



## Wellness Policy

The Board is committed to providing a school environment that promotes and protects the health and well-being of its students. The Board encourages all members of the school community to create an environment that supports lifelong habits of healthy eating and regular physical activity through the following goals:

1. Nutrition:

- provide age appropriate nutrition education to students through established curricula;
- provide education and opportunities for student to select healthy, nutritious food items during the school day; and
- meet the standards required in the Healthy Hunger-Free Kids Act of 2010, Smart Snacks in Schools Guidelines and the federal food service guidelines as required by the National School Lunch program.
- Marketing only allowed for foods and beverages meeting Federal Requirements.
- Allow only two food or beverage fundraisers per trimester that are exempt from the “Smart Snack” guidelines.

2. Physical Activity:

- provide physical education for all students consistent with the Idaho Physical Education Standards.
- provide time each day at the elementary level for supervised recess; and
- provide extra-curricular activities and opportunities that enable students to select from a variety of activity-oriented endeavors, including choices within CBC, Electives and through Adventure fieldwork.

3. The Administrator or designee will appoint a Wellness Committee. This committee will meet annually to review the Wellness Policy implementation and make recommendation to the Administrator on possible revision to the Wellness Policy based on the “*WP Implementation and Monitoring Plan*”. The Wellness Committee will include but not be limited to participation by students, Family Council and Board members, the Food Service Coordinator, the PE Teacher and Administrator(s) and the general public.

The Wellness Committee will:

- encourage the school to have procedures and programs in place that enhance and model wellness (e.g. faculty and staff wellness program creation; participation in available fresh fruit/vegetable programs; etc.)
- encourage school participation in appropriate school based wellness activities (e.g. environmental activities; Let’s Move program; CBC and Electives activities; etc.)

The Administrators will designate one or more persons as the individuals charged with the operational responsibility for ensuring the school meets the adopted wellness policy. This responsibility includes completing the “WP Implementation and Monitoring Plan” and submitting it to the Administrators no later than April 15 of each school year. The Wellness Committee will review the checklist and provide the Administrators with a status report of the Wellness Policy implementation. The Wellness Committee will also direct information regarding the wellness program to the public, teachers, students, and parents via Anser’s website. This information will include;

- how the school is in compliance with the Wellness Policy; and
- a description of progress being made towards implementation of the Wellness Policy

The Education Director (Principal) and Administrator or designee shall establish a plan for measuring implementation of this policy and insuring its compliance with State and Federal Law.