

HEALTHY LIFESTYLES

Bonneville Joint School District No. 93 is committed to promoting and encouraging good nutrition and the general well-being, mental and physical capacity, and learning ability of each student, and to afford them the opportunity to fully participate in the education process and achieve academic success. Therefore, the Board directs the Superintendent/designee to appoint a Healthy Lifestyles Advisory Committee to develop and evaluate a proactive and comprehensive wellness plan and to inform the public about its content and implementation.

Guidelines

Healthy Lifestyles Promotion

1. To promote student health and reduce childhood obesity, all schools within the Bonneville School District shall comply with the nutrition standards established by the USDA with respect to food that is available on school grounds during the school day.
2. Evidence-based approaches in establishing goals for school based activities to promote student wellness shall be reviewed and considered.
 - a. Healthy lifestyles, good nutrition, and regular physical activity as a part of the total learning environment shall be encouraged.
 - b. Access to nutritious food choices shall be provided as well as the opportunity to learn and participate in positive dietary practices.
 - c. Opportunities for physical activity and developmentally appropriate exercise shall be promoted.

Evaluation

1. The effectiveness of the Healthy Lifestyles policy in promoting healthy eating shall be regularly evaluated and changes to the program shall be made as appropriate to increase its effectiveness.
2. The assessment of the implementation of the policy shall be conducted at least once every three (3) years.

Record Retention

The following records relating to the Healthy Lifestyles policy shall be retained:

1. Documentation demonstrating the community was involved in the development, implementation, and periodic review of the policy;
2. Documentation of the assessment of the policy; and
3. Documentation to demonstrate the public was notified annually as required by this policy.

Annual Notification

Annual notification for families of school children and other members of the school community will be made available on the District's webpage and it will be their responsibility to read and become informed of the contents, requirements, and expectations of this policy. Hard copies will be made available upon request.

DEFINITION

School Day: the school day is defined as midnight before to 30 minutes after the end of the instructional school day.

Adopted	07-12-2006	Reviewed	07-13-2020	Revised	02-11-2015
					05-09-2018

Cross Reference: Healthy Lifestyles Advisory Committee #8310

Legal Reference: Public Law 108-265 Child Nutrition and WIC Reauthorization Act of 2004
42 USC § 1758b, Local school wellness policy
42 USC § 1771 et seq. Federal Food Donation Act of 2008
42 USC § 1751 et seq. Healthy, Hunger-Free Kids Act of 2010
7 CFR Parts 210 and 220 National School Lunch and School Breakfast Programs
7 CFR § 210.30 School nutrition program professional standards
USDA: Smart Snacks in School Standards

Other References: Idaho SDE: Implementation and Monitoring Plan
Idaho SDE: Wellness Policy Guidelines—Elements of Implementation for Final Rule
Idaho SDE: Idaho Wellness Policy-Progress Report
<http://www.sde.idaho.gov/cnp/sch-mp/files/smart-snacks/general/Idaho-Smart-Snacks-in-School-Policy.pdf>