

## **Policy #822.1 - CHILD NUTRITION and WELLNESS**

It is the goal of the Midvale 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 Midvale 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 risk for mortality and development of many chronic diseases as adults.

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 thirty (30) minutes after the end of the official 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 all students have access to adequate and healthy food choices on scheduled school days at reasonable prices.
2. Ensure that foods sold at school during the school day meet the Dietary Guidelines for Americans. 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;
3. Ensure that non-compliant and non-exempt fundraising food sales will not occur on school grounds during the school day. The District operates under United States

Department of Agriculture (USDA) program regulations of the National School Lunch Program, National School Breakfast Program, and Smart Snacks in Schools regulations. This includes 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 that take place outside of school, such as frozen pizza sales, are exempt from the nutrition standards.);

4. Ensure that celebrations that involve food during the school day be limited to no more than one party per class per month. It is also recommended 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.
5. Support and promote dietary habits contributing to students' health and academic performance. All foods available on school grounds and at school-sponsored activities during the school day should meet or exceed the USDA Smart Snacks in School nutrition guidelines. Wholesome foods produced in Idaho should be available and actively promoted in a health school environment. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals. The District encourages all staff to focus on the Dietary Guidelines for Americans;
6. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors including good nutrition and regular physical activity;
7. Coordinate school food service with the healthy lifestyles policy to reinforce messages about healthy eating and to ensure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits;
8. Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health, and food services;
9. Provide District staff with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change; and
10. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.
11. All students will receive instruction in good nutrition in their appropriate classes: elementary students in the classroom; secondary students in required health and nutrition classes.
12. Establish a Wellness Committee comprised of individuals from the following groups:

parents, teachers, students, administration, food service director, and physical education director and members of the community. This committee will meet at least twice a year, and will be responsible to develop and evaluate the wellness program using the Idaho Wellness Policy Progress Report. All meeting dates and times will be posted on the school district's website and meetings will be open to the public. All interested stakeholders are urged to take part.

### Student Selection of Food Items

Under Federal law students are not required to take items of food that they will not consume, provided they take at least three (3) items from the list of five (5) items served. If a student takes less than five items the price shall not be reduced.

The purpose of these regulations and this policy is to reduce the amount of waste in the food service program and still encourage students to take all five items.

Students in grades K-12 may select three (3) food items with full-size portions from the list of five (5) items offered. Additional items selected may be in reduced portions, if requested.

### Nutrition Guidelines

To promote student health and reduce childhood obesity, the District urges all schools within the District to comply with the nutrition requirements described in the District's Nutrition Standards policy with respect to all food that is available on campus during the school day.

### Community Participation

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are all urged to participate in the development, implementation, and periodic review of this policy.

The Superintendent shall periodically measure and make available to the public an assessment on 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.

## 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.

## Monitoring Compliance

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

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## **References:**

Pub.L. 111-296 Healthy, Hunger-Free Kids Act of 2010  
Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004