

“Triennial” means recurring every three (3) years.

“School Day” means the period from the midnight before, to 30 minutes after, the end of the official school day.

## **II. NUTRITION EDUCATION AND PROMOTION**

### **SCHOOL NUTRITION PROGRAMS**

The district is committed to serving healthy meals to children. The district’s school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating, and support healthy choices while accommodating cultural food preferences and special dietary needs. To this end, 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 meet the United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) school meal pattern guidelines, which are based off of the U.S. Dietary Guidelines for Americans. In complying with such nutrition standards, the foods and beverages served or sold in school will contain a variety of grains, fruits, vegetables, and be low in saturated fat, cholesterol, sugars, and sodium. Water will be available to students at no charge in the place where meals are served during meal service.

To the maximum extent practicable, all schools in this district will participate in available federal school meal programs, including the School Breakfast Program (SBP), National School Lunch Program (NSLP), Summer Food Service Program (SFSP), Fruit and Vegetable Snack Program, and Child and Adult Care Food Program.

School meals served through the NSLP and SBP programs, and other applicable federal child nutrition programs, will:

- Be accessible to all students;
- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations;
- Promote healthy food and beverage choices using at least ten (10) of the following Smarter Lunchroom techniques:

- Offer a variety of whole fruits displayed in attractive bowls or baskets and vegetables;
  - Sliced or cut fruit is available daily;
  - Daily fruit options are displayed in a location in the line of sight and reach of students;
  - All available vegetable options are bundled into grab-and-go meals available to students;
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal;
  - While milk is placed in front of other beverages in all coolers;
  - Alternative entrée options (e.g. salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service dining areas;
  - A reimbursable meal can be created in any service area available to students (e.g. salad bars, snack rooms, etc.);
  - Student surveys and taste testing opportunities are used to inform menu development, dining space décor and promotional ideas;
  - Student artwork is displayed in the service and/or dining areas;
  - Daily announcements are used to promote and market menu options.
- Serve only low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives.
  - Serve whole grain-rich products containing at least 51% whole grains and the remaining grains in the product will be enriched.
  - Ensure that meals are prepared with products or ingredients that contain zero grams of trans-fat per serving or a minimal amount of naturally occurring trans-fat.
  - Comply with calorie, saturated fat, and sodium content requirements.

### **FREE AND REDUCED-PRICE FOOD SERVICES**

The district will provide free and reduced-price breakfasts and lunches to students according to the terms of the NSLP and SBP programs and the laws and rules of the state. The district will inform parents or guardians of the eligibility standards for free and reduced price meals. Schools will make efforts to protect the identity of students receiving such meals through the use of a uniform identification and meal payment system. A parent or guardian has the right to appeal any decision with respect to any denial of his/her application for free or reduced-price food services to the superintendent or designee.

### **ASSURANCE REGARDING REIMBURSABLE SCHOOL MEALS**

Notwithstanding any other provision of this policy, the district's guidelines for reimbursable school meals will not be less restrictive than the regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42

U.S.C. § 1779) and Section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. §§ 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools.

## COMPETITIVE FOODS AND BEVERAGES

The foods and beverages sold and served outside of the school meal programs (e.g. “competitive” foods and beverages) on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards, at a minimum. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. All foods and beverages sold on the school campus during the school day outside of the reimbursable school meal programs, including those sold through à la carte lines, vending machines, snack bars, student stores, or fundraising activities, will meet the meal pattern requirements and nutrition standards for competitive foods, including the following nutrition and portion size standards:

### Foods

All food sold in schools within this district will:

- Meet all of the nutrient standards as outlined below.
- Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient (or second ingredient if water is first ingredient);
- Have fruits, vegetables, dairy, or protein foods such as meat, beans, poultry, seafood, eggs, nuts, or seeds as the first ingredient (or second ingredient if water is first ingredient);
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

All food items sold in schools will also meet the following nutrient requirements:

- Have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters, reduced fat cheese, and seafood with no added fat), 10% of its calories from saturated fat (excluding nuts, seeds, peanut butter and other nut butters, and reduced fat cheese), and no trans-fat.
- Have no more than 35% of its weight from added sugars (excluding dried fruits and vegetables).
- Contain no more than 200 mg of sodium per serving for snack items such as chips, cereals, crackers, French fries, and baked goods; and no more than 480 mg of sodium per serving for entrée items such as pastas, meats, and soups, pizza, and sandwiches.
- Contain no more than 200 calories per serving for snack items and no more than 350 calories per entrée item sold à la carte (excluding entrée items served as part of a meal program on the day of or day after service).

- Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold and meet the above standards.

## **Beverages**

All schools within the district may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives as permitted by school meal program requirements
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

Portion sizes for milk and juice sold at all schools will be limited to the following:

- Up to 8-ounce portions of milk and juice for elementary school students.
- Up to 12-ounce portions of milk and juice for middle school and high school students.
- There is no portion size limit for plain water.

Additional beverage options and portion sizes for high school students include:

- Up to 20-ounce portions of calorie-free, flavored water (with or without carbonation), and other flavored and/or carbonated beverages that are labeled to contain no more than 5 calories per 8 fluid ounces or no more than 10 calories per 20 fluid ounces.
- Up to 12-ounce portions of beverages with no more than 40 calories per 8 fluid ounces or no more than 60 calories per 12 fluid ounces.

All beverages sold in elementary and middle/junior high schools must be caffeine-free with the exception of those containing trace amounts of naturally occurring caffeine. Beverages available in high schools may contain caffeine.

## **FOOD AND BEVERAGE MARKETING**

It is the intent of the district to protect and promote student health by permitting advertising and marketing for only those foods and beverages that meet the nutrition standards outlined above and are permitted to be sold on campus, consistent with the district's wellness policy. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

## FUNDRAISING

All fundraising efforts by the school or any school-sponsored organization involving the sale of food and beverage items will be reviewed by the school wellness committee. In determining whether to approve the fundraising, the administration will consider the committee's recommendation as to whether the items adhere to the nutrition standards outlined above. All fundraising will be tracked on forms available through the Idaho State Department of Education (SDE) at <http://www.sde.idaho.gov/cnp/sch-mp/snacks.html>.

If foods and beverages do not follow the nutrition standards outlined above, the organization must request an exemption. Fundraisers requiring an exemption may not be longer than four (4) days in duration and exempt food and beverage items may not be sold in district food service areas during meal service. Unless the district requests and receives approval from SDE for additional exempt fundraisers, the district is limited to ten (10) exempted fundraisers per year per school site. Requests for additional exempt fundraisers will be made to SDE on its approved form, together with the district's fundraising tracking form.

The nutrition standards outlined above only apply to foods and beverages sold to students on the school campus during the school day. The nutrition standards do not apply to foods and beverages sold at events held after school or on weekends, off-campus fundraising events, or foods intended to be consumed or prepared outside of school.

## OTHER FOODS AND BEVERAGES IN SCHOOLS

### Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to student wellness, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on the timing of school meals, student age and nutritional needs, and other relevant considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. Schools that provide eligible snacks through after-school programs will pursue reimbursements through the NSLP.

### Celebrations and Rewards

All foods offered on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

- The school wellness committee will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered as classroom snacks for elementary students, as well as school sponsored parties, social events, and school functions.
- The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation at

[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/celebrations/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/celebrations/) and from the USDA at <https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.

- Teachers are discouraged from using food as a reward for students and will not withhold food or beverages as a punishment. The school wellness committee will develop guidelines for appropriate alternative reward systems.

## NUTRITION PROMOTION

The district will be proactive in encouraging students to make nutritious food and beverage choices, as well as encouraging participation in school meal programs, utilizing the following strategies:

- Implementing at least ten (10) evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques ([smarterlunchrooms.org/ideas](http://smarterlunchrooms.org/ideas));
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks school nutrition standards. Additional promotion techniques that the district and individual schools may use are available at: <http://www.foodplanner.healthiergeneration.org>;
- Carefully selecting foods and beverages that contribute to students' nutritional well-being;
- Making a variety of healthy food choices available whenever food is sold or served on district property or at district-sponsored events;
- Preparing food in such a manner to be nutritious and appealing to students' food preferences.
- Serving food and beverages in age-appropriate portions, and in clean and pleasant settings.
- Selling food prices at reasonable prices designed to encourage students to purchase nutritious items.

## NUTRITION EDUCATION

The board will adopt and implement a comprehensive health and physical education curriculum consistent with the Idaho State Board of Education Rules (SBOE), which will provide opportunities for developmentally-appropriate health and physical education instruction. The district will review and consider evidence-based strategies in implementing its nutrition education program, consistent with USDA guidelines. Additionally, as part of its nutrition education program the district will endeavor to:

1. Include nutrition education as part of its health education classes and/or as a stand-alone course for all grade levels, including curriculum that promotes skill development, such as meal planning, recognizing food groups within a meal, understanding health information and food labels to evaluate the nutrient quality and contribution of foods.

