

Wendell School District 232 endeavors to establish a school environment that promotes students' health, wellbeing and the ability to learn. The goal of the board is to encourage a healthy lifestyle for students through the promotion of nutritious foods and physical activity, and nutritional education and other school-based activities that promote school wellness. The district engages students, parents, teachers, food service professionals and other interested community members in developing, implementing, monitoring and reviewing this and other related school wellness policies.

SCHOOL NUTRITION GUIDELINES

The district will be proactive in encouraging students to make nutritious food choices, utilizing the following strategies:

1. Healthy food choices will be available whenever food is sold or served on district properties or at a district sponsored event.
2. The school district shall schedule meal times in order to provide adequate time for students to eat breakfast and lunch.
3. Food will be prepared in such a manner to be nutritious and follow the nutritional guidelines from the U.S. Dietary Guidelines for Americans for school meals and adhere to the smart snack standards.
4. Food prices will be designed to encourage students to purchase nutritional guideline items.

SCHOOL NUTRITION PROGRAM

The district's food and nutrition programs shall prepare and serve meals, snacks, and beverages that meet the U.S. Dietary Guidelines for Americans. In complying with such guidelines, the foods and beverages sold or served in school will contain a whole grain-rich grain product or have as the first ingredient a fruit, a vegetable or a meat/meat alternate, foods must also meet several nutrient requirements.

4 DAY LUNCH MEAL PATTERN			
National School Lunch Meal Pattern – 4 day week			
Food Components	Grade K-5	Grade 6-8	Grade 9-12
Milk	4 cups/week (1 cup daily)	4 cups/week (1 cup daily)	4 cups/week 1 cup daily
Meat or Meat Alternates *Weekly minimum/maximum	6.5-8 oz. equivalent/week (1 oz. daily minimum)	7-8 oz. equivalent/week (1 oz. daily minimum)	8-9.5 oz. equivalent/week (2 oz. daily minimum)
Vegetables (total) *Weekly minimum	3 cups/week (1/4 c. daily minimum)	3 cups/week (1/4 c. daily minimum)	4 cups/week 1 c. daily minimum
<i>Dark Green Subgroup</i>	½ cup/wk.	½ cup/wk.	½ cup/wk.
<i>Red/Orange Subgroup</i>	¾ cup/wk.	¾ cup/wk.	1 ¼ cup/wk.
<i>Legumes Subgroup</i>	½ cup/wk.	½ cup/wk.	½ cup/wk.
<i>Starchy Subgroup</i>	½ cup wk.	½ cup/wk.	½ cup/wk.
<i>Other subgroup</i>	½ cup wk.	½ cup/wk.	½ cup/wk.
Fruits *Weekly minimum	2 cups/wk. (½ cup daily minimum)	2 cups/wk. (1/2 cup daily minimum)	4 cups/wk. (1 cup daily minimum)
Grains/Breads *Weekly minimum-maximum *At least whole grain beginning School Year 2012-13 *All whole grain beginning School Year 2014-15	6.5-7 oz. equivalent/week (1 oz. daily minimum)	6.5-8 oz. equivalent/week (1 oz. daily minimum)	8-9.5 oz equivalent/week (2 oz. daily minimum)
Minimum-Maximum Calories (kcal) *Weekly average	550-650	600-700	750-850
Saturated Fat (% of total calories) *Weekly average	<10%	<10%	<10%
Sodium ** *Weekly average	<1230 mg*	<1360 mg*	<1420 mg*
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving

The district will either employ or consult with registered dietitians to ensure the school nutrition programs serve food in compliance with the U.S. Dietary Guidelines for Americans.

Students, Staff and Parents will be encouraged to provide feedback regarding the selection of foods and beverages available through the school nutrition programs.

To maximum extent practicable, all schools in this district will participate in available federal school meal programs, including the School Breakfast Program, and National School Lunch Program.

Grades K-8 will participate in Summer Food Service Program, Fruit and Vegetable Snack program and Child Adult Care Food Program.

On the district website and in student handbooks the district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for the children.

