

## AUXILIARY SERVICES

### *Series 700*

Policy Title: WELLNESS

Code: 703.3

The Lapwai School Board believes that academic performance and quality of life are significantly impacted by the type/quality of food available in our schools. With that philosophy in mind, the Board has adopted this policy to encourage a holistic approach to staff and student wellness that is sensitive to individual and community needs.

Components included in this policy ensure a complete approach in dealing with wellness. This policy will be evaluated annually with input from Nimiipuu Health, food service personnel, the school health council, district administrators and the school board. The public, including parents, students and the Lapwai community will be updated about the content and implementation of the Lapwai School District Wellness Policy by making it readily available on the district website.

### NUTRITION & HEALTHY SCHOOL MEALS

Academic performance and quality of life are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and the ability to learn. Serving healthy school meals is a critical factor in combating the growing epidemics of childhood obesity and diabetes.

1. Nutrition guidelines shall be established and implemented by the Food Services Department. These guidelines will require the use of products that are high in fiber and low in added fats (especially trans fats), sugar and sodium. These guidelines shall include but not be limited to:
  1. Increasing lean meats and other low-fat protein foods
  2. Serving fresh fruits and fresh vegetables at every meal
  3. Serving multigrain breads
  4. Providing low-fat salad dressing options on the salad bars
  5. Increasing salad bar service to one time per week
  6. Limiting flavored milk to one time per week
  7. Replacing high-fat, high-sugar, high-carbohydrate breakfast foods with a protein item every day
2. Portion sizes shall be consistent with USDA standards.
3. All school personnel will assist students in developing the healthy practice of washing hands before eating.
4. Nutrition services shall support classroom activities for elementary students that include applications of good nutrition practices to promote health, prevent diabetes and reduce obesity.
5. Vending Machines
  - All snack vending machines shall provide only single serving snacks that meet at least two, with at least 50% of the items meeting three of the following: 300 or few calories, six grams of fat or less, one or more grams of fiber, at least 10% of RDA of calcium, iron, vitamin A or vitamin C.

## OTHER HEALTHY FOOD OPTIONS

Students are taught in the classrooms about good nutrition and the value of healthy food choices, which will carry over into foods served in the classroom. Healthy food choices will be encouraged of all staff, administrators, students and parents in regards to school parties and school rewards.

1. Healthy School Parties
  - a. School-wide letter addressing our school's healthy eating policy at beginning of year sent to all families.
  - b. Each teacher will assign a student a holiday party that includes treats. All treats but one should be healthy (see list below for healthy treat alternatives).
2. Healthy School Rewards
  - a. Use healthy alternatives for rewards to help support healthy living.
3. Concessions & Fundraisers
  1. For both concessions and fundraisers, healthy options will be provided in addition to the other choices.

## HEALTH EDUCATION AND LIFE SKILLS

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- a. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
- b. Students shall have access to valid and useful health information and health promotion products and services.
- c. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
- d. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

## PHYSICAL EDUCATION AND ACTIVITY

Physical education shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

## PHYSICAL EDUCATION PROGRAM

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical

activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

1. 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.
2. 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.
3. High school shall offer physical education classes.

Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

## 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.

## NUTRITION MARKETING/MESSAGES

- 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.
- Lapwai School District will include wellness as one of the components for teacher in-services.
- Lapwai School District will consider student need and input when planning a healthy school nutrition environment.
- 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.

## BODY IMAGE

Lapwai School District realizes that developing and maintaining a healthy body image is important for all students and all adults. Towards that end, it is important to note the focus needs to be on health not weight. Expecting children or adults to be at a certain weight/number on a scale may be unrealistic and lead to problems. Rather it is more realistic to expect that children and adults reach a natural, healthy weight level based on appropriate nutrition and exercise. It is

the responsibility of the District to provide healthy meals, snacks, education and physical activity.

School should encourage acceptance and respect for oneself and others, including a refusal to tolerate teasing or harassing of students or adults for any reason, but especially in regard to height, weight, size or shape. In addition, schools need to evaluate any obesity prevention programs to insure that students are not engaging in any unhealthy eating or exercising programs.

Lapwai School District will promote sensitive practices relating to weight assessment (weighing and measuring students). Any assessment should be conducted by a competent, qualified, professional (i.e., school nurse) in a private place under safe conditions. This person must understand individual differences in growth rates and body shapes and size. Also, this individual must be careful not to convey any negative feedback to the child or label them in any way. Children should never be made to feel intimidated or humiliated about weight-related issues. If the assessment official notices warning signs of body image dissatisfaction or eating disorders, the building principal shall be informed.

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Legal Reference:  
Section 204 or Public Law 108-265  
June, 2004

Related References: