INSTRUCTION

Nutrition Services:

Rationale: Students must go to school with minds and bodies ready to take advantage of the learning environment schools work so hard to develop. Good nutrition and physical fitness is a prime factor in the student's ability to learn. In addition to families, the school environment plays a vital role in shaping students' nutritional and physical health throughout the growing years in the following ways:

- Students eat one or two of their meals in the school cafeteria;
- Classroom teachers provide factual instruction on human health and biology;
- Peer relationships and adult role models influence eating patterns and provide subtle but strong messages in body image development;
- Physical education and school sports programs strengthen students' bodies and often are sources of nutrition information; and
- School health services, guidance counselors and classroom teachers provide essential support for students' physical and psychological growth.

Child Nutrition Program

All Teton School District Food Service Personnel should have adequate pre-service training, participate in ongoing professional development and hold a state-issued or equivalent training certificate.

The director will be responsible to monitor waste (food thrown away) in the school cafeterias. The Director and Assistant Director will be responsible for making sure all menus, over the course of each week, will meet the nutrition standards recommended in the Dietary Guidelines for Americans and the Federal USDA guidelines for lunches and breakfasts. The lunch menus will include fresh fruits and vegetables whenever possible.

Hot Lunch Program

All Teton School District Food Service Personnel should have adequate pre-service training, participate in ongoing professional development and hold a state-issued or equivalent training certificate.

The Food Service Director will be responsible for conducting a yearly survey of the students, and where possible offer the items that the students prefer and eat. The director will also be responsible to monitor waste (food thrown away) in the schools' cafeterias. The Director will also be responsible for making sure all menus, over the course of each week, will meet the nutrition standards recommended in the Dietary Guidelines for Americans and the Federal USDA guidelines for lunches and breakfasts.

The hot lunch menus will include green vegetables whenever possible. Whenever possible, students will also have raw vegetables available to them at the end of the serving line when raw vegetables are not included in the regular menu.

Vending Machines

Building administrators are responsible to monitor vending machines in their respective buildings. Vending machines must comply with the new USDA guidelines (which are less than 35% total fat - and less than 10% saturated fat). This eliminates most if not all candy bars, and some of the chips (unless they are baked products).

Elementary Schools
Vending machines will not be available for the students.

Teton Middle School
Vending machines at the middle school may contain soda, diet soda, fruit juices, 100% fruit juices, sport drinks, flavored water, and water. None of the juices or water may sell for any more than the sodas. Candy machines will have other alternatives to sweets included as a choice. An educational program will be in place with vending machines so students know what is a healthy choice or an unhealthy choice. A visual guideline will be in place on vending machines to aide students in distinguishing healthy choices. Vending machines in the middle school are on a timer and therefore are only on before school, after lunch has been served, and after school.

Teton High School
Vending machines at the high school may include soda, diet soda, fruit juices, 100% fruit juices, sport drinks, flavored water, and water. None of the juices or water may sell for any more than the sodas. Candy machines will offer other alternatives to sweets as a choice. An educational program will be in place with vending machines so students know what is a healthy choice or an unhealthy choice. Vending machines in the high school are on a timer and therefore are only on before school, after lunch has been served, and after school.

Physical Exercise

The building principal is responsible to monitor the Physical Education instruction in their respective buildings.

Students in the elementary schools receive specific Physical Education instruction each week. Staff members are asked to encourage students to walk or run laps during recess and noon hour. A reward system needs to be developed to help encourage students to be more active during recess and noon hour to help students achieve physical fitness goals.

Physical Education classes are required for middle and high school students. The required classes and time spent by students either meet or exceed the State Standard for Physical Education.

Teton School District participates in a Winter Sports Program. Elementary students are given the choice of downhill skiing, cross country skiing, snow shoeing, swimming, or ice skating. Middle school students have the choice of downhill skiing, snowboarding, cross country skiing, swimming. High school students have the choice of downhill skiing, snowboarding, swimming or staying at school and participating in a variety of other activities.

Health Education Curriculum

Elementary schools will use the "Great Body Shop" as the adopted curriculum to encourage a healthy lifestyle. Middle school and high school curriculum is aligned with the state standards and both schools use a state approved textbook.

Staff Wellness Programs

Teton School District will work with the medical profession of Teton Valley to develop a wellness incentive program for all staff members employed by the school district. Opportunities are available for staff to conduct classes to meet personal physical activity needs.

Using Food as a Reward

Staff members are asked to find alternatives to using food (in particular sweets) as a reward for student behavior and accomplishments. At the beginning of each school year each staff member will be provided with a list of possible alternatives to use in place of sweets. All staff members are asked to communicate with the parents of the students in their classrooms the need to limit the amount of sweets being brought into the classroom for special occasions. (i.e. birthday parties, Valentines Day)

Healthy Treats List

(some suggestions were developed by the Teton School District #401 Wellness Committee, 11-12 school year)

The following list is an alternative to use in place of sweets.

- dried fruit
- fruit snacks
- fig newtons
- apple or banana chips
- veggie chips
- mini muffins
- granola bars
- popcorn
- rice cakes
- goldfish crackers
- graham crackers
- gingersnaps
- fortune cookies
- 100% juice boxes
- fruit smoothies
- homemade gelatin
- string cheese
- nuts or seeds (pumpkin or sunflower)
- trail mix
- yogurt covered raisins
- white chocolate covered pretzels
- applesauce or mandarin orange cups
- peanut butter with apple, banana or celery
- fresh fruit (melon balls, berries, tangelos, apples, etc.) with or without dip
- fresh vegetables (baby carrots, cherry tomatoes, bell peppers) with or without dip

Cross Reference: 8200 Healthy Lifestyles

Legal Reference: I.C. § 33-512 Governance of Schools

Policy History:
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