

**Monadnock Regional School District & SAU #93
School Board Agenda
January 17, 2023**

In-Person MRMHS Library & Webinar Link 7:00 pm

Join Zoom Meeting

<https://mrsd-org.zoom.us/j/81194722172?pwd=MDhQRHNNaVNiRW5SMVWZnFOLzdlQT09>

Meeting ID: 811 9472 2172

Passcode: 931400

The public is encouraged to attend MRSD Board meetings.

Comments are welcome during the 'Public Comments' portions of the agenda.

"We collaborate not just to teach, but also to engage and educate every student in our district in an environment that is challenging, caring, and safe, while fostering lifelong learning."

1. CALL TO ORDER 7:00 pm
2. PUBLIC COMMENTS (15 minutes)
3. #celebrateMRSD
4. MATTERS FOR INFORMATION & DISCUSSION
 - a. Student Government Report
 - b. Debrief from Bond & Budget Hearings
 - c. Deliberative Session Prep
 - d. Board Member Terms Up for Renewal
 - e. Policies for 1st Read
 - i. EB - Joint Loss Management Committee
 - ii. JLCB - Immunizations of Students
 - iii. JLCF - Wellness
 - iv. IICA/IICA-E/IICA-R - Field Trip and Excursions
5. MATTERS THAT REQUIRE BOARD ACTION
 - a. * March 2023 Warrant Articles
 - b. * Authorize CRC to edit WAIPE after Deliberative
 - c. * January 3, 2023 Minutes
 - d. * Manifest
 - e. * Budget Transfer
 - f. * MOA Proposal
 - g. * Senior Trip
6. SETTING NEXT MEETING'S AGENDA
7. PUBLIC COMMENTS (15 minutes)
8. NON-PUBLIC SESSIONS under RSA 91-A:3. II as needed
9. ADJOURNMENT

**Indicates an item requiring Board action. The order of the agenda is subject to change.*

SINGLE DISTRICT SCHOOL ADMINISTRATIVE UNITS

RSA 94-C:3 – Single District School Administrative Units; Exemption. Single district school administrative units shall be considered the same as a single school district and shall be exempt from meeting the requirements of this chapter, except that they shall provide superintendent services pursuant to RSA 194-C:4

NONPUBLIC SESSIONS

RSA 91-A:3– II. Only the following matters shall be considered or acted upon in nonpublic session:

- (a) **The dismissal, promotion, or compensation of any public employee** or the disciplining of such employee, or the investigation of any charges against him or her, unless the employee affected (1) has a right to a meeting and (2) requests that the meeting be open, in which case the request shall be granted.
- (b) The **hiring** of any person as a public employee.
- (c) Matters which, if discussed in public, would likely adversely affect the **reputation** of any person, other than a member of the public body itself, unless such person requests an open meeting.
- (d) Consideration of the **acquisition, sale, or lease of real or personal property** which, if discussed in public, would likely benefit a party or parties whose interests are adverse to those of the general community.
- (e) **Consideration or negotiation of pending claims or litigation** which has been threatened in writing or filed by or against the public body or any subdivision thereof, or by or against any member thereof because of his or her membership in such public body, until the claim or litigation has been fully adjudicated or otherwise settled.
- (i) Consideration of matters relating to the **preparation for and the carrying out of emergency functions**, including training to carry out such functions, developed by local or state safety officials that are directly intended to thwart a deliberate act that is intended to result in widespread or severe damage to property or widespread injury or loss of life.
- (j) **Consideration of confidential, commercial, or financial information** that is exempt from public disclosure under RSA 91-A:5, IV in an adjudicative proceeding pursuant to RSA 541 or RSA 541-A.
- (k) Consideration by a school board of entering into a **student or pupil tuition contract** authorized by RSA 194 or RSA 195-A,
- (l) **Consideration of legal advice provided by legal counsel**, either in writing or orally, to one or more members of the public body, even where legal counsel is not present.

CALENDAR OF UPCOMING MRSD MEETINGS:

1/17/2023	MRSD/SAU 93 School Board	7:00 pm	MRMHS Library
1/24/2022	Community Relations Committee	6:00 pm	MRMHS Library
1/24/2022	Budget Committee	7:00 pm	MRMHS Library
2/1/2023	Policy Committee	7:00 pm	SAU Conference Room
2/4/2023	MRSD Deliberative Session	10:00 am	MRMHS Auditorium
2/7/2023	MRSD/SAU 93 School Board	7:00 pm	MRMHS Library
2/9/2023	Extra-Curricular Committee	6:00 pm	SAU Conference Room

Meetings will be in person for all Board & Committee Members. The public is encouraged & welcome to attend either in person or through Zoom. Public comments are welcome in person during the ‘Public Comments’ portions of the agenda.

