

## Non-Instructional Operations

### Local School Wellness

The goal of this policy is to promote healthy schools by supporting wellness, good nutrition, and regular physical activity, as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. The District shall review and consider evidence-based approaches in establishing goals for school-based activities to promote student wellness.

#### Public Involvement

A Wellness Committee, appointed by the Superintendent, may be composed of the District School Board, administration, food service, physical education instructors, school health professionals, community members, students, and parents, and will meet annually to implement, review, and update the Local School Wellness Policy.

#### Nutrition Guidelines

All foods and beverages available for sale on the school campus during the school day shall meet or exceed the nutritional standards required by USDA's National School Lunch Program, the National School Breakfast Program, and the Smart Snacks in School regulations. The school day is defined as midnight before to 30 minutes after the end of the instructional day. Water shall be available during mealtimes. Water shall also be available through water fountains and/or water bottle filling stations. Water sales options may be provided through school vending and concession services.

Any food item sold in vending machines, school stores, snack bars, classrooms, or a la carte in the cafeteria during the school day that is intended for student consumption at school must meet the requirements of the Smart Snacks in School regulations, except for exempt fundraisers. Principals and teachers are encouraged to use non-food items or foods meeting District nutrition standards for celebrations and as a reward for student accomplishment.

The District shall ensure celebrations that involve food during the school day be limited to no more than one party, per class, per month and that each party includes no more than one food or beverage that does not meet nutrition standards for Smart Snacks in Schools.

~~It is the goal of the Lakeland Joint School District No. 272 ('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 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.~~

### 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 District 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 District to:~~

- ~~1. Ensure that foods sold at school during the school day meet or exceed the nutritional standards required by the United States Department of Agriculture’s (‘USDA’) National School Lunch Program, the National School Breakfast Program, and the Smart Snacks in Schools regulations. Exceptions can be made for infrequent food sales 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 Superintendent in charge of compliance at that site;~~
- ~~2. Ensure that non-compliant and non-exempt fundraising food sales will not occur on school grounds during the school day. The District operates under the 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);~~
- ~~3. 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 District 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 school districts 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 District shall also take measures to promote nutrition and physical activity, engage in nutrition education, and conduct wellness activities. Strategies to achieve this goal may include:~~

- ~~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 35 minutes of physical education per week to elementary students and 50 minutes per week to 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 student 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.~~

## Nutrition Standards

Any fundraising requires administrative approval. The number of exempt fundraisers held annually may not exceed the number established by the Idaho State Department of Education unless special permission is granted by the Idaho State Department of Education. Any fundraising activity that involves foods not intended for consumption in schools, such as the sale of cookie dough or frozen pizza outside of school, shall be exempt.

Non-food items or food items that comply with Smart Snacks in School restrictions are also exempt. ~~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.~~

## Community Participation

~~The District 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 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.~~

## Food and Beverage Marketing

Marketing on the school campus during the school day is permitted for the food and beverage items that meet the competitive food requirements. This includes the exterior vending

machines, menu boards, posters, coolers, cups, and food service equipment.

### Nutrition Promotion

Students shall have opportunities to select healthy, nutritious food items during the school day. The District may take steps to promote wellness, such as the promotion of health fairs, school gardens, theme days, food tasting, wellness newsletters, and smarter lunchroom strategy-theme meals. The school environment shall be safe, comfortable, and pleasing, and allow ample time and space for eating meals.

### Nutrition Education

Age-appropriate nutrition education shall be provided to students. Standards-based nutrition education shall be integrated into the curriculum (i.e., cooking classes, food tastings, and meals).

### Physical Activity

The District shall meet or exceed the physical education requirements for all students as defined by the Idaho State Department of Education. The District will provide supervised recess time for all elementary students.

### Other School-Based Wellness Activities - Physical Activities

The District will provide a variety of extracurricular activities and opportunities for physical activity to meet the needs of all students. The District will promote physical activity and healthy eating to students, parents, staff, and patrons at all schools. This policy will be reviewed with school administrators annually to encourage staff awareness and adult modeling.

### Assessment

Each building principal will designate one or more persons at each school as the monitor with the operational responsibility for ensuring the school meets the policy. This responsibility includes completing the Idaho Wellness Policy Progress Report, using the Smart Snack product calculator, ensuring the policy's guidelines are being met, ensuring that all fundraisers are tracked, and ensuring that exempted fundraisers do not exceed ten per year, per school.

Evaluation of the Local Wellness Policy shall be conducted at least once every three (3) years and shall include:

- The extent to which schools under the jurisdiction of the District comply with the wellness policy;
- The extent to which the District's wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the wellness policy.

### Communication

The Superintendent shall annually inform and update the Board, public, parents, students, and others in the community about the content updates and assessments of the wellness policy.

Complete dietary guidelines, the latest version of USDA's Local School Wellness Policy Implementation, the Idaho State Department of Education Wellness Policy Guidelines, Smart Snack Guidelines, and tools may be made available on the District website.

## 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 that the public was notified annually as required by this policy.

## Monitoring Compliance

~~The Superintendent shall designate one or more District officials or school officials to ensure that each school complies with this policy.~~

### Cross-Reference:

2310 Nutrition Education  
2315 Physical Activity Opportunities and Education  
8230 Nutrition Standards  
4175 Required Annual Notices

### Legal Reference:

[S.2507\(§204\) - 108th Congress](#): Child Nutrition and WIC Reauthorization Act of 2004  
[42 USC § 1758b, Section 204](#) Healthy and Hunger-Free Kids Act of 2010  
[42 USC § 1771](#) *et seq.* Child Nutrition Act of 1966  
[42 USC § 1751](#) *et seq.* National School Lunch Act  
[7 CFR Parts 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 Rule  
Idaho State Department of Education <http://www.sde.idaho.gov/cnp/sch-mp/snacks.html>

### Policy History:

Adopted on: August 22, 2017  
Revised on: (Pending)

Timestamp	Please provide any feedback or suggestions for this policy.
8/19/2025 14:22:50	I would be interested to be a part of the wellness committee if and when that goes through!
8/19/2025 16:02:20	No comment currently on this
8/20/2025 16:51:59	How about implicating a spending limit for students. Last year, despite countless phone calls with the cafeteria staff and the counselor I could not get a restriction on the spending limits for my child. She was buying two meals and multiple snacks with no regulation..

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