

## **Valley Wellness Policy**

**Mission:** Valley School District supports good nutrition, regular physical activity, and overall wellness as part of the total learning environment for its students.

**Purpose:** To help Valley's students establish lifelong healthy eating and exercise patterns that will help each child reach his or her potentials.

### **A. Public Involvement**

Valley's wellness committee consists of a school board member, an administrator, teachers, students, food service staff member and parents.

- Members meet quarterly to address Valley School's needs and concerns of school wellness and make the necessary changes to benefit its students and staff.

### **B. Nutrition Guidelines**

Valley School District will continue to support the USDA guidelines for all meals, including the school breakfast program, which is free for all students. This includes the free/reduced lunch program.

### **C. Nutrition Promotion**

- The cafeteria and school hallways will have signage to promote healthy eating.
- A list of nutrition standard foods will be available to parents for parties, events or celebrations.

### **D. Nutrition Standards**

- Salads are available for all middle and high school students, as well as staff.
- Fruits and vegetables will be available during meal times for all students.
- Valley schools will work towards offering healthy smart snack compliant snacks as rewards.
- Fundraising will be encouraged to follow these guidelines.
- There will be no non-smart snack compliant vending machines or nonsmart snack compliant beverage vending machines on campus available to students.

### **E. Nutrition Education**

Valley School District will equip students with the knowledge and skills necessary in making nutritious and enjoyable food choices to last a lifetime.

- All elementary students, grades K-5 receive health and nutrition education for thirty minutes weekly. Health is provided for the secondary students during 8<sup>th</sup> and 10<sup>th</sup> grades each for one semester.
- Parents are encouraged to provide healthy treats for their child's classroom and a suggested list is sent home at the beginning of each school year.

## **F. Physical Activity**

- Valley School District encourages physical activity for all students, Preschool-12 grades, and staff.
- Participation in physical education classes is required for all students in Preschool-5<sup>th</sup> grades. Third, fourth, and fifth grades receive 100 minutes. Kindergarten, first, and second receive 60 minutes and Preschool gets 30 minutes each week.
- Valley Middle School encourages the students to take one semester of Physical Education each school year.
- Valley High School requires two semesters of Physical Education to graduate.
- Physical Education teachers strive to meet the Idaho Physical Education Standards.

## **G. Wellness Promotion**

- An annual Wellness Night is held at the school for the students and their families.
- Valley Elementary School participates in a walking program in the fall and spring. All students and teachers participate.
- Valley's all-weather track is accessible all year for community members.
- The school nurse provides hands only CPR training for all 9<sup>th</sup>-11<sup>th</sup> graders and CPR certification for 12<sup>th</sup> graders annually.
- The South Central Health District provides immunization clinics at the school including: kindergarten immunizations and catch-up immunizations at kindergarten registration, 7<sup>th</sup> grade immunizations and catch-up immunizations at the secondary registration, and a flu vaccine clinic open to students, faculty, and the community each fall.
- The school nurse provides vision screening for elementary students yearly, and scoliosis screening for 6<sup>th</sup> & 8<sup>th</sup> grade students yearly.
- Delta Dental provides dental sealants, fluoride treatment, and cavity screening for 1<sup>st</sup>, 2<sup>nd</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders biannually.
- Handwashing and hygiene education is provided by the school nurse to all kindergarten through 3<sup>rd</sup> graders yearly.
- An anti-bullying unit is taught to all 5<sup>th</sup> graders yearly.
- Puberty and hygiene education is provided for 5<sup>th</sup> and 6<sup>th</sup> graders annually.
- The school nurse, under South Central District Health guidance, offers free Covid antigen testing for students and their families who request it.

(10/15/2018)

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