**** Please note: All Committee Meetings dates, times, and locations are posted in the SAU 93 Reception Lobby, on the MRSD website calendar, and in the schools and towns of MRSD. In the event of a snow day, the school board meeting will be planned for the following school day.****

Policy Motions and Actions from January, 11 2023

EB - Workplace Safety Program and Joint Loss Management Committee

MOTION: *To update policy EB with NHSBA sample policy and retire policy JLI.*

- Policy was updated in 2020, however a new revision came out immediately afterward
 - Policy JLI is duplicative of EB
-

JLCB - Immunizations of Students

MOTION: *To update policy JLCB with NHSBA sample.*

- This policy is existing and these are minor edits
 - NHSBA rationale: NHSBA revised sample policy JLCB due to an amendment to RSA 141-C:20- c that removes the requirement that a parent's request for a religious exemption to immunizations required for school attendance be notarized by deleting the word notarized under Section E-2. Additionally, a new paragraph D was included to reflect a 30 day window for proof of immunizations for children of military families under RSA 110-D, as related to new NHSBA sample policy JFAM.
-

JLCF - Wellness

MOTION: *To update policy JLCF with NHSBA edits and Administration's input for filling in the names of positions mentioned.*

- Currently, this policy has wording explaining its history with MRSD specific language. The committee recommends updating to NHSBA generalized language to keep in line with best practices
- NHSBA rationale : NHSBA revised sample policy JLCF § III-C ("Water") to reflect SB 233 (2022 N.H. Laws Ch. 149) which, among other things, amended RSA 200:11-b by:(1) adding that students shall be permitted to bring certain types of water bottles to schools and o (1) adding that students shall be

permitted to bring certain types of water bottles to schools; (2) stating that Principals may enact discipline for misuse of water bottles; and (3) requiring all renovated or newly constructed public school buildings to have water bottle filling stations.

IICA/IICA-R- Field Trips and Excursions

MOTION: *To re-code policy IICA, IICA-R, IICA-E to NHSBA coding of IJOA, IJOA-R and IJOA-E.*

- This policy is coded differently in the MRSD policy book than NHSBA's
 - Committee is committee has no edits to the existing MRSD policy, although it does differ from NHSBA's sample
-

Other policy work not requiring board action;

IC/ICA- School Year and School Year Calendar

- Refer to administration
- Need information about hours based school year amounts



1/10/23, 11:11 PM BoardDocs® LT

Book E: Support Services

Section Series E

Title Safety Program

Code EB

Status Active

Adopted May 4, 1993

Last Revised October 6, 2020

JOINT LOSS MANAGEMENT COMMITTEE

The Superintendent will cause the formation of the Joint Loss Management Committee as required by RSA 281- A:64: and a Crisis Management Plan that conforms to the national Incident Command System.

The practice of safety shall also be considered a facet of the instructional plan of the District schools by incorporating educational programs in traffic and pedestrian safety, playground safety, driver education, fire prevention, emergency procedures, etc., appropriately geared to students at different grade levels.

Each Principal shall be responsible for the supervision and implementation of a safety program for his/her school. General areas of emphasis shall include, but not be limited to: in-service training; accident record keeping; plant inspection; driver and vehicle safety programs; fire prevention; catastrophe planning; and emergency procedures and traffic safety problems relevant to students, employees. The principal shall be responsible for developing student safety procedures to be used on School busses, school grounds (including playgrounds), during authorized school activities (such as field trips), and within school building(s) (including classrooms and laboratories), off school grounds during school-sanctioned activities (including, but not limited to, work-based learning and internships), and in the use of online resources. Each building's safety plan shall be on file in the associated building and also on file in the SAU office.

Revision Dates: 10/6/2020, 3/20/2018, 7/1/1998

Policy References: [EBCA](#), [ECAD](#)

Legal References: RSA 281-A:64, III RSA 200:40 Ed.306.10(a) (2) (d)

WORKPLACE SAFETY PROGRAM & JOINT LOSS MANAGEMENT COMMITTEE

Category: Recommended

Related Policies: EBB



ADOPTION/REVISION NOTES –

All text between the highlighted lines “~ ~ ~ ~” above and below, and all highlights within the policy should be removed prior to adoption.

