

AUXILIARY SERVICES
Series 700

Policy Title: WELLNESS

Code: 703.3

It is the goal of the Lapwai 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. The Lapwai 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 and ensures that no child is left behind.

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.

Goals for Wellness Promotion

The District shall review and consider evidence-based approaches in establishing goals for school based activities to promote student wellness. 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.
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.

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. Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health, and food services;

2. Participation in such physical activity shall be required for all students in kindergarten through grade six for a minimum of thirty minutes one day a week, or the equivalent;
3. Such instruction may be provided for grades 7-8 through formal physical education courses, integration into other courses, regularly scheduled intramural activities and/or regularly scheduled school-wide activities;
4. High school shall offer physical education classes;
5. Offer a recognition or reward program for students who exhibit healthy behaviors.
6. Encourage walking or physical activities/events at each school;
7. Provide after school physical activity programs;
8. Ensure student have access to hand-washing facilities prior to meals;
9. Annually evaluate the marketing and promotion of the school meal program;
10. Share school meal nutrition information with students and families;
11. Provide District staff with adequate pre-service and ongoing in-service training that focuses on program administration, nutrition, physical activity, safety, the importance of modeling healthy behaviors, and strategies for behavioral change; and
12. 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.

Community Participation

The District shall invite parents, students, food service staff, 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 the extent to which schools under jurisdiction of the District are in compliance with 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, assessment, and periodic review of the wellness policy;
3. 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.

Nutrition Marketing/Messages

1. Lapwai School District students will receive positive, motivating messages, both verbal and non-verbal about healthy eating and physical activity. All school personnel will help reinforce these positive messages.
2. Lapwai School District will consider student need and input when planning a healthy school nutrition environment.
3. Lapwai School District will actively promote healthy eating and physical activity to parents/guardians and the community at open houses, parent meetings, health fairs and other school functions and communications.

Staff Wellness

The district and each work site shall provide information about wellness resources and services.

1. Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
2. Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.

Lapwai School District Wellness Policy Progress Report

<http://www.lapwai.org/district/Lapwai%20School%20District%20Wellness%20Policy%20Progress%20Report.pdf>

Policy History:

Adopted on: 8/21/2006 Revised

on: 5/21/2012, 2/21/2018