

PHILOSOPHY

The Kamiah School Board believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. The Board also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. The Kamiah School Board has developed this policy, as well as oversees the Health Council Committee whom is responsible for implementation of the policy and all that applies to the policy. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

NUTRITION

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn. All Food Service staff as well as the Health Council will be responsible for implementation of nutrition in all buildings.

1. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Food Services Department. Menu and product selection shall utilize student, parent, and staff whenever possible.
2. Nutrition services policies and guidelines for reimbursable meals shall follow federal and state regulations require.
3. A la carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents, and staff.
4. Vending Machine:
 - All snack vending machines and concessions shall adhere to Smart Snack regulations
 - Single serve snacks with at least 50% of the items having, 300 or fewer calories, six grams of fat or less, or less, one or more grams of fiber, and at least 10% of RDA of calcium, iron, vitamin A or vitamin C.
 - All beverage vending machines in school public areas and all faculty/staff areas at school and district shall adhere to Smart Snacks and offer:
 - a. water
 - b. 100% fruit or vegetable juice in 12oz portions or less
 - c. non-carbonated drinks with less than 10 calories per fluid ounce
 - d. no more than 1/3rd of the choices will be carbonated drinks
5. Nutrition services shall support classroom activities for all students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

HEALTH EDUCATION AND LIFE SKILLS

Healthy living skills shall be taught by School day teachers as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

1. Each school shall provide for interdisciplinary, sequential skill-based health and nutrition education programs based upon state standards and benchmarks.
2. Students shall have access to valid and useful health information and nutrition and health promotion products and services.
3. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
4. Students shall be taught communication, goal setting and decision making skills that enhance personal, family, and community health.

PHYSICAL EDUCATION AND ACTIVITY

Physical education shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

Physical Education Program

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

1. Participation in such physical activity shall be required for all students in kindergarten through grade six for a minimum of thirty minutes one day a week, or the equivalent.
2. Such instruction shall be provided for grades 7-8 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.
3. High schools shall require one (1) credit of physical education for graduation.

Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

HEALTHY AND SAFE ENVIRONMENT

A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community. Administration, School Staff, Community members and Health Council will be implementing a healthy and safe environment.

1. School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe, and in good repair.
2. Each school and district site shall maintain an environment that is free of tobacco, alcohol and other drugs.
3. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
4. Each work site, school and classroom shall work to create an environment where students, parents/guardians, and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

SOCIAL AND EMOTIONAL WELL-BEING

Programs and services that support and value the social and emotional wellbeing of students, families and staff build a healthy school environment.

1. Each school shall provide a supportive environment that includes guidance, counseling, and social work services that encourages students, families, and staff to request assistance when needed and links them to school or community resources.
2. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
3. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
4. Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.

HEALTH SERVICES

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

SECTION 500: STUDENTS

1. Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the Kamiah School District and the North Central District Health Department.
2. Kamiah School District shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
3. A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, community health referrals, and immunizations, parenting skills, first aid and other priority health education topics.

FAMILY, SCHOOL, AND COMMUNITY PARTNERSHIP

Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community. Health Council will oversee the implementation of partnerships. The Health Council will include community members, parents, school administration, Physical education Instructors, school health professionals, students, food service staff, public health officials and school board members.

1. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
2. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
3. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
4. Schools and the district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

STAFF WELLNESS

The district and each work site shall provide information about wellness resources and services.

1. Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
2. Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.

LEGAL REFERENCE:

Adopted 06/20/2016

Revised 05/25/2016