

School Wellness

The superintendent or designee is responsible for developing and implementing a comprehensive district-wide school wellness program consistent with state and federal requirements. In implementing this policy, the goal of the board is to encourage a healthy lifestyle for students through the introduction of nutritious foods and physical activity within the school setting.

NUTRITIONAL GUIDELINES:

Basin School District Child Nutrition Program will continue to meet or exceed the nutrition standards established by the U.S. Dept. of Agriculture and the Idaho State Department of Education.

1. Breakfast and lunches are combined to meet the weekly requirements set by USDA and Idaho Nutrition Standards.
2. A maximum of 30% of the calories may be from fat with not more than 10% saturated fat based on a weekly average.
3. Nutrient Analysis i.e. fats, carbohydrates and calorie information is available at the Food Service office for teachers, parents, students and health professionals.
4. Schools will provide adequate time and positive environment for students to socialize at meal time.
5. Adult supervision and role modeling is encouraged during the meal service time to encourage students to eat lunch.
6. Child nutrition personnel are properly qualified and trained according to current professional standards administered by the Child Nutrition Programs and Central District Health Department.
7. Educators are discouraged from using foods and beverages with low nutritional value as rewards. Schools will work towards rewarding

students with alternative rewards in place of soft drinks, candy and sweets.

8. All food and beverages sold during the school day must meet the following standards. The School day is defined from midnight the night before until 30 minutes after the end of the instructional day.

*SFAs: School Food Authorities

***Calorie Range:** As a weekly average, SFAs shall serve at a minimum 100% and a maximum of 110% of the appropriate level of calories per week to ensure meals offered to children comply with USDA calorie levels.

***Trans Fat:** SFAs shall eliminate foods containing added trans fats.

***Deep Fat Frying:** SFAs shall not use deep fat frying as a method to prepare food in Child Nutrition Programs. This includes foods from reimbursable meals as well as a la carte foods sold by the Child Nutrition Department.

***Whole Grains:** SFAs shall offer whole grain at all serving lines at breakfast and lunch. A whole grain food is defined as: Purchased Foods the whole grain must be listed first in the ingredient list and Homemade Foods must have more than 50% of the grains in the recipe must be whole grains.

***Fruit and Vegetables:** Breakfast, SFAs shall offer at a minimum, one fruit on all points of service for breakfast. If only one fruit choice is offered at breakfast, juice may only be offered two-times per week as the fruit choice. Lunch, SFAs shall offer at least one fruit and vegetables when possible. When using frozen and canned fruits, SFAs shall use products that are packed in natural juice, water or light syrup. SFAs shall make an effort to provide a variety of fruits and vegetables throughout the week, making sure all sub-groups of vegetables are offered weekly.

***Milk:** SFAs shall offer fat-free (skim) and low-fat (1%) milk at all points of service.

***Legumes:** SFAs shall offer legumes (dry beans and peas) at least one time per week.

***Sugar:** SFAs shall not offer grains (cereals, breads, pastries, cookies, cakes, etc. with more than 14g sugar per ounce in purchased products (natural sugars, such as fruit, are exempt). SFAs shall strive to include foods with less than 10g of sugar per ounce at breakfast and lunch.

- ***Sodium:** SFAs shall limit sodium to 2mg per calorie
- ***Fiber:** SFAs shall offer meals with at least one gram of fiber per 100 calories
- ***Cholesterol:** SFAs shall limit cholesterol to 75mg for breakfast and 100mg for lunch
- ***Condiments:** SFAs shall not have salt shakers or packets available. SFAs shall not have sugar dispensers or packets available. SFAs shall accurately reflect condiment usage in nutrient analysis on Nutrikids computer program.
- ***A la Carte:** SFAs shall limit a la carte foods that do not meet the Nutrition Standards for Idaho School Meals.

Adult Role Modeling

Schools play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classrooms regarding nutrition and physical activity. Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines and after school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and sharper mind.

1. Classroom Incentives/Rewards: Food is discouraged from being used as a classroom reward or incentive.
2. Snacks/Parties: When food and/or beverages are offered to students in school or at classroom celebrations should be held after the classroom lunch period to help ensure students eat a nutrition lunch.
3. Concessions/Fundraisers: To comply with USDA Smart Snacks requirements beginning in the 2014-2015 school year, the following policy will be established in Basin School District for fundraisers:
 - *Idaho State Department of Education has set a limit of 10 exempted fundraisers per year per school site.
 - *Each fundraiser must not be longer than 4 consecutive days of duration.
 - *The district must have permission to request approval for additional numbers of fundraisers to be held in their schools.

