

Board Policy

Shelley School District 60 recognizes that childhood wellness is essential for academic success. Research indicates that becoming physically active and maintaining a regular physical activity program combined with access to nutritious foods reduces the risk of obesity and other associated diseases.

Therefore it is the policy of the board to:

- A. Provide students access to nutritious food choices;
- B. Provide opportunities for physical activity and developmentally appropriate exercise;
- C. Provide accurate information related to these topics; and
- D. Encourage the development and implementation of wellness activities for students, families and district employees.

Suggested Implementation Guidelines

1. Shelley Joint School District No. 60 and the Board of Trustees will ensure that a comprehensive wellness plan is developed and implemented in each school that includes goals for nutrition, health and physical fitness, integrated within the sequential comprehensive health education curriculum, and coordinated with the district's nutrition and food services operation.
2. The district and individual schools shall take a proactive effort to both educate and encourage students to make nutritious food choices.
3. The superintendent and/or administrators shall ensure that a variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events.
4. The school nutrition program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulations of Idaho.
5. Schools will offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans.
6. The District and each of its schools will conduct an annual evaluation of the wellness policy. The results of the evaluation will be used to revise and improve the wellness programs in the school district, and to revise, if necessary, the wellness policy.

LEGAL REFERENCE:

Policy Number 504.00

WELLNESS POLICY

Date of Adoption June 15, 2006

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34 Child Nutrition and WIC Reauthorization Act of 2004

35 Child Nutrition Act (42 U.S.C. § 1779) (subsections (a) and (b) of Section 10)

36 Richard B. Russell National School Lunch Act (42 U.S.C. §§ 1758(f)(1) and 1766(a), and

37 Sections 9(f)(1) and 17(a))

38 PL (Public Law) 108-265 Section 204