

**Vallivue School District #139**

The Vallivue Board of Trustees is committed to providing a school environment that promotes and protects the health and well being of its students and staff.

The Board recognizes that healthy eating habits and regular physical activity are essential for students to optimize physical and mental health and achieve their full academic potential.

Schools, parents, and the community share the responsibility in promoting lifelong healthy eating habits and encouraging physically active lives amongst young people.

**Emphasizing Nutrition Education**

The district shall provide age-appropriate nutrition and wellness education to students through established district curricula and provide opportunities for students to select healthy, nutritious food items during the school day.

**Elementary School Level:**

1. Provide students with nutrition education through the *Five For Life* nutrition curriculum.
2. Schools will be encouraged to provide visual and verbal reminders of positive examples of nutritional choices throughout the school i.e. posters, announcements, charts, brochures, and websites.
3. Encourage teachers to utilize district food service personnel for nutrition education.

**Middle School Level:**

1. Students will be required to take one semester of Health Education during their 7th grade year.
2. Provide students with nutrition education through the Five For Life nutrition curriculum.
3. Schools will be encouraged to provide visual and verbal reminders of positive examples of nutritional choices throughout the school i.e. posters, announcements, charts, brochures, and websites.
4. Encourage teachers to utilize district food service personnel for nutrition education

**High School Level:**

1. Students will be required to take one semester of Health Education during their 9th Grade year.
2. Additional nutrition education classes are available as electives.
3. Schools will be encouraged to provide visual and verbal reminders of positive examples of nutritional choices throughout the school i.e. posters, announcements, charts, brochures, and websites.
4. Encourage teachers to utilize district food service personnel for nutrition education.

**Encouraging Physical Activity**

- A. Physical education is a central component of a school's overall learning environment. The district will provide all students with a high quality physical education program, designed to

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give students the knowledge necessary to sustain lifelong fitness through a success-oriented physical education curricula that meets or exceeds state physical education requirements. All schools will have:

1. certified physical education teachers providing instruction
  2. appropriate class sizes
  3. adequate and functional facilities, equipment, and supplies
  4. professional development opportunities for Physical Education/Health teachers in their content area
- B. In order to provide a quality physical education program, a sequential, developmentally appropriate K-12 curriculum has been adopted and will be sustained. This curriculum, designed to emphasize lifetime sport and fitness skills, will align with the Idaho State Standards, and will regularly assess students' health and fitness knowledge. It is our goal to have students engaged in physical education classes:
1. K - 5 a minimum 60 minutes a week
  2. 6th grade - one semester
  3. 7/8 grade - one semester
  4. High school - two semester credits
- C. In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The withholding of physical education class and/or other forms of physical activity as punishment or in lieu of completing other academic work at all grade levels is strongly discouraged.
1. The district will provide elementary students with the opportunity to participate in afterschool programs that are non-competitive and are available to all students.
  2. The district will encourage classroom activity breaks in the elementary classrooms to enhance academic learning. *Fab Five classroom activity break DVDs are available at all elementary locations.*

### **Adhering to Nutritional Guidelines**

- A. Vallivue School District Child Nutrition Program will continue to meet or exceed the nutrition standards established by the U.S. Dept. of Agriculture and the Idaho State Department of Education
1. Breakfast and Lunches are combined to meet the weekly requirements set by USDA and Idaho Nutrition Standards.
  2. A maximum of 30% of the calories may be from fat with not more than 10% saturated fat based on a weekly average.
  3. Nutrient Analysis i.e. fats, carbohydrates & calorie information is available at all schools Managers office or in the Foodservice office for teachers, parents, students and health professionals.
  4. Schools will provide adequate time and a positive environment for students to socialize at meal time.
  5. Adult supervision and role modeling is encouraged during the meal service time to encourage students to eat lunch.

6. School competitive food service shall not operate in competition with the school's nonprofit food service, and shall be close for a period beginning ½ hour prior and to remain closed until ½ hour after the last regular schedule school lunch and/or school breakfast period in the cafeteria or area where the school lunch and/or breakfast is served and/or eaten. \*As stated on Page 12-12 of the Federal Regulations in the Idaho School Food Service Manual.
7. Vallivue Food service shall assist the district with Nutrition Education in the classroom as needed.
8. Child Nutrition personnel are properly qualified and trained according to current professional standards administered by the Child Nutrition programs.
9. Educators are discouraged from using foods and beverages with low nutritional value as rewards. Schools will work towards rewarding students with alternative rewards in place of soft drinks, candy and sweets.