FREE AND REDUCED-PRICE FOOD SERVICE

The district will provide free and reduced price breakfast and lunches to students according to the terms of the National School lunch and breakfast programs and the law and rules of the state. The district shall inform parents or guardians of eligibility standards for free and reduced price meals. The district will make efforts to protect the identity of students receiving such meals through the use of a uniform identification and meal payment system. A parent or guardian has

the right to appeal any decision with respect to any denial of his/her application for free and reduced price food services to the Food and Nutrition Director.

COMMUNITY ELIGIBILITY PROVISION PROGRAM

The intent of the Community Eligibility Provision is to improve access to free school meals in eligible high poverty Local Education Agencies and schools to eliminate the administrative burden of collecting household applications. Instead of applications, schools use claiming percentages based on the number of identified students for reimbursement in the school. Identified students are primarily certified for free meals through direct certification. Local Education Agencies and/or schools must have an identified student percentage of at least 40%. When applicable our district will follow the guidelines in determining if we are allowed to access this program for grades K-8th.

ASSURANCE REGARDING REIMBURSABLE SCHOOL MEALS

Notwithstanding any other provision of this policy, the district's guidelines for reimbursable school meals shall not be less restrictive than the regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. & 1779) and Section 9 (f) (1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. & 1758 (f) (1), 1766 (a), as those regulations and guidance apply to schools.

FOOD AND BEVERAGES SOLD IN SCHOOLS

All foods and beverages sold in the school campus during the school day outside of the reimbursable school meal programs including those sold through vending machines, or fundraising activities, will need to meet the following nutrition and portion size standards.

All food and beverages sold in school within the district will:

1. Meet all smart snack nutrient standards
 2. Not take place from midnight the day before until a half hour after the last instructional bell rings of the school day. (Smart Snacks that are sold at each school)
 3. Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient (or second ingredient if water is first ingredient)
 4. Have fruits, vegetables, dairy, or protein foods such as meat, beans, poultry, seafood, eggs, nuts, or seeds as the first ingredient (or second ingredient if water is first ingredient)
 5. Be a combination food that contains at least ¼ cup of fruit and/or vegetable
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All food items sold in schools will also meet the following smart snack nutrient requirements:

1. Have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters, reduced fat cheese, and seafood with no added fat) 10% of its calories from saturated fat (excluding nuts, seeds, peanut butter and other nut butters, and reduced fat cheese), and no trans-fat.
 2. Have no more than 35% of its weight from added sugars (excluding dried fruits and vegetables).
 3. Contain no more than 200 mg of sodium per serving snack item
 4. Contain no more than 200 calories per serving snack items.
- Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold and meet the above standards.

Beverages

1. Plain water (with or without carbonation)
2. Unflavored low fat milk
3. Unflavored or flavored fat free milk and milk alternatives as permitted by the school meal program requirements
4. 100% fruit or vegetable juice
5. 100% fruit or vegetable juice diluted with water (with or without carbonations and no added sweeteners)

The Wendell High School Athletic Department operates a drink beverage vending machine in the high school gym lobby. The proceeds from this machine benefit the high school athletic fund. The vending machine includes Smart Snack compliant beverages.

Portion sizes for milk and juice sold at all schools will be limited to the following:

- Up to 8-oz. portions of milk and juice for elementary school students
- Up to 12-oz. portions of milk and juice for middle and high school students
- There is no portion size for plain water
- Additional beverage options and portion sizes for high school students include:
 - Up to 20-oz. of calorie-free, flavored water (with or without carbonation), and other flavored and/or carbonated beverages that are labeled to contain no more than 5 calories per 8 fluid ounces or no more than 10 calories per 20 fluid ounces.
 - Up to 12-oz. portions of beverages with no more than 40 calories per 8 fluid ounces or no more than 60 calories per 12 fluid ounces.
 - Food and beverage marketing and advertising will be limited to only those foods and beverages that meet the nutrition standards outlined above.

FUNDRAISING

All fundraising efforts will be documented at every school in this district and a copy will be given to the Food and Nutrition Director so he/she may be aware of all fundraisers for the state.

All fundraising efforts by the school or any school-sponsored organization involving the sale of food or beverage items will be reviewed by the Food and Nutrition Director. In determining whether to approve the fundraising, the Food and Nutrition Director will consider the documentation that is presented to whether the items adhere to the nutrition standards outlined above.

If food and beverages do not follow the nutritional standards outlined above, the organization must request an exemption. Fundraisers requiring an exemption may not be longer than four (4) days in duration and exempt food and beverage items may not be sold in district food service during meal service. The district is limited to ten (10) exempt fundraisers per year per school site.

The nutrition standards outlined above do not apply to items sold during non-school hours, weekends, off-campus fundraising events, or foods intended to be consumed or prepared outside of school such as cookie dough, raw pizza sales, and chocolate sales.

OTHER FOODS AND BEVERAGES IN SCHOOLS

Snacks

Snacks served during the school day or in after-school programs or enrichment programs will make a positive contribution to student wellness, with an emphasis on serving fruit and vegetable as the primary snack and water as the primary beverage. Schools will assess if and when to offer snack based on the timing of school meals, student age and nutritional needs, and other relevant considerations. A monthly menu will be created so the students will be aware of the after-school snack. Schools that provide the snack through after-school programs will pursue reimbursement through the National School Lunch Program.

Parties

Providing healthy options at occasional class parties and activities is strongly encouraged. Healthy options are to be published on the District website. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of necessity of providing healthy treats for students. Only commercially prepared and packaged products or products which have been prepared by the district food service are acceptable.

Wendell Elementary School holds a monthly birthday celebration where students who have birthdays that particular month receive a birthday cake treat. The school's food service staff prepares this cake.

ATTACHMENT A

Guidelines for Food and Beverages offered to students:

- Raw vegetable sticks/slices with low-fat dressing or low fat yogurt dips
 - Fresh fruit
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- 100% fruit juices and 100% frozen fruit juice pops
- Dried Fruits (raisins, banana chips)
- Trail mixes (dried fruits and nuts)
- 1 oz. dry roasted peanuts, tree nuts, and soy nuts
- Whole grain rich Party mixes (variety of cereals, nuts, pretzels, etc.)
- 1 oz. low-sodium crackers
- 1 oz. low fat baked corn chips, and fat-free potato chips with salsa and low-fat dips
- 1 oz. low-fat muffins, granola bars
- Angel food cakes
- Low-fat flavored yogurts and fruit parfaits
- Jello-O and low-fat pudding cups
- Low-fat frozen yogurts
- 1% low-fat and skim milk products
- Light popcorn (snack bags)
- Pure ice cold water

Foods as rewards

Teachers are discouraged from using food as a reward for students and will not withhold food or beverages as punishment. The school wellness committee has developed guidelines for appropriate alternative reward systems.

Food or beverages may not be sold or provided in competition with any school meals provided to the students of this district.

Examples for rewards:

- Pencils or erasers
- Stickers
- Books
- Entering a drawing or raffle for a bigger prize
- Earning Trojan bucks or other types of tokens
- Host special events (dances, kite flying parties)
- Provide extra minutes of free time
- Free dress days (Middle school)
- No homework passes
- Host a dress up (hats, pajamas, spirit week themes)
- Give out certificates
- Give shout outs in the morning announcements

NUTRITION EDUCATION

The board will adopt and implement a comprehensive health and physical education curriculum consistent with the Idaho State Board of Education Rules (SBOE), which will provide

opportunities for developmentally-appropriate health and physical education instruction. Additionally, as part of its nutrition education program the district will endeavor to:

1. Include nutrition education as part of its health education classes and/or as a stand-alone course for all grade levels, including curriculum that promotes skill development, such as meal planning, recognizing food groups within a meal, understanding health information and food labels to evaluate the nutrient quality and contribution of foods.
2. Incorporate nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.
3. Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasiums, and/or bulletin boards that are frequently rotated, updated, or changed.
4. Provide developmentally appropriate and culturally relevant participatory activities, such as contests, surveys, promotions, food demonstrations and taste-testing, voting for school recipe names, cafeteria design or décor challenges, farm visits, and school gardens.
5. Offer information to families that encourage them to teach their children about health and nutrition, and assist them in planning nutritious meals for their families through handouts, newsletters, Parent Teacher Association/Organization (PTA/PTO) updates, website postings, and presentations.
6. Provide information on any additional school- or community-sponsored wellness activities, events, services.

PHYSICAL ACTIVITY

It is the goal of this district to provide opportunities for every student to develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn about cooperation, fair play, and responsible participation that meets the needs of all students at all levels of physical ability; and gain an appreciation for lifelong physical activity through a healthy lifestyle.

