



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 and through other avenues including Physical Education classes, after school sports, and Electives;
- provide education and opportunities for student to select healthy, nutritious food items during the school day; and
- meet the standards required by federal food service guidelines, Smart Snacks in Schools Guidelines and as required by the National School Lunch program.
- Marketing is 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. These events must: Not exceed four consecutive days of duration, be pre-approved by the Organization Director, ensure that food sold is not in competition with school meals or sold in the foodservice area during any meal service.
- No sales of food by students to raise funds for the school are allowed.
- Health food choices should be offered as an alternative during any exempt fundraisers
- Advertising will be limited to foods and beverages that comply with USDA Smart Snacks in School standards, except for advertising by Family Council for approved projects/events for which the Family Council retains the funds raised.
- Follow Federal and State guidelines for food and beverages used for incentives and celebrations.
- All food sold during the day and intended for consumption there, will adhere to USDA Smart Snack Regulations, unless approved by the Organization Director as a fundraising exemption.
- The Food Services Director will ensure compliance with all United States Department of Agriculture (USDA) nutrition regulations with the school food service program and report annually on this to the Organization Director.

2. Physical Education Activity:

- Provide physical education for all students, including students with disabilities, special healthcare needs and those in alternative education settings consistent with the Idaho Physical Education Standards.
- Students in elementary will receive at least 45 minutes of Physical Education per week

- Junior High students who are enrolled in PE or its equivalent will receive a minimum of 4 hours per week
- provide at least 30 minutes each day at the elementary level for supervised recess
- 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 and Fieldwork, on and off campus.
- Teachers will provide short physical activity breaks throughout the day as appropriate
- Classroom health education will complement PE and will encourage wellness and physical activities that promote an active, balanced lifestyle

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 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.