

Local School Wellness

It is the goal of the Hansen School District to strive 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 Hansen School District promotes healthy schools 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 school contributes to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.

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.

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 all children have access to adequate and healthy food choices on scheduled school days at reasonable prices;
2. Ensure that fundraising food sales and parties for students which are held during school hours will not conflict with the lunch and breakfast programs. The District operates under program regulations of the National School Lunch, National School Breakfast, and National After School Snack programs;
3. Support and promote dietary habits contributing to students' health and academic performance. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals. The District encourages all staff to focus on the Dietary Guidelines for Americans;
4. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors including good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs;

5. Coordinate school food service with the healthy lifestyles policy to reinforce messages about healthy eating and to ensure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits;
6. Provide District staff with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change; and
7. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.

Nutrition Guidelines

To promote student health and reduce childhood obesity, the District urges all schools within the District to comply with the nutrition requirements described in the District’s Nutrition Standards policy with respect to all food that is available on campus during the school day.

Community Participation

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are all permitted to participate in the development, implementation, and periodic review of 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.

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| Cross-References: | 2310 2315 8230 4175 | Nutrition Education Physical Activity Opportunities and Education Nutrition Standards Required Annual Notices |
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| Legal References: | P.L. 108-265 42 USC § 1758b 42 USC § 1771 <i>et seq.</i> 42 USC § 1751 <i>et seq.</i> 7 CFR §§ 210 & 220 7 CFR § 210.30 | The Child Nutrition and WIC Reauthorization Act of 2004 Local School Wellness Policy Child Nutrition Act of 1966 National School Lunch Act Nutrition School Lunch and School Breakfast Programs: Final Rule School Nutrition Professional Standards |
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Other References: Idaho Wellness Policy Progress Report, Idaho State Department of Education
Implementation and Monitoring Plan, Idaho State Department of Education
Wellness Policy Guidelines—Elements of Implementation for Final Rule, Idaho State Department of Education
<http://www.sde.idaho.gov/cnp/sch-mp/snacks.html>

Policy History:

Adopted on: 1-16-17

Revised on: 6-15-20, 9-17-20