

**WELLNESS POLICY—PURPOSE AND GOAL** Local School Wellness

The Jerome School District shall prepare, adopt, and implement a comprehensive wellness policy to encourage healthy eating, physical activity and well-being. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

**RATIONALE**

The District believes that a healthy school environment in which children can thrive is one of the most significant ways that a school can invest in each child's future and provide all students with the high quality education they deserve.

- Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies;
- Model and actively practice, through policies and procedures, the promotion of health, physical activity, good nutrition, and sound environmental practices;
- Establish links between nutrition education, the food served in schools, physical education, physical activity, and environmental education—all of which affect wellness;
- Provide students with access to a variety of affordable, nutritious, and appealing foods that meet the Current Dietary Guidelines for Americans;
- Promote the lifelong value of physical education;
- Coordinate with local medical facilities to provide simplified materials regarding wellness in order to promote health literacy;
- Ensure that all school-based activities are consistent with the goals of this wellness policy; and,
- Serve as a positive model of wellness practices to our community.

**PROCEDURE:**

**Nutrition Education**

The School District will ensure that:

- A consistent message that nutrition is an important part of overall health is promoted;
- Nutrition education should be enjoyable, developmentally appropriate, culturally relevant, and include participatory, service-learning activities, such as contests, promotions, taste testing, and farm visits;
- Nutrition education will emphasize a range of topics including healthy food preparation, balance between food intake and energy expenditure, links with school meals, and healthy literacy; and,
- All students will complete a health class and the "Skills for Life" class before graduation from high school.

**Physical Activity**

The School District will ensure that:

- Each student at the elementary level (1-6) will receive at least 90 minutes of physical activity per week (two 30 minute structured P.E. classes plus at least 10 minutes before school, at noon, and at recess). Each student at the middle school level (6,7, and 8) will take one class per semester in which they alternate days of health and wellness classes with physical education classes. High school level (9-12) will take 2 P.E. classes before graduation;

- Students will be encouraged to participate in 60 minutes of physical activity per day, inside or outside of school;
- Opportunities for physical activity will be provided to all students;
- A list of intramural activities offered at each school will be available to students;
- Sports programs will be continued with open tryouts for the students at their respective schools;
- Appropriate physical activity alternatives will be provided to students with disabilities, special health care needs, and alternative education settings;
- Recess before lunch will be strongly recommended as an option for schools; and,
- Teachers may not use Physical Education as a punishment or reward.

### **Other School-Based Activities**

The School District will ensure that:

- The individual schools within the district will create a School Wellness Committee to develop, implement, monitor, review, and revise school nutrition and physical activity policies. Any revisions will strengthen, rather than detract, from the District's policy;
- School fundraising activities will use foods meeting the current Dietary Guidelines for Americans. Schools will encourage fundraising activities that promote physical activity
- As permitted by schools, celebrations and class parties that involve food during the school day will encourage to provide food that meet the current Dietary Guidelines for Americans;
- Schools will not use food or beverages, especially those not meeting the current Dietary Guidelines for Americans, as rewards for academic performance, incentive for good behavior, or punishment;
- Jerome School District will continue to promote staff wellness, including nutrition education and physical activity programs designed for staff.

### **School Meals**

The School District will ensure that:

- The guidelines for school meals set by the USDA will be followed. These guidelines emphasize use of foods low in fat, cholesterol, added sugars, starches, and sodium, avoiding foods low in nutritional value, and ensuring that at least half of the served grains are whole grain;
- Nutrition information for school meals shall be readily available;
- To the extent possible, arrange bus schedules and utilize non-traditional methods for serving school meals that encourage participation;
- The District will sponsor the Summer Food Service Program in areas which qualify;

### **Plan for Measuring the Impact and Implementation of the Local Wellness Policy**

The drafting of this wellness policy influences a diverse and inclusive group of stakeholders, who are representative of the Jerome School District's community:

All of these stakeholders—school administrators, educators, school food service staff, parents, students and community members—are concerned with student health and academic performance and want to help schools make a positive impact in this area.

It is the goal of Jerome School District to strive to make a significant contribution to the general well being, mental and physical capacity, and learning ability of each student and afford them the opportunity to fully participate in the education process. Jerome School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of children. Improved health optimizes student performance potential.

Healthy eating is demonstrably linked to reduced morbidity and risk of mortality from many chronic diseases.

The Board directs the Superintendent to inform and update the public, including parents, students, and others in the community, about the content and implementation of the wellness policy. Such information may be provided on the District website, through dissemination of student handbooks, or in any other manner the Superintendent may deem appropriate.

#### Definition

For the purposes of this policy the school day is defined as midnight before to 30 minutes after the end of the instructional school day.

#### Goals for Wellness Promotion

The District shall review and consider evidence-based approaches in establishing goals for school based activities to promote student wellness. This may include review of the “Smarter Lunchroom” tools and strategies.

