

1 Joint School District No. 2, Meridian
2 Meridian Technical Charter High School, Inc. has adopted West Ada's (Joint School District No. 2) policy.
3 STUDENT PERSONNEL

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5 Series 500

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7 Policy Title Wellness Code No. 504.70
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10 The board recognizes that childhood wellness is essential for academic success. Research
11 indicates that becoming physically active and maintaining a regular physical activity
12 program and access to nutritious foods reduces the risk of obesity and other associated
13 diseases.

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15 West Ada School District and the Board of Trustees will ensure that a comprehensive
16 district-wide wellness policy is implemented that includes goals for nutrition, health and
17 physical fitness, and nutrition promotion, integrated within the sequential, comprehensive
18 health education curriculum, and coordinated with the district's School Nutrition Services
19 Department.

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21 It is the policy of the board to:

22
23 A. Provide students access to nutritious food choices
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25 1. Meet the standards required in Healthy, Hunger-Free Act of 2010

- 26 a. Smart Snacks in Schools guidelines
27 b. National School Lunch and Breakfast programs
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29 2. Classroom snacks

- 30 a. Classroom snacks served during the school day or in after-school
31 care/enrichment programs will make a positive contribution to student diets
32 and health, with an emphasis on fruits, vegetables, whole grains, and/or low
33 sugar items as the primary snacks and water/milk as the primary beverage.
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35 3. Rewards

- 36 a. Staff will not use foods or beverages as rewards for individual academic
37 performance or good behavior.
38 b. Staff will limit whole class food rewards to two (2) per year.
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40 4. Celebrations

- 41 a. Schools will limit celebrations (birthdays, holidays, etc) that involve food during
42 the school day to no more than one party per class per month.
43 b. Each party will include no more than one (1) food or beverage that does not
44 meet the Smart Snacks in Schools guidelines.
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46 5. Food Fundraisers

- 47 a. To support student health and school nutrition-education efforts, school
48 fundraising activities will include alternatives to food fundraisers throughout
49 each school year.
50 b. Schools will encourage fundraising activities that promote physical activity.

- 51 c. Daily/weekly club/activity food fundraisers must meet the Smart Snacks in
- 52 Schools guidelines.
- 53 d. Each school will be allowed to have ten (10) food fundraisers per year that are
- 54 exempt from the Smart Snacks in Schools guidelines (each exempt food
- 55 fundraiser may not be longer than four (4) consecutive days of duration).
- 56 e. The guidelines do not apply to foods intended to be consumed outside of
- 57 school.
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59 B. Provide opportunities for physical activity and developmentally appropriate exercise

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61 1. Physical Activity

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- 63 a. Schools will, at a minimum, meet state physical education standards and
- 64 physical education requirements.
- 65 b. Provide time at the elementary level for supervised recess.
- 66 c. Provide extra-curricular activities that enable all students to select from a
- 67 variety of sports and other activities
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69 C. Provide nutrition education/promotion

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71 1. Nutrition Education/Promotion

- 72 a. Schools will teach state health standards
- 73 b. Nutrition education will be provided at least once in grade level bands K-2, 3-5,
- 74 6-8, and 9-12.
- 75

76 D. Encourage the development and implementation of wellness activities for students,

77 families and district employees.

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79 The district shall take a proactive effort to both educate and encourage students to make

80 nutritious food choices and will inform/update the public about the content and

81 implementation, and assessment of the wellness policy. The superintendent or designee

82 will establish measures to periodically evaluate the compliance and implementation of the

83 wellness policy and activities. The superintendent or designee shall ensure that a variety of

84 healthy food choices are available whenever food is sold or served on district property or at

85 district-sponsored events.

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88 Date of Revision:

89 05/09/06: 10/28/14

Legal Reference: Code of Idaho,
Healthy, Hunger-free Kids Act of 2010