- (a) **Former identical policy JLI is withdrawn with the 2020 Fall Policy Update. For additional notes see “NHSBA revision notes” below.*
- (b) *General – As with all sample policies, NHSBA recommends that each district carefully review this sample prior to adoption/revision to assure suitability with the district’s own specific circumstances, internal coding system, current policies, and organizational structures. Highlighted language or blank, underscored spaces indicate areas which Boards must change/complete to reflect local personnel titles, policy references, duty assignments etc.*
- (c) *{**} indicates a reference to another NHSBA sample policy. A district should check its own current policies and codes to assure internal consistency.*
- (d) *Withdrawn and earlier versions of revised policies should be maintained separately as part of the permanent records of the District.*



A. Workplace Safety Program.

The Superintendent shall prepare and maintain a current workplace safety program as required under RSA 281-A:64, which program shall be filed with the Commissioner of the New Hampshire Department of Labor, and updated at least biennially. The workplace safety program shall meet the requirements established by the Department of Labor (see NH Code of Admin. Rules Lab 602.01-02), and, among other things, shall include a plan for responding to violent acts committed by students against employees, volunteers, and visitors.

B. Joint Loss Management Committee.

The Superintendent will cause the formation of the Joint Loss Management Committee (the “Committee”) as required by RSA 281-A:64, III. The purpose of the Committee is to bring workers and management together in a non-adversarial, cooperative effort to promote safety and health in each workplace. The Committee’s recommendations are advisory only, and are intended to assist the employer.

The composition, function and duties of the Committee shall be as provided under New Hampshire Department of Labor rules Lab 603.01, 603.02 and such other rules as the Department of Labor may, from time to time, adopt. The Committee shall also address protocols for employees to follow in relation to workplace violence, including training as required by RSA 281-A:64, III.

The Committee shall meet at least quarterly, with the first meeting each year to occur before the beginning of the student school year.

WORKPLACE SAFETY PROGRAM & JOINT LOSS MANAGEMENT COMMITTEE**District Policy History:**

First reading: _____

Second reading/adopted: _____

District revision history:**Legal References:***RSA 281-A:64, Worker's Compensation, Safety Provisions; Administrative Penalty**NH Code of Administrative Rules, Ed 306.04(a)(2), School Safety**NH Code of Administrative Rules, Ed 306.04(d), School Safety Procedures**NH Code of Administrative Rules, Lab 602.01-02, Safety Programs**NH Code of Administrative Rules, Lab 603.01-04, Joint Loss Management Committee*

Legal References Disclaimer: *These references are not intended to be considered part of this policy, nor should they be taken as a comprehensive statement of the legal basis for the Board to enact this policy, nor as a complete recitation of related legal authority. Instead, they are provided as additional resources for those interested in the subject matter of the policy.*

When adopting this sample or variation of the same, a district should not include the NHSBA history or NHSBA policy notes appearing below. The district should, to the extent possible, include its own adoption/revision history, as well as the legal references and disclaimer as indicated above.

NHSBA history: Revised – November 2020, June 2013, May 2008, February 2008, October 2005

NHSBA revision notes, November 2020 - Removed the provisions relative to general safety plans and programs which are now addressed in EBB, and also removed provisions regarding the establishment of a crisis/emergency plan (addressed in sample policy EBCA). With the removal of those policies, EB is no longer designated as a "Priority/Required by Law" policy. Rather, as the requirement of a joint loss management committee is required for all NH employers with 15 or more employees, the policy is now classified as recommended. Revisions also includes specific requirements of the Department of Labor relative to workplace safety programs, as well as the Joint Loss Management Committee. Finally, the revisions include reference to requirements imposed by 2020 Legislative amendments to RSA 281-A:64 relative to school employee safety and violence against employees. Those amendments also require the Dept. of Labor to adopt additional rules regarding that subject matter. As of November 2020, those rules have not yet been proposed.

w/p-update/2020-U3 Fall/EB - Joint Loss Management 2020-U3 (2)

DISCLAIMER: This sample policy is copyrighted to the New Hampshire School Boards Association and is intended for the sole and exclusive use of NHSBA Policy Service Subscribers. This sample is provided for general information only and as a resource to assist subscribing Districts with policy development. School Districts and boards of education should consult with legal counsel and revise all sample policies and regulations to address local facts and circumstances prior to adoption. NHSBA continually makes revisions based on school Districts' needs and local, state and federal laws, regulations and court decisions, and other relevant education activity.