To ensure the health and well being of all students, it is the policy of the District to:

1. Ensure that foods sold at school during the school day meet or exceed the nutritional standards required by the USDA's National School Lunch Program, the National School Breakfast Program, and the Smart Snacks in Schools regulations. Exceptions can be made for infrequent food sales fundraisers that occur no more than the number of times determined appropriate by the Idaho State Department of Education during the school year and are not held during school meal times. Fundraisers will be tracked at each school site by a designee of the Superintendent in charge of compliance at that site;
2. Ensure that non-compliant and non-exempt fundraising food sales will not occur on school grounds during the school day. The District operates under United States Department of Agriculture (USDA) program regulations of the National School Lunch Program, National School Breakfast Program, and the Smart Snacks in Schools regulations. These regulations apply to food sold during the school day in school stores, vending machines, and other venues. (Note: There are many healthy fundraising options available to schools including selling books, fresh produce, school spirit merchandise, or other non-food items during the school day. Fundraising activities involving the sale of food consumed outside of school, such as frozen pizza sales, are exempt from the nutrition standards.);
3. Ensure that celebrations that involve food during the school day be limited to no more than one party per class per month and that each party include no more than one food or beverage that

does not meet nutrition standards for Smart Snacks in Schools. The District will disseminate a list of healthy party ideas to parents and teachers.

**[Note: The USDA has no role in regulating foods brought from home, but school districts are required to set nutrition guidelines for foods served at school other than those that are sold. The Smart Snacks in Schools regulations only affect foods that are sold on school grounds during the school day. Time honored traditions like treats for birthdays, or foods at an afterschool sporting event, are not subject to those standards.]**

The District shall also take measures to promote nutrition and physical activity, engage in nutrition education, and conduct wellness activities. For this purpose, the District may:

1. Host at least one health fair each year;
2. Draft and regularly distribute a wellness newsletter for students and parents;
3. Review Smarter Lunchroom Movement best practices and evaluate each school's ability to implement them;
4. Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health, and food services;
5. Provide physical education weekly for elementary and middle school students;
6. Offer a recognition or reward program for students who exhibit healthy behaviors.
7. Start a walking or physical activity club at each school;
8. Offer after school physical activity programs;
9. Ensure students have access to hand-washing facilities prior to meals;
10. Annually evaluate the marketing and promotion of the school meal program;
11. Share school meal nutrition information with students and families;
12. Offer students taste-testing or menu planning opportunities;
13. Participate in Farm to School activities and/or have a school garden;
14. Advertise and promote nutritious foods and beverages on school grounds;
15. Offer nutritious foods and beverages at lower prices than other foods and beverages;
16. Use student feedback to improve the quality of the school meal programs;
17. Offer a staff wellness program;
18. Participate in community partnerships to support wellness programs, projects, events, or activities.

#### Nutrition Standards

To promote student health and reduce childhood obesity, the District requires all schools within the District to comply with the nutrition standards established by the USDA with respect to all food that is available on school grounds during the school day.

#### Water Consumption

Water Consumption will be encouraged. Every school will have a water bottle filling station

#### Community Participation

The District shall invite parents, students, representative food service staff of the school food authority, teachers of physical education, school health professionals, the Board, school administrators, and the general public to participate in the development, implementation, and periodic review of this policy.

The Superintendent shall annually make available to the public the content of the policy and an assessment of the implementation of this policy including:

1. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;

2. The extent to which the District's wellness policy compares to model local school wellness policies; and
3. A description of the progress made in attaining the goals of the wellness policy.

Methods of providing this information to the public may include developing or disseminating printed or electronic materials to families of school children and other members of the school community at the beginning of the school year, or posting the local wellness policies and an assessment of their implementation on the District or school website. The assessment of the implementation of the policy shall be conducted at least once every three years.

#### Record Retention

The District shall retain the following records relating to the wellness policy:

1. The written local school wellness policy;
2. Documentation demonstrating the community was involved in the development, implementation, and periodic review of the wellness policy;
3. Documentation of the assessment of the wellness policy; and
4. Documentation to demonstrate the public was notified annually as required by this policy.

#### Monitoring Compliance

The Superintendent shall designate one or more District officials or school officials to ensure that each school complies with this policy.

#### Legal References

#### Description

|                       |                                                                  |
|-----------------------|------------------------------------------------------------------|
| 42 USC § 1751 et seq. | National School Lunch Act                                        |
| 42 USC § 1758b        | Local School Wellness Policy                                     |
| 42 USC § 1771 et seq. | Child Nutrition Act of 1966                                      |
| 7 CFR § 210.30        | School Nutrition Professional Standards                          |
| 7 CFR §§ 210 & 220    | Nutrition School Lunch and School Breakfast Programs: Final Rule |
| Pub. L. 108-265       | The Child Nutrition and WIC Reauthorization Act of 2004          |

#### Other References

#### Description

|                                     |                                                                        |
|-------------------------------------|------------------------------------------------------------------------|
| Idaho State Department of Education | Smart Snacks                                                           |
| Idaho State Department of Education | Wellness Policy Guidelines - Elements of Implementation for Final Rule |
| Idaho State Department of Education | Implementation and Monitoring Plan                                     |
| Idaho State Department of Education | Idaho Wellness Policy Progress Report                                  |

#### Cross Reference

#### Description

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|------|---------------------|
| 2310 | Nutrition Services  |
| 8230 | Nutrition Standards |

#### Policy History:

Adopted on: 12/19/2006  
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