

## Valley Wellness Policy

Mission: Valley School District supports good nutrition, regular physical activity, and overall wellness as part of the total learning environment for its students.

Purpose: To help Valley's students establish lifelong healthy eating and exercise patterns that will help each child reach his or her potentials.

A. Public Involvement

Valley's wellness committee consists of a school board member, an administrator, teachers, students, food service staff member and parents.

- Members meet quarterly to address Valley School's needs and concerns of school wellness and make the necessary changes to benefit its students and staff.

B. Nutrition Guidelines

Valley School District will continue to support the USDA guidelines for all meals, including the school breakfast program, which is free for all students. This includes the free/reduced lunch program.

C. Nutrition Promotion

- The cafeteria and school hallways will have signage to promote healthy eating.
- A variety of Smarter Lunchroom techniques will be implemented to promote healthier foods.
- A list of nutrition standard foods will be available to parents for parties, events or celebrations.

D. Nutrition Standards

- Salads and the salad bar is available for all middle and high school students, as well as staff.
- Fruits and vegetables will be available during meal times for all students.
- Valley schools will work towards offering healthy smart snack compliant snacks as rewards.
- Fundraising will be encouraged to follow these guidelines.
- There will be no non-smart snack compliant vending machines or non-smart snack compliant beverage vending machines on campus available to students.

E. Nutrition Education

Valley School District will equip students with the knowledge and skills necessary in making nutritious and enjoyable food choices to last a lifetime.

- All elementary students, grades K-5 receive health and nutrition education for thirty minutes weekly. Health is provided for the secondary students during 8<sup>th</sup> and 10<sup>th</sup> grades each for one semester.

- Parents are encouraged to provide healthy treats for their child's classroom and a suggested list is sent home at the beginning of each school year.

F. Physical Activity

Valley School District encourages physical activity for all students, Preschool-12 grades, and staff.

- Participation in physical education classes is required for all students in Preschool-5<sup>th</sup> grades. Third, fourth, and fifth grades receive 100 minutes, Kindergarten, first, and second receive 60 minutes and Preschool gets 30 minutes each week.
- Valley Middle School encourages the students to take one semester of Physical Education each school year.
- Valley High School requires two semesters of Physical Education to graduate.
- Physical Education teachers strive to meet the Idaho Physical Education Standards.

G. Other School-Bases Wellness Activities

- An annual Wellness Night is held at the school for the students and their families.
- Valley Elementary School participates in a walking program in the fall and spring. All students and teachers participate.
- Valley's all-weather track is accessible all year for community members.
- The school nurse educates the tenth graders in CPR.
- The high school students are involved in the TATU (Teens Against Tobacco Use) program and help educate the elementary students in the effects of tobacco use.

(10/15/2018)