

STUDENT INSTRUCTION**Wellness**

As part of the student fundamental mission, the District's goal is to provide young people with the knowledge and skills they need to become healthy and productive adults.

Nutrition Education and Promotion. The District aims to teach, encourage, and support healthy eating by students.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotions. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for food and beverages sold individually.

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in the elementary school will be sold as balanced meals.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will provide a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutrition needs, children's ages, and other considerations.

School Lunch Program. Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1 %) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USD); and
- Ensure that half of the served grains are whole grain.

The District will share information about the nutritious meals with parents and students.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- The District will, to the extent possible, operate the School Breakfast Program;
- The District will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast during morning break or recess;
- The District will notify parents and student of the availability of the School Breakfast Program.

Free and Reduced-priced Meals. The District will make every effort to eliminate any social stigma attached to, and prevent the overt identification of student who are eligible for free and reduced-price school meals.

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, it will provide continuing professional development for all nutrition professionals in schools.

Student Health. The District highly values the health and well-being of every student. The District will take appropriate measures to address student health issues that arise in the school setting. The Administrator shall develop procedures for addressing student health issues that may arise.

Staff Wellness. The District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

Physical Education (P.E.) K-12. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirements.

Tobacco and Nicotine Intervention. The school District is tobacco free. The District will have information available about nicotine addiction services and referrals to tobacco cessation programs for students and teachers in our counseling and guidance office.

Legal References:	P.L. 108-265	Child Nutrition and WIC Reauthorization Act of 2004
	10.55.701, ARM	Board of Trustees

Cross References:

Policy History:

Adopted on: November 18, 2013

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October 21, 2019

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