



WELLNESS POLICY

The Nampa School District (NSD) understands the relationship between proper nutrition, physical activity, and their beneficial effect on learning. NSD is committed to providing a school environment that promotes and protects the health and wellness of its students and staff. The Board of Trustees encourages all stakeholders to participate in the development, review, and promotion of a wellness program that establishes an environment conducive to supporting lifelong habits of healthy eating and regular physical activity. This will be accomplished by:

A. Emphasizing Nutrition Education

The district shall provide age-appropriate nutrition and wellness education to students via established curricula and opportunities for students to select nutritious food items during the school day.

- i. School community members are discouraged from using candy and other foods and beverages with low nutritional value as rewards.
- ii. Information and training will be provided about nutritional alternatives; individuals responsible for organizing concessions, fundraisers, and class parties/celebrations are strongly encouraged to provide healthful options for students (as required within the guidelines).
- iii. If vending machines are accessible in the building, Building Administrators will work with vendors/vending contractors to provide guidelines for healthy choices in vending machines.
- iv. SMART SNACKS in schools guidelines are being adhered to as outlined in the Healthy Hunger Free Kids Act of 2010. Visit our website at: <http://district.schoolnutritionandfitness.com/nampasd131>

B. Encourage Healthful Eating and Physical Activity

The district shall provide a comprehensive K-12 health and physical education programs; opportunities for students and staff to be physically active will be encouraged.

- i. Nutrition education is available to stakeholders through students of the University of Idaho's Coordinated Program in Dietetics.
- ii. Additional nutrition education and nutrition promotion is available through a consulting Registered Dietitian (RD). Stakeholders are encouraged to contact the RD with any nutrition related questions.
- iii. In order to provide a consistent message about the importance of nutrition, stakeholders are encouraged to choose healthful food choices when celebrating classroom parties.
 - a. Healthful food choices: *Low-Fat Dairy Products, 100% Fruit Juice, Water/Flavored Water (calorie free), Fresh Fruit Assortment, Fruit and Cheese Kabobs, 100% Fruit Snacks, Vegetable Trays, String Cheese/Cheese Cubes, Pretzels, Low-Fat Popcorn, Animal Crackers, Angel Food Cake, Pizza w/Low-Fat Toppings, Apples w/Fat Free Caramel Dip, Low-Fat Granola Bars, Trail Mix, Crackers w/Cheese.*

C. Adhering to Nutritional Guidelines

All foods available on school campus will meet the Smart Snack Regulations as established by USDA.

D. Implementing, Monitoring, and Evaluating Policy

- i. The Superintendent or designee will be responsible for establishing measurement criteria and disseminating results to stakeholders concerning the implementation, compliance, and progress towards the goals of this policy.
- ii. Individual site administration will be responsible for measuring the implementation and effectiveness of the policy based on the established criteria.