

Local School Wellness

It is the goal of the Lake Pend Oreille School District 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 Lake Pend Oreille School District promotes a healthy school 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 schools contribute 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

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 all 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. Class parties are not permitted during meal service times.

Home baked goods are not allowed at any time to be shared at class parties, sold or given away to students. Only commercially made and purchased, pre-packaged store bought items containing food labels with ingredients listing are allowed.

USDA has no role in regulating individual student snack foods or sack lunch foods or beverages brought from home for individual/personal consumption, 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 which is midnight before until 30 minutes after the instructional day has ended.

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. Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health and food services;
4. Offer a recognition or reward program for students who exhibit health behaviors;
5. Start a walking or physical activity club at each school;
6. Ensure students have access to hand-washing facilities prior to meals;
7. Annually evaluate the marketing and promotion of the school meal program;
8. Share school meal nutrition information with students and families;
9. Offer students taste-testing or menu planning opportunities;
10. Participate in Farm to School activities and/or have a school garden;
11. Advertise and promote nutritious foods and beverages on school grounds;
12. Offer fruits and non-fried vegetables everywhere foods are sold;
13. 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
14. Participate in community partnerships to support wellness programs, projects, events, or activities.

PHYSICAL ACTIVITY

Physical Activity Goals:

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities including: physical education, recess, walk-to-school programs, after-school physical activity programs, health education that includes physical activity as a main component and physical activity breaks within regular classrooms.

Physical Education (P.E.) K-12

Lake Pend Oreille School District students in grades K-12 will be provided opportunities to participate in physical education for elementary, middle, and high school students during the school year. All physical education should be taught by a certified physical education teacher. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. We encourage classroom teacher led physical activities in conjunction with physical education classes.

Instruction Program Design: Schools should establish specific learning goals and objectives for physical education. A sequential, developmentally appropriate curriculum should be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives. The physical education program should:

1. Emphasize knowledge and skills for a lifetime of regular physical activity;
2. Be consistent with the Idaho Content Standards for physical education and with national standards that define what students should know and be able to do;
3. Provide many different physical activity choices;
4. Feature cooperative as well as competitive games;
5. Meet the needs of all students, especially those who are not athletically gifted;
6. Take into account gender and cultural differences in students' interests;

7. Teach self-management skills as well as movement skills;
8. Actively teach cooperation, fair play, and responsible participation in physical activity;
9. Have appropriate student/teacher ratios comparable to those in other curricular areas;
10. Promote participation in physical activity outside of school;
11. Focus, at the high school level, on helping adolescents make the transition to an active adult lifestyle; and
12. Be an enjoyable experience for students.

Teachers should aim to develop students' self-confidence and maintain a safe psychological environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind. Physical Education staff should not order performance of physical activity as a form of discipline or punishment.

Suitably adapted Physical Education should be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such students' participation in regular physical education instruction or activities.

Educational Reinforcement: The physical education program should be closely coordinated with the other components of the overall school health program. Physical Education topics should be integrated within other curricular areas. In particular, the benefits of being physically active should be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health education class.

The physical education program should actively engage families as partners in their children's education and collaborate with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.

Assessment: All students should be regularly assessed for attainment of Physical Education learning objectives. Students who obtain credit through alternative means should be assessed by certified physical education teachers by approved fitness test standards such as heart rate monitoring.

Daily Recess: All elementary school students should have daily supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity. The district encourages individual schools to review lunch procedures to identify areas of best practices that support nutritional and fitness values.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity.

Physical Activity Opportunities Before and After School:

Elementary, middle, and high schools should offer extracurricular physical activity programs, such as physical activity clubs or intramural programs whenever appropriate. High schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools should encourage a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. We support and encourage physical activities such as skiing programs, jogging clubs, Jump for Heart, Hoops for Heart, Elk's Hoop Shoot as well as many other physical activity ideas.

Extracurricular Physical Activities: Intramural programs, physical activity clubs, and interscholastic athletics are valuable supplements to a student's education. Schools should endeavor to provide every student with opportunities to voluntarily participate in extracurricular physical activities that meet his or her needs, interests, and abilities. A diverse selection of competitive and noncompetitive, structured and unstructured activities should be offered to the extent that staffing permits. The primary focus of extracurricular physical activity programs will be on facilitating participation by all interested students, regardless of their athletic ability. Equal opportunity on the basis of gender should permeate all aspects of program design and implementation. School leaders will endeavor to accommodate home-schooled children in extracurricular activities on a budget-neutral basis.

Each extracurricular physical activity program sponsored by in-school organizations shall be approved by the administration of Lake Pend Oreille School District and be supervised by a faculty advisor. They shall not interfere with the regular school schedule.

Safe Routes to School:

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

Use of School Facilities Outside of School Hours:

Although school activities and maintenance come first, school spaces and facilities should be available, to the best of our ability, to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

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, and 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. 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.

