



Book	BCSD Policies
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Blaine County School District No. 61 is committed to providing school environments that promote and protect our children's health, well-being, and ability to learn by supporting healthy eating, physical activity, and emotional wellness. We recognize that a physically and emotionally healthy, nutritionally astute, and physically active child is more likely to be academically successful.

A healthy school environment fosters a positive emotional and social climate, critical to support learning and healthy social development. A safe environment that includes school buildings and grounds is important to allow students an opportunity to succeed.

This policy is to assist our students in establishing life-long healthy eating, exercise patterns, and social emotional health in order to achieve his or her full academic potential, sets forth the following goals and guidelines:

I. GUIDELINES

Authority

To ensure the health and well-being of all students, the Board shall provide, to students, a comprehensive nutrition and wellness program which meets or exceeds program federal and state requirements that includes:

- a. Access to foods and beverages that meet established federal and state nutritional guidelines.
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>
- b. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- c. Opportunities for student to be physically active before, during, and after school.
- d. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with Idaho State content standards.
- e. Provide activities, curriculum and or programs to promote student social and emotional wellness. (Goals)
- f. Schools engage in activities that promote student wellness.

Delegation of Responsibility

The Superintendent or designee shall be responsible to monitor District schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines.

The Superintendent or designee shall report to the Board on the District's compliance with law and policies related to student wellness. The report may include:

- a. Assessment of school environment regarding student wellness issues.
- b. Listing of activities and programs conducted to promote nutrition and physical activity and student wellness.

- c. Recommendations for policy and/or program revisions.
- d. Suggestions for improvement in specific areas.
- e. Feedback received from District staff, students, parents/guardians, community members and Wellness Committee.

II. GOALS

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.

Nutrition Education and promotion goals:

- a. Provide health education to include nutrition at all elementary and secondary schools.
- b. Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media.
- c. The nutrition education program will be linked to school meal programs, cafeteria nutrition promotion, and instructional after-school programs.
- d. Nutrition education will be offered in the classroom, with opportunities to access food service staff as an educational resource.
- e. Staff will use adopted nutrition instructional materials in the classroom.
- f. Staff is encouraged to model healthful eating habits.
- g. Families will be encouraged to pack lunches and snacks that meet District nutrition standards and will be provided with written guidance on how to accomplish this.
- h. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, preparation methods, and accurate portion sizes.
- i. Provide nutrition/wellness education materials to families.
- j. The School District should limit the marketing of food and beverages to food and beverages that meet District nutrition standards.

It is the goal of this District to provide opportunities for students to develop the knowledge and skill for physical activities and maintain physical fitness. 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.

Physical activity goals:

- a. Continue to provide physical education at all elementary and secondary schools.
- b. Continue to require the two credits of High School physical education for graduation.
- c. Physical Education will be standards-based, using national and state-developed standards.
- d. Physical Education classes will be developmentally appropriate and may include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior, and benefits of physical activity.
- e. Continue to access our natural surroundings and community partnerships to provide extended physical activities for students
- f. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation.
- g. All students have opportunities for physical activity beyond physical education class on a regular basis. Teachers will be encouraged to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.
- h. Elementary school students will have access to at least 20-30 minutes a day of supervised recess during which moderate to vigorous physical activity is encouraged.
- i. High school and middle school offer interscholastic sports programs.
- j. The School District promotes walking and biking to school for students through community resources such as Safe Routes.

Other health promoting school based goals:

- a. Students will have access to school health services such as counseling, psychological, and social services providing a wide variety of programs that address the mental and physical health needs.
- b. School counselors, psychologists, and social workers may work in concert with other school and community professionals to provide effective assistance for students and their families.
- c. District programs shall focus on prevention, address problems, facilitate positive learning and healthy behavior, and enhance healthy student development.

- d. Health education shall help students adopt and maintain healthy behaviors that protect and promote health and avoid or reduce health risks.
- e. Family and community partnerships shall share resources and expertise to help children and youth develop healthy behaviors and promote healthy families.
- f. District facilities, grounds, and classrooms shall promote and provide ways to make our buildings more energy efficient, environmentally friendly and a healthier environment for optimal learning.

III. 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, à 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;
 - White 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.

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 1/4 cup of fruit and/or vegetable; **and meet the following standards:**

- 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 schools must be caffeine-free with the exception of those containing trace amounts of naturally occurring 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.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing

often includes an oral, written or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- Displays, such as on vending machine exteriors;
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required);
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District;
- Advertisements in school publications or school mailings;
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District (including school nutrition services and athletics departments, and parent/teacher organizations) reviews/considers new contracts and as scoreboards or other such durable equipment are replaced or updated over time, replacement and purchasing decisions will reflect the applicable marketing guidelines established in this wellness policy.

FUNDRAISING

Fundraising projects are encouraged to use either non-food items, or food items that meet District nutrition standards. Food items that do not meet District standards should be distributed outside the normal school day and be for consumption off of school grounds. Fundraising activities that promote physical activity are encouraged.

All fundraising efforts by the school or any school-sponsored organization involving the sale of food and beverage items will be reviewed by the administration and/or 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 such as cookie dough and raw pizza kits.

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:

- a. 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 and from the USDA.
- b. Teacher to student reward/incentive: Schools will discourage the use of food or beverages as a reward for academic performance or good behavior. Rewarding students with candy, food and beverages of little nutritional value contradicts the teaching and modeling of behaviors and skills that promote student wellness.
- c. Teachers will not withhold food or beverages as a punishment.

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);
- 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.

IV. PHYSICAL ACTIVITY

In addition to offering physical education, the District will provide other opportunities for physical activity for each grade level as appropriate.

The District's physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

Teachers and other school personnel are discouraged from using and 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. 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. This policy may be waived on early dismissal or late arrival days.

If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms

located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or District must conduct indoor recess, teachers and staff will facilitate indoor recess that promote physical activity for students, to the extent practicable.

Recess will compliment, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Opportunities

The District offers opportunities for students in middle and high school 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 as well as interscholastic sports programs.

The District offers opportunities for students in the elementary grades to participate in physical activity either before and/or after the school day through many of its community partnerships.

V. 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.

RECORDKEEPING

The District will retain records to document compliance with the requirements of the wellness policy at the District's administrative offices. 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.
- The most recent assessment of implementation of the wellness policy.

MONITORING

The superintendent or designee 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. 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 annual notice of the wellness policy, including its content, any updates to the policy and implementation status via the District website. In addition, the District will provide information regarding the wellness policy in student handbooks at each school. 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.

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 the superintendent or designee.

Notice of the availability of the triennial progress report will be made available to the public at the District office.

VI. WELLNESS COMMITTEE

The Wellness Committee shall serve as an advisory committee, providing guidance to the Board regarding student health issues and possible revisions, improvements, monitoring, and implementation of the Wellness Policy. The Wellness Committee will meet at least one (1) time per year.

The Superintendent or designee will be responsible for the formation of the Wellness Committee. 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 member/liaison; 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.

All meeting dates and times will be posted on the school District's website and meeting minutes will be available to the public. This committee will report to the Board by February 1st of each school year of any suggestions or changes.

The Food Service Director will provide an annual report (at the end of each school year) to the Superintendent and School Board members on the District's progress toward meeting these goals and on any further recommendations of the Wellness Committee.

Revised 04/17/14

Legal

7 CFR Part 210

42 U.S.C. § 1771, et seq.

42 U.S.C. § 1751, et seq.

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

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)