WHITE RIVER SCHOOL DISTRICT	NEPN Code: AE
Board Policy Manual	

WELLNESS

To support its mission, the District will provide an environment that cultivates maximum student potential. Nutrition influences a child's development, health, well-being and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide nutrition policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

The policy of the School District is to:

Provide a positive environment and appropriate knowledge regarding food:

Ensure that all students have access to healthy food choices during school and at school functions.
Provide a pleasant eating environment for students and staff.
Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria area.
Enable all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.

When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices.

When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutrition choices whenever appropriate.

Reduce student access to foods of minimal nutritional value.

In keeping with contractual obligations to the National School Lunch/Breakfast programs, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast programs.
Encourage the practice of good nutrition by reducing the sale or distribution of foods of minimal nutritional value through a four-year plan that focuses on:

- Reducing access to non-nutritional foods.

- Educating students about healthy foods.

- Selective pricing that favors sales of healthy foods.

To accomplish these goals:

Child Nutrition Programs comply with federal, state and local requirements.
Child Nutrition Programs are accessible to all children.
Sequential and interdisciplinary nutrition education is provided and promoted.
Patterns of meaningful physical activity connect to students' lives outside of physical education.
All school-based activities are consistent with local wellness policy goals.

All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.
All foods made available on campus adhere to food safety and security guidelines.
The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

Legal References:

Title 42 US Code Chap 13
Title 42 US Code Chap 13A
Title 7 CFR 210.1-210.31

Title 7 CFR 220.1-220.21

WHITE RIVER SCHOOL DISTRICT #47-1
WELLNESS POLICY
WHITE RIVER SCHOOL DISTRICT NUTRITION STANDARDS

The White River School District strongly encourages the sale 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. In an effort to support the consumption of nutrient dense foods in the school setting, the White River School District will follow nutritional standards governing the sale of food, beverages and candy on school grounds. All sites in the district are encouraged to study these standards and develop building policies using the following District Nutrition Standards as minimal guidelines.

Food

- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its calories derived from fat.
- School lunches will be nutritious, with no more that 10% of its total calories derived from saturated fat.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.
- Encourage the consumption of nutrient dense foods, like whole grains, fresh fruit, and vegetables.
- Stop giving junk foods to students as rewards for good behavior, good grades and attendance.
- Encourage more fruits and vegetables as seconds at lunch and breakfast.

Beverages

- Vending sales of pop or sweetened drinks will not be permitted during school hours. (Artificially sweetened beverages are allowed provided they follow federally mandated specifications.)
- Pop and other artificially sweetened drinks will be permitted at special school events that begin after the conclusion of the instructional day.
- The vending sale of beverages with less that 10% fruit juice may begin at the conclusion of the instructional day.
- Milk, water, and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day.

Candy

- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted after school, at extra-curricular activities and special activities.

Student Nutrition

The White River School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as 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, the school contributes to the basic status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

Hot Lunch/ Breakfast Program

- The full meal program will continue to follow the US Government's nutrition standards.
- The White River School lunch program will be expected to make every effort to follow the US Government's nutrition standards with all items sold in the lunchroom.
- The lunchroom environment will provide students with a relaxed, enjoyable climate.
- Students should have adequate time for meals, at least 20 minutes for lunch from the time they are seated.

Teacher to Student Incentives

Strong considerations should be given to non-food items as part of any teacher to student incentive programs. Teachers should be encouraged to follow the District's Nutritional Standards.

Everyone at White River School District is encouraged to provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

- Create healthy school goals by encouraging regular physical activity.
- Nutritious meals and snacks.
- A health school environment should not be dependent on revenue from high-fat, low-nutrient foods to support school programs.
- Support and promote proper dietary habits.
- All foods available on school grounds during the school day will meet or exceed the District Nutritional Standards.

Educators, administrators, parents, health practitioners, and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs be met. Research shows the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn is remarkable.

Nutrition Education

The White River School District will support and reinforce nutrition education by helping students practice healthy habits.

- Teach students to read food labels.
- Choose healthy snacks.
- Eat healthy meals.
- Identify and limit junk food.
- Exercise more.

Wellness Committee

The White River School District will develop a wellness committee for the purpose of monitoring the implementation of this wellness policy, evaluating the policy progress, and serve as a resource to school sites. The Wellness Committee would meet at minimum of two times annually and shall consist of the following individuals:

- District Food Service Coordinator
- School Nurse
- Physical Education and Health Teacher
- Administrative Representative
- Staff member from each school level.

Adopted September, 2012