

Wellness Policy

**DISTRICT WELLNESS POLICY**

The Garden Valley School District Wellness Policy reinforces the promotion of a healthy school environment where children learn and participate in positive wellness practices. This district wide policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits thus reducing childhood obesity and promoting physical wellness. It is the position of the District that lifelong healthy eating and exercise patterns will assist students in reaching their full potential.

The Garden Valley District Board of Trustees shall appoint a District Wellness Policy Committee. The committee shall include representatives from administration, school foodservice, school board, parents, students and the public. The District Wellness Policy Committee shall monitor and evaluate the implementation and effectiveness of the District Wellness Policy.

In compliance with regulations, parents, staff, administration, community members and the Board of Trustees have established the following wellness goals reflecting the position of our District.

**District Nutrition Standards:**

The Garden Valley School District will offer breakfast and lunch during the regular school year. The District operates under program regulations of the National School Lunch, National School Breakfast, Summer Food Service, and National After School Snack programs, as well as the Federal Program for Free and Reduced Meals. The District Food Service Supervisor will be responsible for implementing these programs. Students and staff are highly encouraged to promote and participate in these programs. All available foods and meals will be in compliance with the requirements of the USDA Child Nutrition School Meal programs and Smart Snacks regulations.

**Vending Machines in Middle High and High School:**

Elementary students will not utilize the vending machines until 30 minutes after school is dismissed. Middle high and high school vending machines must be closed during breakfast/lunch service. All foods and beverages sold in vending machines will follow the Healthy, Hunger Free Kids Act of 2010 Smart Snack Standard guidelines.

Nutritious and appealing foods, such as fruits, vegetables, dairy and whole grain products will be available wherever food is sold in the school, including the cafeterias, concessions, school stores, and vending machines.

**Fundraisers:**

The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards. School organizations shall be encouraged to use non-food items or healthy foods for fundraising. The sale of candy is not encouraged.

- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events. Fundraisers 30 minutes after school hours are exempt.
- The State of Idaho has set 10 (ten) food-fundraiser exemptions per school per year that do not meet the nutrition standards. These fundraisers must be reported to the Superintendent or his/her designee, approved and recorded.
- Advertising for unhealthy food choices is not permitted on school grounds.
- Advertising for approved fundraisers is permitted.

**Nutrition Education:**

1. The Garden Valley School District will promote family healthy eating patterns through classroom nutrition education. Teachers should strive to teach nutrition education in normal class curriculum. Marketing materials in the classrooms and lunchrooms should reflect our Wellness Policy.

2. The District will involve students and parents in nutrition activities through classroom and District committee participation and by involving family members and community residents in nutrition education. Healthful eating and physical activity should be actively promoted to students, parents, teachers, administrators, and the community at registrations, PTO meetings, open houses, health fairs, teacher in-services, etc.

3. Professional development opportunities for Child Nutrition Services staff in compliance with the School Nutrition Association and the Idaho Department of Child Nutrition will be required according to the Professional Standards requirement

4. The District will provide relevant continuing education opportunities for all physical education and health staff.

5. High school students will all receive a 5-week nutrition class, along with one credit required for graduation of health class.

6. All coaches are required to take a fundamental of coaching class that includes nutrition for athletes. This information should be available for athletes and families.

**Physical Education:**

1. Elementary School Students in 1st through 5th grades receive on average 60 minutes per week of physical education.

2. Middle School students in 6th through 8th grades will receive at least the equivalent of one (1) quarter of physical education per year.

3. High School students in 9th through 12th grades will receive 2 semesters of physical education prior to graduation.

4. Students will be encouraged to participate in competitive sports covered under Title IX such as football, volleyball, softball, basketball, track, and wrestling.

5. Community youth sports will be available as after school activities supported by District facilities. Informal and intramural sport activities will be encouraged during recess and lunch breaks.
6. Middle School and High School elective choices will include courses in physically active lifestyles.
7. The health benefits of physical activity will be emphasized during the school day.
8. The District will make every effort to continually provide adequate equipment and facilities for physical education activities.

**Implementation and Evaluation:**

1. Garden Valley School District Wellness Policy will be available on the School District web site and will inform and update the public (including parents, students, and other community) regarding the content and implementation of local wellness policies. Students should be asked for input and feedback through the use of student surveys, and attention given to their comments.
2. The Garden Valley School District will be measured yearly on the extent to which they are in compliance with the local wellness policy, the extent to which this policy compares to model local wellness policy, and will make this assessment available to the public through the website.
3. The Superintendent/Principal will monitor implementation of the District Wellness Policy within each of the individual buildings.
4. The District Child Nutrition Services Director will monitor policy implementation within the District kitchen and cafeteria.
5. Staff will recognize the District commitment to health and well-being of its students with adherence to the Garden Valley School District Wellness Policy.
6. The Garden Valley School District Superintendent and Board of Trustees will monitor and uphold policy execution and revisions.

**Other School-Based Activities:**

District curriculum will include instructional goals and activities that inform students about the effects of substance abuse, negative peer pressure, and the development of a positive, productive and safe lifestyle.

**Policy History:**

Adopted on: 08-08-2017

Revised on: