

SCHOOL WELLNESS POLICY

Mountain Home School District No. 193 (MHSD) is committed to promoting and encouraging students and staff to adopt a life-long healthy lifestyle through education and modeling good eating and exercise habits, **promotion of nutritious foods, and other school-based activities that promote school wellness**. The superintendent will appoint a committee, the membership of which will include one (1) or more individuals representing each of the following interest groups: school board, administration ~~and staff~~, school lunch ~~service staff program~~, **PE teachers, CNA teachers**, parents, students, and the public. The appointed committee will seek public input in the development of the School Wellness Policy and Procedure(s). The Wellness Committee will also submit to the Policy Committee any proposed policies and procedures for approval.

The goal of the Wellness Committee is to review the needs of the district relative to school wellness, and develop procedures that teach and encourage students and staff to adopt a healthy and nutritious lifestyle habit.

1. Nutritional guidelines selected by the school district for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity.
2. MHSD assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. § 1779) and Sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. §§ 1758(f)(1) and 1766(a)), as those regulations and guidance apply to schools.
3. The superintendent, or designee, will establish a plan for measuring implementation of the local wellness policy, including designation of one (1) or more persons within the district or at

29 each school charged with operational responsibility for ensuring that the school meets the local
30 wellness policy.

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32 **4. Compliance with the School Wellness Policy at each school will be evaluated every three**
33 **(3) years at a minimum.**



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38 **LEGAL REFERENCE:**

39 Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (PL 111-296), reauthorizing the Child
40 Nutrition Act, 42 U.S.C. § 1758b (2010).

41 Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, § 204

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

43 42 U.S.C. § 1751, *et seq.*

44 42 U.S.C. § 1771, *et seq.*

45 7 CFR Part 210

46 PL (Public Law) 108-265 Section 204

47 <http://www.sde.idaho.gov/cnp/hne/wellness.html>

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49 **ADOPTED:** May 16, 2006

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51 Reviewed: March 17, 2009

Reviewed: December 15, 2009

Reviewed: February 15, 2011

52 Revised: April 16, 2013