

West Bonner County School District

NONINSTRUCTIONAL OPERATIONS

8200

Statement of Purpose

Whereas, children need access to nutritional appropriate foods and opportunities to be physically active in order to for properly grow, learn and thrive;

Whereas, good health has been shown to improve student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades;

Whereas, physical inactivity and excessive calorie intake have been proven to be predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of the deaths in the United States; the major childhood risk factors for these diseases include unhealthy eating habits, lack of physical activity, and obesity;

Whereas, it is reported that nation wide only about 2% of children 2 to 19 years of age are provided with healthy diets;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the West Bonner County School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity opportunities.

Therefore, it is the policy of the West Bonner County School District that:

- The school district will engage students, parents, guardians, teachers, food service professionals, health professionals, and other interested community members in implementing, monitoring, and reviewing district-wide nutrition and physical activity.
- All students in grades K – 12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served at school will focus on meeting the proper nutritional needs of students.
- Qualified nutrition professionals and school administrators will work together to provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat properly.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs; including the School Breakfast Program, School Lunch Program (including after school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program, etc.
- Schools will provide nutritional education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and other community services

- The District will promote the benefits of healthy nutrition and physical education to parents and the community through the use of information links available (i.e., newspaper and newsletter articles, educational brochures, parent information meetings, etc.).

Community Involvement

The West Bonner County School District has involved parents, students, staff, school administrators, district administrator, health professional, representatives from the District Food Service Program, and community members in the development of this policy.

The West Bonner County School District will implement, monitor, review, and as necessary, revise this wellness policy to be sure it meets the requirements of federal and state law; as well as the needs of our students and community. The District will continue to use input from all individuals representing the school and the community; including parents, students, staff, members of the school board, school administrators, health professionals, and members of the public; in this process.

Physical Activity

Students in grades K – 12, including students with disabilities, special health care needs, and in alternative educational settings will be provided opportunities to participate in physical education (minimum of 60 minutes/week for elementary students, 225 minutes/week for junior high students, and 160 minutes for high school students) during the school year. All physical education will be taught by certified physical education teachers. Student participation in other activities involving physical activity (i.e., interscholastic or intramural sports) will be encouraged. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activities.

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to recognize the importance of regular daily physical activity so they will incorporate it into their personal behavior, students need opportunities for physical activity beyond their physical education classes. To help students achieve this level of physical activity the District will:

- Provide classroom health education that reinforces the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce time spend on sedentary activities (i.e., watching television, playing video games, etc.);
- Integrate physical activities into other subject lessons; and
- Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activities.

Schools should discourage extended periods of inactivity (periods of two or more hours). When activities, such as mandatory school-side testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to be moderately active.

Teachers and other school staff are encouraged not to use physical activities, such as push-ups or running laps, as punitive punishment.

Nutrition Education

The West Bonner County School District will promote, encourage, teach and support healthy eating by our students. Schools are encouraged to provide nutrition education and engage in nutrition promotion activities. This education should be included as part of health and physical education classes; as well as being integrated as possible into other classes such as math, science, language arts, social sciences and elective subjects.

All District schools will provide all students grades K – 12 with a minimum of 90 minutes of nutrition focused education each school year. This education should take place in appropriate formats that encourage students to better understand and use the basics of good nutrition. To provide the greatest chance that this education will be used by the students; schools should provide opportunities to reinforce this learning throughout the school year.

Enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, contest, promotions, etc., should be used to promote and encourage proper nutrition. Activities should be provided, where appropriate, to promote the eating of fruits, vegetables, whole grain products, low-fat dairy products; as well healthy food preparation methods, and health-enhancing nutrition practices.

Training should also be provided for teachers and other school staff to provide them with information they can share with their students, and to help them provide appropriate nutrition modeling for their students.

School-based food marketing techniques will be focused on promoting healthy nutritional choices to our students.

Nutrition Guidelines

Other School-Based Activities Designed to Promote Student Wellness

The West Bonner County School District recognizes the importance of water consumption, and therefore encourages the increased consumption of water throughout the school day. Staff members should be particularly sensitive to student needs for water during periods of hot weather. Students shall be allowed to carry water bottles during the school day if the water is used appropriately and without distraction to the educational process. Teachers may need to schedule extra water breaks throughout the day. Even during periods of moderate temperature, staff members should remind students of the value of consuming water. In addition, water sales should be a significant option through school vending machines and concession services. Water should be available during mealtimes, at least through water fountains. When students bring water bottles for use during the school day the following procedures should be followed:

- Water bottles should be clear and have secure caps
- Students may not share water bottles
- Empty bottles should, on a regular basis, be recycled, discarded, or taken home to be sanitized
- Teachers have discretion in determining classroom use of water bottles
- Water bottles should not be used in computer labs, science labs and libraries

Any fundraising activity to be carried out in a district school or by a school sponsored organization needs the approval of the building principal. The following recommendations are made to promote healthy choices for fundraising activities, including concession stands, sponsored by a school or school organization:

- Offer only non-food items such as books, gift wrap, candles, plants, flowers, school promotional items, etc.
- Whenever food or beverages are sold, include at least some healthy choices and make the profit margin on these items less than the other items offered.

The District strongly recommends the sale and/or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. The District's recommended nutrition guidelines should be used in determining the foods and beverages that are to be sold on school grounds.

Schools are encouraged to promote healthy nutrition during classroom and school celebrations that involve the serving of food and/or beverages. During these celebrations or parties every effort should be made to have minimal servings of any food or beverage that does not meet the District's nutritional guidelines.

Policy History:

Adopted on: March 12, 2008

Revised on: