

**POLICY TITLE: COSSA Wellness Policy**

**Background**

The Canyon-Owyhee School Service Agency (COSSA), hereinafter referred to as the “Agency”, is committed to the ideal that a healthy lifestyle provides a higher quality of, and a more productive, life. To achieve this ideal, the Agency promotes student health and wellness development through health and nutrition education, fitness-focused instruction and activity opportunities, and the promotion of a “wellness” attitude throughout its schools and community. Additional broad guidelines include:

A. The Agency curriculum will include instructional goals that inform students about food nutrition, healthy food choices, physical fitness, and active lifestyles. Schools will include nutrition guidelines to promote healthy foods in each school.

B. Schools will be encouraged to provide extra activities that promote the joy of physical fitness.

C. The Agency will continue to support community based athletic programs that involve students attending COSSA Academy by providing sport venues when available.

D. Schools will encourage staff, student, and family participation in nutrition awareness and in wellness activities such as sports, exercising, walking, etc.

E. The Agency will support the Federal USDA guidelines by providing breakfast and lunch meal choices for all students that meet or exceed US dietary nutritional requirements.

F. School staff is discouraged from using food or carbonated beverages as a reward for student accomplishments. The withholding of food as punishment for students is prohibited.

G. Schools will attempt to provide a pleasant eating experience for students and adults by adopting the following procedures:

a. Student input and feedback is solicited for meal choices.

b. Nutrient analysis is available to teachers, parents, students, and health professionals when possible.

c. Adequate time to eat in a pleasant eating environment should be provided. The recommended eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch. School personnel will schedule enough time, lunch periods, and serving lines so student do not have to spend too much time waiting in line.

d. Adult supervision and role modeling is available during the meal service to encourage students to eat the meals.

e. Drinking fountains will be available for students to get water at meals and throughout the day.

f. School personnel will assist all students in developing the healthy practice of washing hands before eating.

g. Parents are highly encouraged to dine with student in the cafeteria after notifying the office of their plans by 10:00 a.m.

H. The Agency will continue to support the Summer Nutrition Program in qualified communities as funds permit.

I. Agency schools will be encouraged to provide healthy food and beverage choices when food is offered, for class activities, field trips, and school wide events and in vending machines.

J. The Agency will provide to parents information on safe and healthy foods that would be acceptable for special events, i.e., classroom parties. Any student accessible machines will only contain those snacks and beverages that meet guidelines for healthy and nutritional items.

K. The Agency will maintain a Wellness Committee consisting of the Food Service Coordinator, teachers of physical education, school health professionals, and school administrators; and will encourage parents, students, the school board, and the general public to participate as well. The Wellness Committee will provide input and annual review of this policy. The Wellness Committee will access and evaluate actions taken in accordance with this policy.

L. The Wellness Committee will maintain a webpage linking from the Agency site that will inform and update the public (including parents, students, and others in the community) regarding the content and implementation of local wellness policies.

M. Agency schools will be measured periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which this policy compares to model local school wellness policies, and the progress made

in attaining the goals of the local wellness policy. This assessment will be made available to the public through the website.

N. Agency curriculum will include instructional goals and activities that inform students about the effects of substance abuse, negative peer pressure, and the development of a positive, productive, and safe lifestyle.

O. Agency schools will encourage acceptance and respect for oneself and others, as well as acceptance of diversity of body size and weight. Schools will promote sensitive practices relating to weight assessment.

P. Agency schools are discouraged from using fundraisers that encourage the promotion of foods or minimal nutritional value.

### **Responsibility**

The COSSA CEO/Superintendent is responsible for compliance, including the development, implementation, and evaluation of the policy.

### **Local School Wellness**

It is the goal of the Canyon-Owyhee School Service Agency (COSSA) 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. COSSA promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The Agency 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 school contributes to the basic health status of children. Improved health optimizes student performance potential.

Healthy eating is demonstrably linked to reduced risk of mortality and development of many chronic diseases as adults.

### **Nutrition Education**

The Agency will establish measurable goals for nutrition education. These will include as a minimum:

A. Standards-based nutrition education in Family & Consumer Science classes such as Teen Living, Adult Living, Nutrition and Foods, and Early Childhood Development.

B. Teachers in other subject areas such as science, math, health, etc, are encouraged to include standards-based nutrition education where appropriate in their classes.

### **Nutrition Promotion**

The Agency will establish measurable goals for nutrition promotion. These will include as a minimum:

A. To promote student health and reduce childhood obesity, the Agency requires schools within the Agency to comply with the nutrition standards established by the USDA with respect to all food that is available on school grounds during the school day. Specific guidelines are given in the sub-sections below.

B. This policy shall apply to all foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte snack lines, fundraisers, school store, etc.

### **Guidelines for Food and Beverage Sales**

The Agency encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. At any school function (parties, celebrations, feasts, sporting events, etc) healthy food choice options should be available.

In the COSSA Academy Alternative Jr/Sr High School, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through vending machines, student store, or fundraising activities) during the school day will meet the nutrition standards found in the Smart Snacks in Schools regulations.

### **Vending Machines**

The Board of Trustees has determined that there shall be no installation of vending machines except as approved by the Superintendent. Vending machines are operated as a convenience for students, staff, and patrons. All vending sales shall comply with the standards of the Smart Snacks in School regulations.

### **Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks

and water as the primary beverage, and will meet the standards of the Smart Snack in Schools regulations. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

### **Fundraising Activities and Concessions**

Any fundraising requires administrative approval.

Any food items sold at the school site during the school day, defined as from midnight until a half-hour after the end of the instructional day, and intended for consumption there, must meet the requirements of the Smart Snacks in Schools regulations, except for exempt fundraisers. The number of exempt fundraisers held annually may not exceed the number established by the Idaho State Department of Education unless special permission is granted by the State Department of Education.

Any fundraising activities that involve food not intended for consumption in schools, such as the sale of cookie dough, pies for Thanksgiving, etc, shall also be exempt. Food sold at exempt fundraisers may not be sold in competition with school meals in the food service area during any meal service.

Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students. If these foods and beverages are consumed on school grounds, during the school day, and are not exempt fundraisers, they must comply with the Smart Snacks in Schools regulations.

### **School Sponsored Events**

Foods and beverages sold at school-sponsored events during the school day, from midnight to a half-hour after the end of the instructional day, and held on school grounds (such as, but not limited to: athletic events, dances, or performances) will meet the nutritional standards outlined in the Smart Snacks in Schools regulations, unless they are exempt fundraisers as described above. However, the Smart Snacks in Schools standards do not apply to items sold during non-school hours.

### **Physical Activity**

The Agency will establish measurable goals for physical activity. These will include as a minimum:

A. One 5 minute break for each 90 minute block of instruction.

B. Staff and teachers are prohibited from using exclusion from physical activity as a punishment, unless there is an associated inappropriate behavior that occurs during the physical activity that must be addressed.

C. Teachers are allowed to offer physical activity as a reward for student behavior or performance.

D. Before school, after school, and during lunch, non-competitive sports such as table tennis and basketball are offered to students.

### **Other School Based Wellness Activities**

The Agency will establish measurable goals for other school based wellness activities. These will include as a minimum:

A. An employee assistance program (EAP) as part of the employee health benefit package.

B. The opportunity for all staff members to certify and maintain certification on CPR, AED operation, first aid, etc, through professional development training.

C. An active recycling program operated as a fundraising activity by the COSSA Academy Student Council.

### **Catering**

Food Service shall be available for special caterings and events with a minimum of three (3) days notice. A catering request must be turned into the Food Service Director no later than three days before the scheduled event. The catering event(s) shall be scheduled so the students' meal times are not interrupted.

### **LEGAL REFERENCES:**

Section 204, Child Nutrition and WIC Reauthorization Act of 2004  
Public Law 111-296 Healthy, Hunger-Free Kids Act of 2010  
7 CFR Parts 210 Nutrition School Lunch and School Breakfast Programs  
Smart Snacks in School Regulations by the United States Department of Agriculture

**ADOPTED:** Originally titled "Snack Food Policy" and issued February 17, 2015  
Revised and issued as "COSSA Wellness Policy" 9-21-15  
Revised: January 19, 2016