

Local School Wellness

It is the goal of the Rolling Hills Public Charter School 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 Rolling Hills Public Charter School promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The Charter School 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 Charter 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 of Directors directs the Principal to inform and update the public, including parents, students, school board members, PE teachers, school health professionals, school food service staff, administrators, and others in the community about the content and implementation of the wellness policy. Such information may be provided on the Charter School website, through dissemination of student handbooks, or in any other manner the Principal may deem appropriate.

Definition

For the purposes of this policy the school day is defined as midnight before to thirty (30) minutes after the end of the instructional school day.

Goals for Wellness Promotion

To ensure the health and well being of all students, it is the policy of the Charter School to:

1. Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices.
2. Ensure that foods sold at school during the school day meet or exceed the nutritional standards required by National School Lunch Program, the National School Breakfast Program, and the Smart Snacks in Schools standards. Exceptions can be made for infrequent food sales fundraisers that occur no more than the number of times determined appropriate by the Idaho State Department of Education during the school year and are not held during school meal times;
3. Ensure that non-exempt fundraising food sales will not occur on Charter School grounds during the school day. The Charter School operates under United States Department of Agriculture (USDA) program regulations of the National School Lunch Program, National School Breakfast Program, and the Smart Snacks in Schools standards. This includes food sold during the school day in school stores, vending machines, and other venues. (Note: There are many healthy fundraising options available to the Charter

School including selling books, fresh produce, school spirit merchandise, or other non-food items during the school day. Fundraising activities that take place outside of the Charter School, such as frozen pizza sales, are exempt from the nutrition standards.);

4. Schools should limit celebrations that involve food during the school day to no more than one party per class per month. The Charter School will disseminate a list of healthy party ideas to parents and teachers.

[Note: The USDA has no role in regulating foods brought from home. The Smart Snacks in Schools standards only affect foods that are sold on school grounds during the school day. Time honored traditions like treats for birthdays, or foods at an afterschool sporting event, are not subject to those standards.];

5. Support and promote dietary habits contributing to students' health and academic performance. All foods available on Charter School grounds and at school-sponsored activities during the school day should meet or exceed the USDA Smart Snacks in School nutrition standards. Wholesome foods produced in Idaho should be available and actively promoted in a healthy school environment. 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.
4. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors including good nutrition and regular physical activity;
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. Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health, and food services;
7. Provide Charter School staff with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change.
8. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.

### Nutrition Standards

To promote student health and reduce childhood obesity, the Charter School shall comply with the nutrition standards established by the USDA with respect to all food that is available on school grounds during the school day. Food and beverage marketing that allows the marketing and advertising of only those foods and beverages that meet Smart Snacks in school nutrition standards.

## Community Participation

Parents, students, school board members, PE teachers, school health professionals, school food service staff, administrators, and others in the community are all permitted to participate in the development, implementation, and periodic review/update of this policy.

The Principal shall periodically measure and make available to the public on the school website and in school wide meetings an assessment on the implementation of this policy including:

1. The extent to the Charter School is in compliance with the wellness policy;
2. The extent to which the Charter School's wellness policy compares to model local school wellness policies;
3. A description of the progress made in attaining the goals of the wellness policy.

Methods of providing this information to the public regarding the policy content and implementation may include developing or disseminating printed or electronic materials to families of school children and other members of the Charter School community at the beginning of the school year, or posting the local wellness policies and an assessment of their implementation on the Charter School website.

## Monitoring Compliance

The Principal shall designate one or more officials to ensure the Charter School complies with this policy. Every three years an evaluation will be conducted of the wellness policy and the extent to which schools are in compliance, how the district policy compares to model wellness policy goals.

Cross-Reference:     2310   Nutrition Education  
                          2315   Physical Activity Opportunities and Education  
                          8230   Charter School Nutrition Standards

Legal Reference:    Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004  
                          Pub.L. 111-296       Healthy, Hunger-Free Kids Act of 2010  
                          7 CFR Parts 210 Nutrition School Lunch and School Breakfast Programs:  
                          Final Rule  
                          Smart Snacks in School Regulations by the United States Department of  
                          Agriculture

Other Reference:    <http://www.sde.idaho.gov/site/cnp/nslp/smartSnacks.htm>

## Policy History:

Adopted on: 12/11/13

Revised on: 11/18/15, 11/8/18, 12/18/18