

**Local School Wellness**

**[The Healthy, Hunger-Free Kids Act of 2010 requires that the parents, students, District staff, 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 Cascade School District #422 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 Cascade 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.

**Definition**

For the purposes of this policy the school day is defined as midnight before to one (1) hour after the end of the official school day.

**Goals for Wellness Promotion**

To ensure the health and well being of all students, it is the policy of the District to:

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 children have access to adequate and healthy food choices on scheduled school days at reasonable prices based on the HHFK Act of 2010 guidelines and the Smart Snacks in School guidelines;

2. Ensure that foods sold at school during the school day meet or exceed the nutritional standards required by the USDA's National School Lunch Program, the National School Breakfast Program and the Smart Snacks in School 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;
3. Ensure that non-compliance 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 standards. 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.);
4. Ensure that schools limit celebrations that involve food during the school day to no more than one party per class per month and that each celebration include no more than one food or beverage that does not meet nutritional standards for Smart Snacks in Schools. The District may disseminate a list of healthy party ideas to parents and teachers.
5. Support and promote dietary habits contributing to students' health and academic performance. 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 healthy 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.
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.

## **Standards**

To promote student health and reduce childhood obesity, the District urges all schools within the District to comply with the nutrition standards established by the USDA with respect to all food that is available on campus during the school day.

The District shall provide school meals which meet or exceed the nutritional standards required by United States Department of Agriculture (USDA) program regulations of the National School Lunch Program (NSLP) and the National School Breakfast Program (SBP). Additionally, the District shall comply with requirements of the Healthy and Hunger Free Kids Act of 2010 and the Smart Snacks in Schools standards with regard to the nutritional content of all food sold or provided by the school, including school meals, a la carte items, foods sold from vending machines, and foods sold for fundraisers. The District permits the sale or distribution of nutrient dense, Smart Snack compliant foods for all school functions and activities as well as non-food items. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the federal nutrition standards cited above for the sale of foods and beverages on school grounds.–The standards focus on reducing sugar, sodium, and high-fat foods and increasing healthy food items like whole grains, fruits, and vegetables.

## **Community Participation**

The District shall invite 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 permitted to participate in the development, implementation, and periodic review of this policy. A wellness committee will be formed at the beginning of each school year. A yearly Wellness Policy review will be submitted at the regularly scheduled February School Board Meeting.

The Superintendent shall annually make available to the public the content of the policy and 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. The assessment of the implementation of the policy shall be conducted at least once every three years.

## **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   District Nutrition Standards

Legal Reference:     Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004  
                          Pub.L. 111-296 Healthy, Hunger-Free Kids Act of 2010  
                          7 CFR Parts 210 Nutrition School Lunch and School Breakfast Programs:  
                          Final Rule  
                          Smart Snacks in School Regulations by the United States Department of  
                          Agriculture

Other Reference:     <http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm>

### **Policy History:**

Adopted on: 3/12/14

Revised on: 2/11/15, 3/15/17