

PAYETTE SCHOOL DISTRICT WELLNESS POLICY

In accordance with the Child Nutrition and The Healthy, Hunger-Free Kids Act of 2010, the Payette School District has established a school wellness policy for all schools. It includes goals for nutrition education, physical activities, and other school-based activities designed to promote student wellness; nutritional guidelines selected by the school district for all foods available on each school campus during the school day. The guidelines and establishment of a plan to measure the implementation of this policy.

The Payette School District, to assist our students in establishing life-long healthy eating and exercise patterns in order to achieve his or her full academic potential, sets forth the following goals and guidelines.

GOALS

Nutrition education goals are to:

- Provide thirty (30) minutes per week of health instruction at all elementary schools.
- Continue the Middle School implementation of forty-five (45) minutes per day of health instruction.
- Provide parent nutrition education materials at each schools.
- Continue the High School implementation of one credit of health instruction required for graduation.

Physical activity goals:

- Phase in implementation of ninety (90) minutes per week of physical education at all elementary schools over the course of the next five (5) years.
- Continue the Middle School implementation of forty-five (45) minutes per day of physical activity for approximately half of the school year.
- Continue to require the two credits of High School physical education for graduation.
- Continue to promote involvement in physical activities during high school. That can translate into lifelong physical activity sustainable for 60 minutes, 5 times a week.

Other school-based activities goals:

- Promote school wide wellness goals.
- Encourage elementary school parents to supply healthy snacks for classroom parties through parent education.
- Provide incentives for positive behavior to students that are non-food items or that meet the nutritional guidelines as outlined in the nutritional guidelines section.

- Promote healthy or non-food fundraising items throughout the district. Food items should follow the nutritional guidelines as outlined in the nutritional guidelines section.
- Encourage participation in extra-curricular physical activities all school levels.

NUTRITIONAL GUIDELINES:

Foods and/or beverages offered at school-sponsored events outside the school day, (i.e. concessions) will be exempt from the wellness policy; but are encouraged to also offer healthy choices as well

A. Food

- **Standards and nutrition guidelines for all food and beverages** sold to students on the school campus during the school day that are consistent with federal regulations for:
 - School meal nutrition standards, and the
 - Smart snacks in school nutrition standards.
- **Standards for all foods and beverages provided, but not sold, to students during the school day** (e.g., in classroom parties, classroom snacks brought by parents or other food given as incentives.)
- **Policies for food and beverage marketing** that allow marketing and advertising of only those foods and beverages that meet the smart snacks in school nutrition standards.
- Encourage student consumption of nutrient dense foods, i.e. whole grains, fresh fruits, and vegetables through posters, educational materials, and classroom education.

B. Beverages

- Water, milk, or alternative juices must also be added to “student access” vending machines.
- Milk, water, and 100 percent fruit juices may be sold to students prior to and throughout the instructional day.

C. Candy

- Candy is generally defined as any item that has sugars, (including brown sugar, corn sweetener, corn syrup, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar, syrup listed as one of the first two ingredients. Any items that are allowable under the National School Lunch Program or Action of Healthy Kids would be exempt from this definition.
- Vending sales of candy will not be permitted during the instructional day.
- Non-vending sales of candy to elementary students will only be permitted at the end of the instructional day.

Description of public involvement, public updates, policy leadership, and evaluation plan.

Wellness leadership

LEAs must establish wellness policy leadership of one or more LEA and /or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

Public involvement

At a minimum, LEAs must:

- **Permit participation** by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.

Triennial Assessments

The final rule requires state agencies to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review every 3 years.

LEAs must conduct an assessment of the wellness policy every 3 years, at minimum.

This assessment will determine:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.

Documentation

The state agency will examine records during the administrative review, including:

- Copy of the current wellness policy,
- Documentation on how the policy and assessments are made available to the public,
- The most recent assessment of implementation of the policy, and
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

Updates to the wellness policy

The final rule requires that LEAs update or modify the wellness policy as appropriate.

Public updates

The rule requires that LEAs must make available to the public:

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, at minimum, and
- The triennial assessment, including progress toward meeting the goals of the policy.

Regulation

The proposed rule was published in the federal register, and the 60-day public comment period closed on April 28, 2014. FNS received 57,838 public comments that were considered in developing the final rule.

The final rule was published on July 29, 2016 and can be found online at: <http://www.fns.usda.gov/tn/local-school-wellness-policy>

Model wellness policy—thoroughly reviewed by USDA FNS, the alliance for a healthier generation’s model policy template is in compliance with the requirements set forth in the proposed rule and will be updated per the final rule.

Putting local school wellness policies into action: stories from school districts and school—the centers for disease control and prevention and USDA developed a completion of 11 stories to help LEAs and school implement wellness policies.

National wellness study briefs—bridging the gap’s research briefs highlight areas of opportunity for state agencies, LEAs, and schools to strengthen wellness policy components.

Resources

USDA food and nutrition services “school nutrition environment and wellness resources” web site has information and resources on:

- Local school wellness policy process,
- Wellness policy elements,
- Success stories,
- Grants/funding opportunities, and
- Trainings.

Check it out! <http://healthymeals.nal.usda.gov/school-wellness-resources>

One or more persons at each school building shall be designated to ensure that staff, club advisors, and student groups are making informed choices in compliance with the wellness policy. This person will update the Food Service Director by May 1st of each school year of any suggestions or changes from their building.

The Food Service Director and Wellness Committee members, consisting of an Administration, District nurse, physical education teacher, parent, and student, will meet annually to measure the implementation of the wellness goals as set forth in this policy. The Food Service Director will provide an annual report (at the end of school year) to the Superintendent and School Board members on the District's progress toward meeting these goals and on any further recommendations of the Wellness Committee.

ADOPTED: 2/20/14

REVISED: 10/26/16