

Policy 2311: Wellness Policy

Status: ADOPTED

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Kootenai Joint School District No. 274 promotes a healthy school environment where students learn and participate in positive wellness practices. This policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits, reducing childhood obesity, and promoting physical wellness. It is the District's position that lifelong healthy eating and exercise patterns will assist students in reaching their maximum potential. In compliance with regulations, the Board of Trustees has established the following wellness policy reflecting the District's position.

DISTRICT NUTRITION STANDARDS

1. Food Services personnel will:
 - a. Provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students;
 - b. Provide a clean, safe, and pleasant environment in which students will eat their meals.
2. Kootenai Joint School District No. 274 will provide school meals served through the National School Lunch and Breakfast Programs which will:
 - a. Meet, at the minimum, nutrition requirements established by local, state, and Federal statutes and regulations;
 - b. Offer a variety of fruits and vegetables;
 - c. Serve only low-fat (1%) and fat-free milk as defined by the United States Department of Agriculture;
 - d. Provide milk during all meals and snack times to students who bring sack lunches, at the applicable cost to families
 - e. Offer a variety of whole grains; and
 - f. Educate students about the importance of eating nutrient dense foods like whole grains, fresh fruits, and vegetables.
3. The district will offer breakfast to all students in order to meet their nutritional needs and enhance their ability to learn.
 - a. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation;
 - b. Schools will notify parents and students of the availability of the School Breakfast Program;
 - c. Through newsletter articles, take-home materials, or other means, schools will encourage parents to choose a healthy school breakfast for their students.
4. Staff are discouraged from scheduling tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.

SHARING OF FOODS AND BEVERAGES

School personnel should discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other health-related reasons.

INDIVIDUALLY SOLD FOODS AND BEVERAGES

1. Elementary School: The District Food Service Program will approve and provide all food and beverage sales to students in the elementary school. Given young students' limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, non-fried vegetables, and those foods meeting the Smart Snack Rule.
2. Junior High and High Schools: In junior high schools, all food and beverages sold individually outside the reimbursable meal programs (including those sold through à la carte lines, vending machines or student stores) should include fruit and vegetable juice, milk, or flavored milk, or water; and foods that include, but are not limited to, snacks that meet the recommended criteria for healthy snack foods.
3. Fundraising Activities: To support students' health and school nutrition-education efforts, school fundraising activities involving food or beverages will be encouraged to utilize foods that meet the criteria for healthy snack foods and beverages sold individually.
4. Snacks/Parties: Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to students' diets and health 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 timing of schools' meals, students' nutritional needs, students' ages, and other circumstances. Classroom parties should be scheduled after the lunch period to help ensure students eat a nutritious lunch.
5. Rewards: Schools should not use foods or beverages that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior.

6. School Sponsored Events: When foods and beverages are offered or sold at school sponsored events such as, but not limited to, athletic events, dances, or performances outside the school day, an effort should be made to include those foods and beverages that meet the criteria for healthy snacks and beverages.

NUTRITION EDUCATION

Kootenai Joint School District No. 274 will promote healthy eating patterns through classroom nutrition education coordinated with the District-science and/or health curriculums.

The District will establish a local school wellness policy involving all stakeholders.

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

PHYSICAL EDUCATION

1. Elementary school students will receive at least thirty minutes per week of physical education. Total instructional minutes per week will meet or exceed state recommendations.
2. Secondary students will receive health and physical education courses that meet or exceed state recommendations.
3. Students are encouraged to participate in competitive sports covered under Title IX such as football, volleyball, basketball, cross-country, and track.
4. Community youth sports may be available as after school, weekend, and summer activities supported by District facilities, Informal and intramural sport activities will be encouraged during recess and lunch breaks.
5. Junior High and High School elective choices may include courses in physically active lifestyles.
6. The health benefits of walking will be emphasized during the school day as appropriate.
7. The District will make every effort to continually provide adequate equipment and facilities for physical education activities.
8. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

QUALIFICATIONS OF SCHOOL FOOD SERVICE STAFF

Qualified nutrition professionals will administer the school meal programs. As part of the School District's responsibility to operate a Food Service Program, the District will provide continuing professional development for all nutrition professionals in the District.

MONITORING

The wellness policy will be available in the Kootenai Joint School District Policy Manual located in the administration office. The policy manual will be available to all patrons, staff, parents, and students on the District's website.

1. Building principals and administrators will monitor implementation of the District's Wellness Policy within each of the individual school buildings.
2. The district food service director will monitor policy implementation with the district's food service program.
3. Staff will recognize the district's commitment to health and well-being of its students with adherence to the district's wellness policy.
4. Kootenai Joint School District's Administrators and Board of Trustees will monitor and uphold policy execution and revisions.

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