### Idaho Nutrition Standards/Healthy, Hunger-Free Kids Act of 2010

	*SFAs: School Food Authorities
Calorie Range	As a weekly average, SFAs shall serve at a minimum 100% and a maximum of 110% of the appropriate level of calories per week to ensure meals offered to children comply with USDA calorie levels.
Trans Fat	SFAs shall eliminate foods containing added trans fats.
Deep Fat Frying	SFAs shall not use deep fat frying as a method to prepare food in Child Nutrition Programs. This includes foods for reimbursable meals as well as a la carte foods sold by the Child Nutrition Department.
Pre-fried Foods	BREAKFAST: SFAs shall limit serving pre-fried, flash-fried, or par-fried side items/components to no more than three times per week. LUNCH: SFAs shall limit serving pre-fried, flash-fried, or par-fried entrees/meat/meat alternate to no more than three times a week. LUNCH: SFAs shall limit serving pre-fried, flash-fried, or par-fried side
Whole Grains	SFAs shall offer whole grain in all serving lines at breakfast and lunch. A whole grain food is defined as: Purchased Foods: the whole grain must be listed first in the ingredient list. Homemade Foods: more than 50% of the grains in the recipe must be whole grains.
Fruits and Vegetables	BREAKFAST: SFAs shall offer at a minimum, one fruit on all points of service for breakfast. If only one fruit choice is offered at breakfast, juice may only be offered two-times per week as the fruit choice. LUNCH: SFAs shall offer at least one fruit and one non-fried vegetable at all points of service each day. SFAs shall offer fresh fruits and vegetables when possible. When using frozen and canned fruits, SFAs shall use products that are packed in natural juice, water, or light syrup. SFAs shall make an effort to provide a variety of fruits and vegetables throughout the week, making sure all sub-groups of vegetables dark are offered weekly.

Milk	SFAs shall offer fat-free (skim) and low-fat (1%) milk at all points of service.
Legumes	SFAs shall offer legumes (dry beans and peas) at least one time per week.
Sugar	SFAs shall not offer grains (cereals, breads, pastries, cookies, cakes, etc with more than 14g sugar per ounce in purchased products (natural sugars, such as fruits, are exempt) SFAs shall strive to include foods with less than 10g of sugar per ounce at breakfast and lunch.
Sodium	SFAs shall limit sodium to 2mg per calorie.
Fiber	SFAs shall offer meals with at least one gram of fiber per 100 calories.
Cholesterol	SFAs shall limit cholesterol to 75 mg for breakfast and 100mg for lunch.
Condiments	SFAs shall not have salt shakers or packets available. SFAs shall not have sugar dispensers or packets available. SFAs shall accurately reflect condiment usage in nutrient analysis and on
A la Carte	SFAs shall limit a la carte foods that do not meet the Nutrition Standards for Idaho School Meals.

\* Required range allowance of calories per meal.

<b>PreK-5 Breakfast</b>	<b>350-500</b>
<b>6-8 Breakfast</b>	<b>400-550</b>
<b>9-12 Breakfast</b>	<b>450-600</b>
<b>Prek-5 Lunch</b>	<b>544-650</b>
<b>6-8 Lunch</b>	<b>600-700</b>
<b>9-12 Lunch</b>	<b>750-800</b>

### Adult Role Modeling

A. Schools play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classrooms regarding nutrition and physical activity. Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and sharper mind.

1. Classroom Incentives/Rewards: Food is discouraged from being used as a classroom reward or incentive. If incentives are included in a student's IEP, food may be used if all other options have been exhausted.
2. Snacks/Parties: When food and/or beverages are offered to students in school or at classroom functions, healthy food options should be available. Classroom parties and celebrations should be held after the classroom lunch period to help ensure students eat a nutritious lunch.
3. Encourage teachers to utilize district food service personnel for nutrition education.

### B. Concessions/Fundraisers

To comply with USDA *Smart Snacks* requirements beginning in the 2014-2015 school year, the following policy will be established in Vallivue School District for fundraisers:

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## SECTION 500: STUDENTS

1. Idaho State Department of Education has set a limit of 10 exempted fundraisers per year per school site.
  2. Each fundraiser must not be longer than 4 consecutive days of duration.
  3. The district will have permission to request approval for additional numbers of fundraisers to be held in their schools.
  4. The standards would not apply to items sold during non-school hours, weekends, off-campus fundraising events, or foods intended to be consumed outside of school.
  5. School hours are considered midnight from the day before to 30 minutes after school.
- C. Building administrators will ensure that only healthy choices are available in school vending machines. \*Administrators will follow the Idaho Nutrition Standards/ Healthy, Hunger-Free Kids Act of 2010 guidelines.
- D. All employees of the district are encouraged to be a positive healthy lifestyle role model for students. Students can learn healthy lifestyle habits by observing the food and physical activity patterns for 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 as outlined in the Staff Well-being Program.
- E. The building principal or designee will be responsible for implementing and monitoring this policy and for providing staff awareness of the school wellness policy

### **Wellness Committee**

A Wellness Committee that includes parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public in the development, implementation, and review and update of the local wellness policy.

Periodically an assessment will be made available to the public on the implementation of the wellness policy including the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy.



### **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).

**ADOPTED: May 2006**

**AMENDED: 8/11/09, 7/13/10, 6/14/11, 09/09/14**