



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;
- meet the standards required by federal food service guidelines, Smart Snacks in Schools Guidelines, and as required by the National School Lunch program;
- allow marketing only 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 Finance and Administration Director, ensure that food sold is not in competition with school meals or sold in the foodservice area during any meal service;
- prohibit sales of food by students to raise funds for the school;
- offer health food choices as an alternative during any exempt fundraisers;
- advertise only 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;
- ensure that all food sold during the day and intended for consumption there, will adhere to USDA Smart Snack Regulations, unless approved by the Finance and Administration Director as a fundraising exemption; and
- direct the Food Services Director to ensure that the school food service program is in compliance with all United States Department of Agriculture (USDA) nutrition regulations , and to 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;
- ensure elementary students receive at least 45 minutes of Physical Education per week;

- ensure Junior High students who are enrolled in PE or its equivalent receive a minimum of 45 minutes of Physical Education 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;
- ensure teachers provide short physical activity breaks throughout the day as appropriate;
- provide classroom health education which complements PE and encourages wellness and physical activities that promote an active, balanced lifestyle; and
- limit celebrations during the school day that involve foods that do not meet the nutrition standards of Smart Snacks in Schools to no more than one party per class per month. Food as part of a class curriculum which promotes learning about cultures will be exempt from the Smart Snack in Schools standards.

3. The Finance and Administration Director or designee will appoint a Wellness Committee. This committee will meet annually to review the Wellness Policy implementation and make recommendation to the Finance and Administration Director 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.); and
- 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 Finance and Administration Director or designee shall establish a plan for measuring implementation of this policy and ensuring its compliance with State and Federal Law.