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Book J: Students

Section Series J

Title Immunization of Students

Code JLCB

Status Active

Adopted May 4, 1993

Last Revised November 17, 2020

IMMUNIZATIONS OF STUDENTS

A. Immunizations Required. Any child being admitted to the District must present written documentation of meeting the then-current New Hampshire immunization requirements unless exempted for medical reasons under RSA 141- C:20-c, or for religious reasons as provided in Paragraph D of this policy. All immunizations must meet minimum age and interval requirements for each vaccine. A 4-day grace period is allowed; however, live attenuated vaccines (e.g., MMR, Varicella, nasal influenza vaccine, etc.) that are not administered on the same day must be administered at least 28 days apart.

The District will notify parents/guardians of immunization requirements at the earliest possible date so that the necessary plans can be made with the healthcare provider or other medical resources to accomplish this standard prior to a child being admitted to school.

A. Conditional Enrollment. A child who has not met the immunizations requirements of paragraph A, above, maybe “conditionally” enrolled and allowed to attend school when the parent/guardian provides:

- 1.Documentation of at least one dose for each required vaccine; AND
- 2.The appointment date for the next dose of required but incomplete vaccine.

The appointment date referred to in B.2, above, shall serve as the exclusion date if the child does not keep the scheduled appointment. Conditional enrollment shall not be extended to the next school year for the same dose of vaccine.

A. Homeless Students and Unaccompanied Youth. Pursuant to the McKinney-Vento Act and Board Policy JFABD, homeless students and/or unaccompanied youth, may enroll and attend school while the Homeless Liaison works with the family/student to obtain examinations or documentation of the same.

B. Health and Religious Exemptions.

1. Medical Exemption. A student shall be exempted from the above immunization requirements if he/she presents written documentation in accordance with RSA 141-C:20-c, I from his/her physician that immunization will be detrimental to his/her health. An exemption under this paragraph shall apply only to the specific immunization referenced in the physician's written statement and will continue for the greater of one year or the length of time stated in the physician's statement.

2. Religious Exemption. In accordance with RSA 141-C:20-c, II, a child will be excused from immunization for religious reasons, upon receipt of a statement, signed by the child's parent/guardian, and notarized, stating that the child has not been immunized because of religious beliefs.

In the event of an outbreak, students who have been exempted from immunization requirements will be excluded from school for a period of time, to be established after consultation with the NH Dept. of Health & Human Services (NHDHHS), if such students are considered to be at risk for the disease or virus that they have not been immunized against.

1. Records. The school nurse, principal or designee trained in state immunization requirements is responsible for documenting that all students have been immunized prior to school entrance in accordance with RSA 141-C:20-a, or that one of the circumstances described in paragraphs B-D, above apply.

The Superintendent shall assure that the District maintains immunization records in accordance with NHDHHS regulations.

Dates of Revisions: 10/1/2001; 11/01/1999, 07/01/1998

Legal References:

RSA141-C:20-a, Immunization

RSA 141-C:20-c, Exemptions

RSA 141-C:20-d, Exclusion During Outbreak of Disease

RSA 200:38, Control and Prevention of Communicable Diseases: Duties of School Nurse

NH Code of Administrative Rules, Ed. 311.01, Immunization Program

NH Code of Administrative Rules, He-P 301, Communicable Diseases

42 U.S.C. § 11432(g)(3)(C)(iii) – McKinney-Vento Act

Category - Recommended

IMMUNIZATIONS OF STUDENTS

Category: *Recommended*

Related Policies: *EBCF, EBCG, JFABD, JFAM, JLC & JLCA*



ADOPTION/REVISION NOTES –

Text between the highlighted lines “~ ~ ~ ~”, and highlights in this sample should be removed prior to FINAL adoption, but policy committee and/or board should review before removal.