In addition to offering physical education, the district will provide other opportunities for physical activity for each grade level as appropriate including:

1. Recess for elementary school students.
2. Classroom-based physical activity breaks to increase focus or teach academic content via physical movement.
3. Opportunities for physical activity before and after school, such as intramural programs, interscholastic sports, and extracurricular club activities.

Teachers and other school personnel are discouraged from withholding opportunities for physical activity such as recess or physical education as punishment.

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 activities.

Before and After School Opportunities

All elementary, middle schools, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer and encourage a range of activities that meet the needs, interests, and abilities of all students.

After-school child care and enrichment programs will encourage daily periods of moderate to vigorous physical activity for all participants and the schools will be responsible for providing adequate time, facilities, and equipment to facilitate such physical activities.

OTHER SCHOOL-BASED ACTIVITIES

The district will strive to integrate nutrition and physical activity across the entire school setting. The district will address as many other school activities as possible to support a healthy school nutrition environment including the following ideas:

1. Offering staff wellness activities and professional development opportunities related to health and nutrition that inspire school staff to serve as role models and practice healthy eating, physical activity, and other activities that support staff and student wellness.
2. Applying for or being awarded a Healthier US School Challenge recognition.
3. Sponsoring health fairs, TV-turnoff week, 12 school-supported races, family wellness activities, or family day activities that promote health and wellness.
4. Incorporating school garden, Farm to School or Farm to Cafeteria, or Chefs Move to Schools activities that promote healthy eating.
5. Sending families school newsletters, dedicating a part of school newsletters, or posting information on the school website promoting healthy eating, healthy recipes, and physical activity.
6. Incorporating practical and profitable healthy fundraisers that support nutrition education, physical activity, nutrition education, and other wellness related activities such as jog-a-thons or fruit sales.
7. Encouraging and promoting the use of Let's Move and other healthy initiatives that promote physical activity and healthy eating.
8. Assessing and making needed improvements, to the extent possible, to make it safer and easier for students to walk and bike to school.

Recovery Foods Program

In order to help high school student athletes receive the necessary nutrition to perform well at athletic practices and competitions, the district athletic staff receives donations of food from local vendors. All donations are Smart Snack compliant.

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, the district may enter into agreements with governmental 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 of school hours.

MONITORING

The superintendent or designee is responsible for monitoring and ensuring that the schools in the district comply with this policy. Each building principal will monitor and ensure compliance with this policy in the school and report such compliance to the superintendent or designee. The director of food services will monitor and ensure that the food service program complies with nutrition guidelines set forth in this policy and state and federal regulations, and will report such compliance to the superintendent or designee. Monitoring and compliance checks will be conducted quarterly.

ASSESSMENT

The superintendent or designee will conduct an assessment and develop a summary report annually on district-wide compliance with this policy based on input from schools within the district. The assessment and report will include the extent of which schools are in compliance with this policy, the extent to which this district's school wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of this policy. The report will be made available to the public at the district office and posted on the district's website, as well as provided to the school board, the school wellness committee(s), parent/teacher organizations, school administrators, and school health services personnel in the district.

To assist with the development of the district's wellness policy, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity policy(ies). The results of the school assessments will be compiled at the district level to identify and prioritize needs. This information will also be used to measure the school's progress toward achieving its wellness goals.

SCHOOL WELLNESS COMMITTEE

A school wellness committee(s) will be convened, with a membership including one (1) or more representatives from each of the following groups: the administration, the board of trustees, physical education teachers, school health professionals, food service employees, students, parents, and community members. The committee will be responsible for the development, implementation, review, and update of this school wellness policy.

SCHOOL WELLNESS COORDINATOR

The person(s) in Wendell School District No. 232 who is responsible for ensuring that each school is in compliance with this policy is:

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NOTICE

The district will provide each student and parent/guardian with a copy of this policy at the time of enrollment through publication in the student handbook, and by posting on the district website.



LEGAL REFERENCE:

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (PL 111-296), reauthorizing the Child Nutrition Act, 42, 42 U.S.C. § 1758b (2010)
Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, § 204
42 U.S.C. § 1751, *et. seq.*
72 U.S.C. § 1771, *et. seq.*

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ADOPTED: March 20, 2012

AMENDED: October 17, 2017