*The standards would not apply to items sold during non-school hours, weekends, off-campus fundraising events, or foods intended to be consumed outside of school.

*School hours are considered midnight from the day before to 30 minutes after school.

Wellness Committee

A wellness committee that includes parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public in the development, implementation and review and update of the local wellness policy.

Periodically an assessment will be made available to the public on the implementation of the wellness policy including the extent, to which schools are in compliance with the local wellness policy and the progress made in attaining the goals of the local wellness policy.

PHYSICAL ACTIVITY

Health and Physical Education Curriculum

The board will adopt and implement a comprehensive health and physical education curriculum consistent with the Idaho State Board of Education Rules, which will provide opportunities for developmentally-appropriate health and physical education instruction. Nutrition health and fitness topics will be integrated within the sequential, comprehensive health and physical education curriculum. All teachers will be encouraged to incorporate concepts of good nutrition and physical activity in other courses of instruction, as appropriate.

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 education. 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 is encouraged. The district may enter into agreements with government 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 the school hours.

FAMILY AND COMMUNITY INVOLVEMENT

To promote family and community involvement in supporting and reinforcing physical education in the schools, the school principal or designee is responsible for providing educational information and/or events to promote nutritious eating habits and increased physical activities of students, family members and community members.

MONITORING AND POLICY REVIEW

The superintendent or designee is responsible for monitoring and ensuring that the schools in the district comply with this policy. Principals will ensure compliance with this policy in the school and report such compliance to the superintendent or designee. The director of food services will ensure that the food service program complies with nutritional guidelines set forth in this policy, and state and federal regulations, and will report such compliance to the superintendent or designee. The superintendent or designee will develop a summary report every three (3) years on district wide compliance with the district's established nutrition and physical activity wellness policies based on input from schools within the district. That report will be provided to the board and distributed to all school health councils, parent/teacher organizations, school principals and school health services personnel in the district.

OTHER HEALTH PROMOTING SCHOOL BASED REQUIREMENTS

Measureable Goals

1. Provide physical education activity classes for PK-4th grade for 80 minutes per week and 120 minutes per week for grades 5 and 6.
2. 7th grade students attend a PE/Health class 260 minutes per week two semesters and 8th grade students attend a PE class 260 minutes per week two semesters.
3. Two credits of physical education are required to graduate.
4. Kindergarten through third grade 50 total minutes of recess each day and grades four through six have 35 minutes of recess daily.
5. Students are provided with regular physical activities throughout the day such as wiggle breaks and GoNoodle.

6. Staff is discouraged from keeping students in from recess for punitive reasons.
7. Staff members are encouraged to use physical activity as a reward for behavior and academic achievement.
8. Staff members provide open gym in the morning as well as athletic sports practice before and after school.
9. The district will provide staff wide training on nutrition and physical activity.
10. The administration will provide a staff wellness program.
11. Athletic coaches/staff will maintain CPR certification.
12. The district will maintain safe and drug free schools through prevention, mental health, social, and emotional health programs.
13. The district supports recycling of paper products and aluminum. The district will exercise environmental stewardship of the 87.5 acres of Idaho Center for Outdoor Education land.
14. The district will reward students who participate in activities such as jog-a-thons, walk-a-thons, and other physical activities.
15. The district will monitor and provide case management for students with chronic health conditions.
16. The district partners with local and state wide programs and projects to promote healthy activities such as Bogus basin Ski days, Snow School, hiking, swimming, and other activities.
17. Make good faith effort to encourage parents and students as well as staff to choose healthy and nutritious meals and snacks that are brought to and eaten at school.
18. Coordinate and provide regular medical, dental and mental health care to students, families, staff and community by inviting such providers to the school, providing adequate space, operational and administrative support.
19. Have on staff a district resource worker to work with students and families in need of resources with the goal being higher functioning and successful during school and in life.
20. Offer a healthy school environment that fosters a positive emotional and social climate critical to support learning and healthy social development.
21. Under the wellness committee that has been convened, with a membership including representatives from each of the following groups: the administration/board of trustees, teachers, food service employees, students, parents and community members. The committee will be responsible for recommending guidelines as set

forth in this policy, developing recommendation for events and programs to further encourage school wellness, and reviewing the policy and suggesting modifications thereof.

LEGAL REFERENCE:

Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265 Section 204)

ADOPTED: October 18, 2005

AMENDED: February 20, 2007

AMENDED: October 22, 2013

AMENDED: December 12, 2018