- (a) *USER SUGGESTION – Because of ADA compliance requirements, and other technological restrictions, some intended formatting does not appear on sample policies available through the NHSBA main policy database page. For MS Word versions of the samples (after 2008), we recommend accessing samples through the “Previous Policy Updates” link on the bottom of the NHSBA policy homepage. The password is the same as for the main policy database page.*
- (b) *General – As with all sample policies/procedures, NHSBA recommends that each district carefully review this sample prior to adoption/revision to assure suitability with the district’s own specific circumstances, internal coding system, current policies, and organizational structures.*
- (c) *General – **Highlighted language** or blank, underscored spaces indicate specific areas which Boards should review, change or complete to reflect local personnel titles, internal/ external policy references, duty assignments etc.*
- (d) *General – **{**}** indicates a reference to another NHSBA sample policy. A district should check its own current policies and codes to assure internal consistency.*
- (e) *General – Withdrawn & earlier versions of revised policies should be maintained separately as part of the permanent records of the District.*



A. **Immunizations Required.** Any child being admitted to the District must present written documentation of meeting the then current New Hampshire immunization requirements, unless exempted for medical reasons under RSA 141-C:20-c, or for religious reasons as provided in paragraph D of this policy. All immunizations must meet minimum age and interval requirements for each vaccine. A 4-day grace period is allowed; however, live attenuated vaccines (e.g., MMR, Varicella, nasal influenza vaccine, etc.) that are not administered on the same day must be administered at least 28 days apart.

The District will notify parents/guardians of immunization requirements at the earliest possible date, so that the necessary plans can be made with the healthcare provider or other medical resources to accomplish this standard prior to a child being admitted to school.

B. **Conditional Enrollment.** A child who has not met the immunizations requirements of paragraph A, above, may be "conditionally" enrolled and allowed to attend school when the parent/guardian provides:

- 1. Documentation of at least one dose for each required vaccine; AND
- 2. The appointment date for the next dose of required but incomplete vaccine.

The appointment date referred to in B.2, above, shall serve as the exclusion date if the child does not keep the scheduled appointment. Conditional enrollment shall not be extended to the next school year for the same dose of vaccine.

IMMUNIZATIONS OF STUDENTS

- C. **Homeless Students and Unaccompanied Youth.** Pursuant to the McKinney-Vento Act and Board Policy {**}JFABD, homeless students and/or unaccompanied youth, may enroll and attend school while the Homeless Liaison works with the family/student to obtain examinations or documentation of the same.
- D. **Military Children and Military Connected Students.** Pursuant to the Interstate Compact on Educational Opportunity for Military Children (RSA 110-D:5, III) and Board Policy {**}JFAM, immunization(s) (or for a series of immunizations, the initial vaccination(s)) shall be obtained within 30 days from the date of the military child/military connected student’s enrollment, or within a time frame determined under the rules of the Interstate Commission.
- E. **Health and Religious Exemptions.**
 - 1. **Medical Exemption.** A student shall be exempted from the above immunization requirements if he/she presents written documentation in accordance with RSA 141-C:20-c, I from his/her physician that immunization will be detrimental to his/her health. An exemption under this paragraph shall apply only to the specific immunization referenced in the physician's written statement, and will continue for the greater of one year or the length of time stated in the physician's statement.
 - 2. **Religious Exemption.** In accordance with RSA 141-C:20-c, II, a child will be excused from immunization for religious reasons, upon receipt of a statement, signed by the child's parent/guardian, stating that the child has not been immunized because of religious beliefs.

In the event of an outbreak, students who have been exempted from immunization requirements will be excluded from school for a period of time, to be established after consultation with the NH Dept. of Health & Human Services (NHDHHS), if such students are considered to be at risk for the disease or virus that they have not been immunized against.

- F. **Records.** The school nurse, principal or designee trained in state immunization requirements is responsible for documenting that all students have been immunized prior to school entrance in accordance with RSA 141-C:20-a, or that one of the circumstances described in paragraphs B-D, above apply.

The Superintendent shall assure that the District maintains immunization records in accordance with NHDHHS regulations.