2. Incorporate nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.
3. Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasiums, and/or bulletin boards that are frequently rotated, updated, or changed.
4. Provide developmentally appropriate and culturally relevant participatory activities, such as contests, surveys, promotions, food demonstrations and taste-testing, voting for school recipe names, cafeteria design or décor challenges, farm visits, and school gardens.
5. Offer information to families utilizing USDA’s local school wellness policy outreach toolkit (<https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>) and other resources that encourage them to teach their children about health and nutrition, and assist them in planning nutritious meals for their families through handouts, newsletters, Parent Teacher Association/Organization (PTA/PTO) updates, website postings, and presentations.
6. Provide information on any additional school- or community-sponsored wellness activities, events, or services.
7. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods.
8. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise).
9. Includes nutrition education training for teachers and other staff.

### **III. PHYSICAL ACTIVITY**

It is the goal of this district to provide opportunities for every student to develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn about cooperation, fair play, and responsible participation that meets the needs of all students at all levels of physical ability; and gain an appreciation for lifelong physical activity through a healthy lifestyle. To this end, the district will provide students with physical education, using an age appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

All students will be provided an equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Teachers and other school personnel are discouraged from withholding opportunities for physical activity such as recess or physical education as punishment.



**Recess**

Elementary students will be provided the opportunity to participate in daily recess at least twenty (20) minutes per day. Students will be encouraged to engage in some form of physical activity during the daily recess period(s) and the schools will be responsible for providing adequate time, facilities, and equipment to facilitate such physical activities.

**Before and After School Opportunities**

The district offers opportunities for students in all grade levels to participate in physical activity either before and/or after the school day through a variety of methods, including extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer and encourage a range of activities that meet the needs, interests, and abilities of all students.

After-school child care and enrichment programs will encourage daily periods of moderate to vigorous physical activity for all participants and the schools will be responsible for providing adequate time, facilities, and equipment to facilitate such physical activities.

**OTHER SCHOOL-BASED ACTIVITIES**

The district will strive to integrate nutrition and physical activity across the entire school setting. The district will address as many other school activities as possible to support a healthy school nutrition environment including:

1. When feasible, offering staff wellness activities and professional development opportunities related to health and nutrition that inspire school staff to serve as role models and practice healthy eating, physical activity, and other activities that support staff and student wellness.
2. Applying for or being awarded a Healthier US School Challenge recognition.
3. Sponsoring health fairs, TV-turnoff week, 12 school-supported races, family wellness activities, or family day activities that promote health and wellness.
4. Incorporating school garden, Farm to School or Farm to Cafeteria, or Chefs Move to Schools activities that promote healthy eating.
5. Sending families school newsletters, dedicating a part of school newsletters, or posting information on the school website promoting healthy eating, healthy recipes, and physical activity.
6. Incorporating practical and profitable healthy fundraisers that support nutrition education, physical activity, nutrition education, and other wellness related activities such as jog-a-thons or fruit sales.

7. Encouraging and promoting the use of Let's Move and other healthy initiatives that promote physical activity and healthy eating.
8. Assessing and making needed improvements, to the extent possible, to make it safer and easier for student to walk and bike to school. This may include any of the following:
  - Designating safe or preferred routes to school
  - Promoting activities such as participation in International Walk to School Week, National Walk and Bike to School Week
  - Securing storage facilities for bicycles and helmets (e.g. sheds, cages, or fenced areas)
  - Instruction on walking/bicycle safety for students
  - Promoting safe routes programs to students, staff and parents via newsletters, websites, and newspapers
  - Using crossing guards
  - Using crosswalks on streets leading to schools
  - Using walking school buses
  - Documenting the number of children walking and/or biking to and from school
  - Creating and distributing maps of school environment (e.g. sidewalks, crosswalks, roads, pathways, bike racks, etc.)

### **Use of School Facilities Outside of School Hours**

To promote physical fitness for students and patrons, and pursuant to the district's facility use policy, the district may enter into agreements with governmental entities and community organizations to allow the use of school facilities for physical activity and recreation programs offered by the school and/or community-based organizations outside of school hours.

