

Marsh Valley School District is committed to the ideal that a healthy life style provides a higher quality and more productive life. To this end, Marsh Valley School District promotes student health and wellness development through health and nutrition education, fitness-focused instruction, and the promotion of a “wellness” attitude throughout its school function, activities, and policies such as:

- a. District curriculum will include instructional goals that inform students about food nutrition and healthy food choices.
- b. District curriculum will include instructional goals that support physical fitness and active lifestyle.
- c. Marsh Valley schools will support the Federal USDA guidelines by providing breakfast and lunch meal choices for all students that meet or exceed US Dietary nutritional requirements.
- d. Marsh Valley School District will continue to support the Summer Nutrition Program in qualified communities as funds permit.
- e. District 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 their vending machines. The District will provide to parents information on safe and healthy foods that would be acceptable for special events, i.e.: classroom parties. Any additional vending machines will only contain those snacks and beverages that meet guidelines for healthy and nutritional items
- f. District schools will encourage staff, student and family participation in nutrition awareness and in wellness activities such as sports, exercising, walking, etc.
- g. The district will continue to support community based athletic programs that involve students attending Marsh Valley Schools by providing sport venues when available.
- h. District 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 life style.
- i. District schools will encourage acceptance and respect for oneself and others, as well as acceptance of diversity of body size and weight. District schools will promote sensitive practices relating to weight assessment.
- j. Marsh Valley schools are discouraged from using fundraisers that encourage the promotion of foods of minimal nutritional value.

A committee under the direction of the Superintendent shall review the Wellness Policy annually.

**LEGAL REFERENCE:**

IDAPA 08.02.03.100.06.e

ADOPTED: April 11, 2006**AMENDED:**