District Policy History:

First reading: _____ Last revised: _____
 Second reading/adopted: _____ Reviewed/reaffirmed: _____
 Other district policy history: _____

Legal References:

- RSA 110-D:5, III, Educational Records and Enrollment
- RSA141-C:20-a, Immunization
- RSA 141-C:20-c, Exemptions
- RSA 141-C:20-d, Exclusion During Outbreak of Disease

IMMUNIZATIONS OF STUDENTS

RSA 200:38, Control and Prevention of Communicable Diseases: Duties of School Nurse
N.H. Dept. of Ed., Admin. Rule Ed 311.01, Immunization Program
N.H. Dept. of Health & Human Services, Admin. Rule He-P 301, Communicable Diseases
42 U.S.C. § 11432(g)(3)(C)(iii) - McKinney-Vento Act

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NHSBA history: Revised – August 2022, June 2020, February 2007, November 1999, July 1998

NHSBA revision notes, August 2022, NHSBA revised JLCB due to an amendment to RSA 141-C:20-c that removes the requirement that a parent’s request for a religious exemption to immunizations required for school attendance be notarized by deleting the word notarized under Section E-2. Additionally, a new paragraph D was included to reflect a 30 day window for proof of immunizations for children of military families under RSA 110-D. See also sample policy JFAM. **June 2020,** NHSBA revised JCLB to include clarification of statutory exemptions and add exceptions under the McKinney-Vento Act for homeless children or unaccompanied youth.

w/p-update/2022-U2 Fall/JLCB Immunizations of Students 2022-U2 (F)

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Book J: Students

Section Series J

Title Wellness Policy

Code JLCF

Status Active

Adopted May 4, 1993

Last Revised July 9, 2019

Monadnock Regional School District Wellness Policy

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Monadnock Regional School District will establish a plan for measuring implementation of the local wellness policy. Following the creation of the policy, one or more persons will be designated by the Superintendent to oversee the implementation and evaluation of the policy recommendations.

More information can be located at <https://www.fns.usda.gov/tn/local-school-wellness-policy>

Monadnock Nutrition and Wellness Policy Committee

In October 2005, the policy committee was formed to develop a local wellness policy as required by Federal Public Law 108.265 Section 204. This committee was comprised of SAU #93 MRSD teachers, a student, school nurses, the district food service director, a physical education teacher, a school board member, parents, dietitians, and community representatives. The Monadnock Regional School District (MRSD) is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish this goal:

Child Nutrition Programs will comply with federal, state and local requirements under proposed rule “Local Wellness Policy Implementation under the Healthy, Hunger- Free Kids Act of 2010”. Child Nutrition Programs will be accessible to all children.

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity with the goal to establish linkages between health education and school meal programs, and with related community services.

In all aspects of local wellness, the school staff will act as role models for good nutrition and physical activity behaviors. All school-sponsored activities will be consistent with local wellness policy goals.

Qualified nutrition service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.

SAU #93 will ensure that the food service staff meets all professional development & educational requirements as outlined by the NH Department of Education, USDA and SAU #93- Monadnock Schools.

Nutrition Guidelines for All Foods on Campus:

SAU #93 schools will meet or exceed the established USDA and State standards for the school meals programs.

<https://go.boarddocs.com/nh/mrsd/Board.nsf/Public# 1/5>

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USDA established nutrient standards for all foods sold during the school day which is defined at 12:01am through 30

minutes after the last bell 7CFR 210.11(a)(5).

The standards apply to any food (vending, fundraisers, school/student stores, concession stands, etc.) sold to students during the school day throughout the school campus and is required by the Healthy, Hunger-Free Kids Act of 2010. All groups selling food during the school day shall comply with those standards.

<https://cdnlflk.pbrc.edu/pdfs/snacks/Smart%20Snacks%20Guide%202018-2019.pdf>

Foods will not be sold in the cafeteria area of SAU # 93 schools during the school day unless the proceeds are being credited to the School Foodservice Authority and in compliance with applicable food standards.

Classrooms & events during the school day should follow and comply with the following NH Bureau of Nutrition guidelines: <https://www.education.nh.gov/standards/documents/bake-sales-fundraisers.pdf>

Cafeteria Eating Environment

Student Lunch periods be scheduled between 11 am and 1 PM.

Recess for elementary grades is scheduled before lunch when possible.

The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the students are seated.

Cafeterias will include enough serving areas so that students do not have to spend too much time waiting in line.

Dining areas shall be attractive and have enough space for seating all students.

Students will have access to hand washing or hand sanitizing before they eat meals or snacks.

Drinking water fountains or water stations will be available for students at meals.

Nutrition Education

Nutrition education will be offered as part of a sequential, comprehensive, program based on state guidelines and designed to provide students with the knowledge and skills necessary to promote and protect their health.

SAU #93 will accept Health Curriculum Committee recommendations & curriculum standards as proposed to the Policy Committee for inclusion in this policy following SAU #93 public meeting notification guidelines.

