

Grace School District No. 148 endeavors to establish a school environment that promotes students' health, well-being, 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, nutrition education, and other school-based activities that promote school wellness. The district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing this and other related school wellness policies.

SCHOOL NUTRITION PROGRAMS

The district's school nutrition programs will prepare and serve nutritious, well-balanced, and age-appropriate meals, á la carte foods, snacks, and beverages that meet the U.S. Dietary Guidelines for Americans. In complying with such nutrition standards, the foods and beverages served or sold in school will contain a variety of grains, fruits, vegetables, and be low in saturated fat, cholesterol, sugars, and sodium. Water will be available to students at no charge in the place where meals are served during meal service.

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 program.

Each school will provide sufficient meal periods that are long enough to give students adequate time to be served and to eat their lunches. To the extent possible, school, recess, and transportation schedules will be designed to encourage participation in school meal programs. Teachers are discouraged from scheduling tutoring, club, or organizational meetings or activities during mealtimes, unless the student(s) may eat during such activities.

The director of food services will develop and maintain a food safety program in order to reduce the risk of foodborne hazards at each step of the food preparation process, from receiving to service.

To the maximum extent practicable, all schools in this district will participate in available federal school meal programs, including the School Breakfast Program, National School Lunch Program, Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program.

School meals served through the National School Lunch and Breakfast Programs will:

- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables.

- Serve only low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives.
- Serve whole grain-rich products containing at least 51% whole grains and the remaining grains in the product will be enriched.
- Ensure that meals are prepared with products or ingredients that contain zero grams of trans fat per serving or a minimal amount of naturally occurring trans fat.
- Comply with calorie, saturated fat, and sodium content requirements.

FREE AND REDUCED-PRICE FOOD SERVICES

The district will provide free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district shall inform parents or guardians of the eligibility standards for free and reduced price meals. Schools 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 or reduced-price food services to the superintendent or designee.

ASSURANCE REGARDING REIMBURSABLE SCHOOL MEALS

Notwithstanding any other provision of this policy, the district's guidelines for reimbursable school meals will 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.

OTHER FOODS AND BEVERAGES IN SCHOOLS

Food as Rewards

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

NUTRITION PROMOTION

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

1. *Carefully selecting foods and beverages that contribute to students' nutritional well-being.*
2. *Making a variety of healthy food choices available whenever food is sold or served on district property or at district-sponsored events.*

3. *Preparing food in such a manner to be nutritious and appealing to students' food preferences.*
4. *Serving food and beverages in age-appropriate portions, and in clean and pleasant settings.*
5. *Selling food prices at reasonable prices designed to encourage students to purchase nutritious items.*

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. *Opportunities for physical activity 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

Middle school and high school 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.

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.

ASSESSMENT

The superintendent or designee will conduct an assessment and develop a summary report on district-wide compliance with this policy based on input from schools within the district. The assessment and report will include the extent to 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

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 Grace School District No.148 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 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 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.*

42 U.S.C. § 1771, *et seq.*

ADOPTED: February 11, 2015

AMENDED:

**Language in text set forth in italics is optional.*