### **III. WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT**

#### **IMPLEMENTATION**

The district will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

## RECORDKEEPING

The district will retain records to document compliance with the requirements of the wellness policy at the district's administrative offices [or identify other office/network]. Documentation maintained at this location will include, but is not limited to:

- The written wellness policy;
- Documentation demonstrating that the policy and triennial assessment have been made available to the public (e.g. screenshots of the district's webpage showing the policy and triennial assessment, or other electronic documentation, copies of correspondence, etc.);
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate (e.g. wellness committee meeting minutes, notification correspondence, etc.);
- The most recent assessment of implementation of the wellness policy.

## MONITORING

The superintendent or designee, together with the wellness committee, is responsible for monitoring and updating this policy based on the triennial assessments and/or as district priorities change; community needs change; wellness goals are met; new health, science, information, and technology emerges; and new federal or state guidance or standards are issued. Each building principal will monitor and ensure compliance with this policy in the school and report such compliance to the superintendent or designee. The director of food services will monitor and ensure that the food service program complies with nutrition guidelines set forth in this policy and state and federal regulations, and will report such compliance to the superintendent or designee. The wellness policy will be assessed and updated as indicated at least every three (3) years, following the triennial assessment.

## NOTICE

The district will provide each student and parent/guardian with a copy of this policy by posting it on the district website [[www.sodaschools.org](http://www.sodaschools.org)]. In addition, the district will provide annual notice of the wellness policy, including its content, any updates to the policy and implementation status. The district will strive to provide as much information as possible about the school nutrition environment, including a summary of the district's (or schools') events or activities related to wellness policy implementation; name and contact information of the district/school officials leading and coordinating the wellness committee; and information on how the public can get involved with the school wellness committee.

## TRIENNIAL PROGRESS ASSESSMENT

In addition to the annual notice described above, at least once every three (3) years, the district will evaluate compliance with the wellness policy to assess the implementation of the policy in the following categories:

- The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy;
- The extent to which the district’s wellness policy compares to model wellness policies; and
- A description of the progress made in attaining the goals of the district’s wellness policy.

The person(s) responsible for managing the triennial assessment and contact information is: [list the name, title and contact information of the person].

The wellness committee, in collaboration with individual schools, will monitor schools’ compliance with this wellness policy. Notice of the availability of the triennial progress report will be made available to the public at the district office.

## **COMMUNITY INVOLVEMENT, OUTREACH AND COMMUNICATIONS**

The district is committed to being responsive to community input, which begins with awareness of the wellness policy. The district will actively communicate ways in which representatives of the wellness committee, families and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of channels including but not limited to: electronic mail, the district’s website, social media, correspondence with parents, newsletters, and presentation to parents. The district will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with nutrition standards. The district will also actively notify the public through the channels identified above about the content of or any updates to the wellness policy, on an annual basis, at a minimum.

## **SCHOOL WELLNESS COMMITTEE**

The district will convene a representative district wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy.

The committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: school administrators (e.g. superintendent, principals, vice-principals); school board members; physical education teachers; health education teachers; school health professionals (e.g. health education teachers, school health services staff including nurses, psychiatrists, social workers); food service employees and other representatives of the school nutrition program (e.g. school nutrition director); students; parents and caregivers; health professionals; and community members.

The Superintendent or designee(s) will convene the wellness committee and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The name(s), title(s) and email contact information for the committee members is set forth below:

**SCHOOL WELLNESS COORDINATOR**

The person(s) in Soda Springs School District No. 150 who is responsible for ensuring that each school is in compliance with this policy is:

Valee Wells  
Soda Springs School District No. 150  
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E-mail: wellvale@sodaschools.org



**LEGAL REFERENCE:**

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (PL 111-296), reauthorizing the Child Nutrition Act, 42 U.S.C. § 1758b (2010).

Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, § 204

42 U.S.C. § 1751, *et seq.*

42 U.S.C. § 1771, *et seq.*

7 CFR Part 210

**ADOPTED: June 7, 2006**

**AMENDED: September 3, 2013; September 3, 2013; May 21, 2014; January 28, 2015**

**First Reading: April 26, 2017**

**Note:** This Wellness Policy was adapted from the Alliance for a Healthier Generation Model Wellness Policy, which can be accessed at: <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/local-school-wellness-policy-process/model-and-sample-policy>. Additional resources regarding wellness policy process, wellness policy elements, grants/funding opportunities, training and success stories can be found at: <http://healthymeals.nal.usda.gov/school-wellness-resources>