Nutrition curriculum and promotions will include, but are not limited to the following:

A nutrition wellness information area will be located in each cafeteria area for students, staff and the public.

Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).

Encourage unprocessed wholesome foods such as: fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy and safe food preparation methods, and health-enhancing nutrition practices.

Encourage students to start each day with a healthy breakfast.

Use local foods whenever available.

Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.

Classroom curriculum will coordinate with cafeteria school meal programs and other foods offered or sold at schools to allow students to apply skills and knowledge taught in the classroom.

Nutrition education shall include information for families that encourages them to teach their children about health and nutrition and to provide nutritious meals.

Schools will provide opportunities for training of teachers and other staff responsible for student nutrition education.

The school district shall provide the means to fund updated nutritional information as it becomes available. Nutrition education will be consistent with the Dietary Guidelines for Americans.

Physical Activity

The goal of MRSD is that students will receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day). For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that goal:

Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.

Integrate across curricula and throughout the school day opportunities for physical activity. Movement can be made a part of science, math, social studies and language arts.

Classroom teachers will provide short physical activity break between lessons or classes, as appropriate.

Schools will allow time for physical education and/or physical activity that strives to be consistent with research and national standards for daily physical education or the equivalent of at least 150 minutes of physical activity per week for all students during the school day.

Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

Adequate equipment will be available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.

Policies shall ensure that state-certified physical education instructors teach all physical education classes.

Policies will ensure that state physical education classes have a student/teacher ratio similar to other classes.

Elementary schools will provide a daily recess period and consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.

Whereas physical activity should be a positive aspect of each child's life, teachers and other school personnel:

Will not use physical activity as punishment.

Will not withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

The school shall provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted as well as those with special needs.

Information will be provided to families to help them incorporate physical activity into their student's lives including community resources for active recreation.

Schools will provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day, in accordance with district policies.

Schools will encourage families and community members to institute programs that support physical activity, such as a walk to school program.

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, MRSD will work together with local public works, public safety and or police departments in those efforts. MRSD will explore the availability of federal "safe routes to school" funds, administered by the NH Department of Transportation to finance such improvements.

Other School-Based Activities

After-school programs should encourage physical activity and healthy habit formation.

School Wellness Policy goals shall be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).

At all non-school-sponsored events that take place on school property: organizations shall be encouraged to follow the Monadnock Nutrition & Wellness Policy.

Support for the health of all students will be demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.

The district will support the schools' initiatives to establish a school environment that encourages wellness and improves nutrition and physical activity choices by teachers, staff, administration, students, and families. This may include but not be limited to:

Forming of school and/or staff wellness committees

Publicizing employee benefits promoting wellness and healthy lifestyle choices

Supporting proposals for grant funding of school initiatives for wellness activities

Child Nutrition Operations

The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

The school will strive to increase awareness of ability to participate in the available federal Child Nutrition programs (e.g. school lunch and school breakfast).

The SAU #93 MRSD will employ a food service director, who is properly qualified, certified and/or credentialed according to applicable USDA- NH DOE professional standards, to administer the school food service program and satisfy reporting requirements.

All food service personnel shall have meet Professional standards / training in child food service operations under applicable State or Federal training requirements.

Food Safety/Food Security

All foods made available by the SFA will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented to prevent food illness in schools.

For the safety and security of the food and facility access to the food service, operations will be limited to Child Nutrition staff and authorized personnel. For further guidance, see the US Department of Agriculture food security guidelines.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies as outlined in the [USDA's Local Wellness Policy Implementation under the Healthy, Hunger- Free Kids Act of 2010](#) 7CFR Parts 210 and 220.

Additionally in each school, the principal or designee will ensure compliance with those policies in their school.

School Wellness Committee/Policy Implementation, Monitoring and Accountability

To help with the initial development of the district's wellness policies, a Principal or other designee will conduct a baseline assessment of the each school's existing nutrition and physical activity environments and policies. The results of those school by-school assessments will be compiled at the district level to identify and prioritize needs.

The Monadnock Nutrition and Wellness Policy Committee will meet three times per school year on the fourth Monday of September, January and May, or as necessary to evaluate new food products and recommendations, and to review and propose revisions to the MRSD Wellness Policy.

