

Policy Title:  NUTRITION AND WELLNESS PROCEDURES	Adoption Date
	Policy Number 602.7

In order to enact and enforce Notus School District’s Nutrition and Wellness Policy, the Superintendent and administrative team, with input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public, will have developed these administrative rules.

To assist in the creation of a healthy school environment, the District shall establish a Coordinated School Health Team that will provide an ongoing review and evaluation of the Notus School District Nutrition and Wellness Policy and these procedures.

The Superintendent shall appoint a member of the administrative staff of the District to organize the Coordinated School Health Team and invite appropriate District stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team may include representatives from the following areas:

- Administration.
- Counseling/psychological/and social services.
- Food services.
- Health education.
- Health services.
- Parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies).
- Physical education.

(Note: An existing committee may assume the responsibility of the Coordinated School Health Team.)

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self respect.
- Respect for others.
- Healthy eating.
- Physical activity.

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Notus School District Nutrition and Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact the school district superintendent.

Students, staff, and community will be informed about the Nutrition and Wellness Policy annually.

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### Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. The District may offer age-appropriate nutrition education classes. In addition, nutrition education topics may be integrated into the entire curriculum when appropriate.

The District shall implement a quality nutrition education program that addresses the following:  
Curriculum:

- Has a curriculum aligned with the Idaho Health Education Standards
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students’ confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Includes students of all abilities.
- Is taught by “highly qualified teachers of health education.”

Opportunity to Learn:

- Includes students of all abilities.
- Provides adequate instructional time to build students’ confidence and competence in health-enhancing skills.

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

### Nutrition Standards

The District shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The District shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the District’s policy of promoting a healthy school environment shall be discouraged.

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Each school building in the District shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.

The District shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy’s purpose in all venues.

The District shall discourage using food as a reward.

The District shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.

The District shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages.

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all students of the District. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

The District shall implement a quality physical education program that addresses the following:  
Curriculum:

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the Idaho Physical Education Standards.
- Influences personal and social skill development.

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**Instruction and Assessment:**

- Aligns curriculum, instruction, and assessment.
- Builds students’ confidence and competence in physical abilities
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period.

**Opportunity to Learn:**

- Builds students’ confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.
- Offers instructional periods totaling 60 minutes per week (elementary) and 2 semesters each in both junior and senior high school.
- Provides facilities to implement the curriculum for the number of students served.

The District should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students K through grade six. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time. Schools should provide opportunities for some type of physical activity for students in grades seven through twelve apart from physical education class and organized sports. Physical activity opportunities might include: before- and after-school extracurricular physical activity programs, Safe Routes to School Programs, and use of school facilities outside of school hours.

Other School-Based Activities Designed to Promote Student-Wellness

The District shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

**Dining Environment**

- The school district shall provide:
  - a clean, safe, enjoyable meal environment for students,
  - enough space and serving areas to ensure all students have access to school meals with minimum wait time,
  - drinking fountains in all schools, so that students can get water at meals and throughout the day,
  - encouragement to maximize student participation in school meal programs, and
  - identity protection of students who eat free and reduced-price meals.

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#### Time to Eat

- The school district shall ensure:
  - adequate time for students to enjoy eating healthy foods with friends in schools,
  - that lunch time is scheduled as near to the middle of the school day as possible, and
  - that recess for elementary schools is scheduled before lunch when possible so that children will come to lunch less distracted and ready to eat.

#### Food or Physical Activity as a Reward or Punishment

- The school district shall:
  - prohibit the use of food as a reward or punishment in schools,
  - not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time,
  - not use physical activity as a punishment, and
  - encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess.

#### Consistent School Activities and Environment

- The school district shall:
  - ensure that all school fundraising efforts support healthy eating and physical activity,
  - provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education,
  - make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours,
  - encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home,
  - encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas,
  - encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks for After School Program, and School Breakfast programs), and
  - implement physical activity across the curriculum throughout the school day or in all subject areas, for example, Brain Breaks.

#### Implementation and Measurement

All employees of the District are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity. The District shall work through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness.