

In accordance with the Child Nutrition and Healthy Hunger-Free Act of 2010, the Weiser School District has established a school wellness policy for all schools.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining of healthy weight requires a combination of healthy food choices and appropriate amount of physical activity. All foods made available on school campuses should offer children nutritious choices, and physical activity should be incorporated into the school day as often as possible. The healthy, physically active child is more likely to be academically successful.

Quality nutrition education programs which are grade appropriate and presented creatively build knowledge and skills throughout a child's school experience. Such programs address factual information and explore the healthy, social, cultural and personal issues influencing food choices. Nutrition and nutrition education are recognized as important contributors to overall health.

Comprehensive nutrition education programs extend beyond the classroom. Physical education programs, health education programs, and all after-school programs are appropriate avenues for nutrition education. The District has a comprehensive curriculum approach to nutrition in pre-kindergarten through grade twelve. All instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate.

All nutrition education will be consistent with the United States Department of Agriculture's (USDA) Dietary Guidelines for Americans.

The Weiser School District is committed to providing a school environment that enhances the development of lifelong wellness practices.

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. In accordance with the July 1, 2014 Smart Snack standards; all foods and beverages sold to students on campus outside the school day (i.e., concessions) will be exempt from the Smart Snack standards; but concessionaires are encouraged to also offer healthy choices.

Goals for Wellness Promotion

- Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices;
- Provide sequential and interdisciplinary nutrition education.
- Patterns of meaningful physical activity will be provided during the school day to students to include fitness and healthy life styles.
- All school-based activities are consistent with this wellness policy and goals.

- All foods and beverages made available on campus during the school day are consistent with the current Dietary Guidelines for Americans, including the Smart Snack standards.
- All foods made available on campus are prepared according to food safety guidelines.
- The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals.
- The Board will direct 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.
- Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.

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 encouraged to participate in the development, implementation, and periodic review of 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.

LEGAL REFERENCE:

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

OTHER REFERENCE:

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

ADOPTED:

2006

AMENDED:

2014