

POST FALLS SCHOOL DISTRICT NO. 273

Series 500: Student Policy: Welfare

Policy No. 505.7

Policy Title: Student Nutrition and Physical Activity

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The Board of Trustees is committed to providing a healthy school environment for all students. The Board supports the lifelong habits of healthy eating and regular physical activity with the following goals.

NUTRITION

- School Nutrition Programs comply with federal, state and local requirements.
- School Nutrition programs are accessible to all children.
- Age appropriate nutrition education is provided to students.
- Students have opportunities to select healthy, nutritious food items at school.
- All foods and beverages made on campus during the school day are consistent with the current Dietary Guidelines for Americans.
- All foods available on campus meet adequate level standards outlined in the Idaho State Department of Education Standards for Vending Machines and Other Foods in School.
- Vending machines are not made available to elementary students.
- The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals.
- Principals and teachers are encouraged to use non-food items or foods meeting district nutrition standards for celebrations, or non-standard foods occasionally and in moderation.

PHYSICAL ACTIVITY

- The district will meet or exceed the physical education requirements for all students as defined by the State Board of Education;
- The district will provide supervised recess time for all elementary students;
- The district will provide a variety of extra-curricular activities and opportunities for physical activity to meet the needs of all students.
- The district will promote physical activity and healthy eating to students, parents, staff and patrons at all schools.

ADMINISTRATION

- The superintendent and/or designee will develop measures to evaluate compliance of this policy.
- Complete dietary guidelines are available through the Child Nutrition Department and are posted on the Child Nutrition page on the district website.
- A Wellness Committee comprised of district, school and parent representatives will meet annually to review the Student Nutrition and Physical Activity Policy.
- The Student Nutrition and Physical Activity Policy will be reviewed with school administrators annually to encourage staff awareness and adult modeling.
- The Post Falls School District Child Nutrition Department will file annual reports as required by the State Department of Education.

Legal References: 42 U.S.C. 1751 et seq., National School Lunch Act

Adopted: 4/10/06

Amended: 1/10/11, 7/14/14