Notice of these meetings will be included [Monadnock Education Matters](#) a District news flyer that is distributed to the entire community of the Monadnock Regional School District, an active link at SAU website, www.mrsd.org , follow applicable public meeting posting requirements and included/updated on Wellness information areas at each school site. Yearly and every three years a triennial review and assessment of this policy will be completed and recommended updates brought to the School Board for approval.

The public will be notified and encouraged for review and involvement in the policy.

The wellness policy and progress reports can be found on the District's website.

The building principal will be responsible for oversight of this policy.

Monadnock Nutrition & Wellness Committee Members:

NAME Affiliation TITLE

Janel Swanson SAU #93 Monadnock Regional Business Administrator/ Parent

Thomas Walsh SAU #93 Director of Nutrition Services Cecilia Smith Cutler Elementary School Kitchen Manager Carrie Frederiksen, RN Mt Caesar School School Nurse Barbara Arguin Troy Elementary School Teacher Jody Bates RN Gilsum STEAM Academy School Nurse Linda Ouellette Mt. Caesar School Kitchen Manager

Karen Wheeler MRSD Monadnock School Board/ Parent

Amy Adams RN Troy Elementary School Nurse Amy Fisk Mt. Caesar School Administrative Assistant Debra Wilson Troy Elementary Kitchen Manager Cooper Huot Monadnock Regional MS-HS Student Representative Frannie Ashworth SAU #93 Aces 93 Program Director

Linda Heath SAU #93 Aces 93 Assistant Program Director

UPDATED MEMBERS 8/26/19

Revision Dates: 7/9/2019, 9/4/2012

WELLNESS

Category: Priority/Required by Law

Related Policies: EF, IMAH, JLC & JLCI



ADOPTION/REVISION NOTES –

Text between the highlighted lines “~ ~ ~ ~”, and highlights in this sample should be removed prior to FINAL adoption, but policy committee and/or board should review before removal.

- (a) *USER SUGGESTION* – Because of ADA compliance requirements, and other technological restrictions, some intended formatting does not appear on sample policies available through the NHSBA main policy database page. For MS Word versions of the samples (after 2008), we recommend accessing samples through the “Previous Policy Updates” link on the bottom of the NHSBA policy homepage. The password is the same as for the main policy database page.
- (b) *General* – As with all sample policies/procedures, NHSBA recommends that each district carefully review this sample prior to adoption/revision to assure suitability with the district’s own specific circumstances, internal coding system, current policies, and organizational structures.
- (c) *General* – **Highlighted language** or blank, underscored spaces indicate specific areas which Boards should review, change or complete to reflect local personnel titles, internal/ external policy references, duty assignments etc.
- (d) *General* – **{**}** indicates a reference to another NHSBA sample policy. A district should check its own current policies and codes to assure internal consistency.
- (e) *General* – Withdrawn & earlier versions of revised policies should be maintained separately as part of the permanent records of the District.



The Board recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles, minimizing childhood obesity, and preventing other diet-related chronic diseases. The Board also recognizes that health and student success are inter-related. It is, therefore, the goal of the Board that the learning environment positively influences a student's understanding, beliefs, and habits as they relate to good nutrition and physical activity.

This policy outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. This policy applies to all students, staff and schools in the District.

I. DISTRICT WELLNESS COMMITTEE.

The Superintendent, in consultation with **[the Director of Food Services, other _____]**, will facilitate development of updates to the District Wellness Policy, subject to School Board approval, and will oversee compliance with the policy. In addition, the Superintendent shall designate a Building Wellness Coordinator for each school to help ensure compliance with this policy at the building level.

The Superintendent shall convene a representative “District Wellness Committee” (or “Wellness Committee”), whose functions will include review and recommendations regarding implementation

WELLNESS

of and updates to this policy, and establishment of specific goals for nutrition promotion, education and physical activity.¹

The Superintendent or his/her designee shall serve as the Chairperson of the District Wellness Committee, and shall maintain an updated roster of Building Wellness Coordinators and other persons serving on the Committee.

The District Wellness Committee shall meet no less than three times per school year.

The District Wellness Committee should represent each school and the diversity of the community, and to the extent feasible include the Superintendent or her/his designee, *[the Food Services Director/Director of School Nutrition]*, each Building Wellness Coordinator, parents, students, physical education teachers, health education teachers, school counselors, school administrators, a school board member, outside health professionals, individual school building representatives, and members of the public.

Staff appointments to the Wellness Committee will be made by the Superintendent. The School Board Chair shall appoint the School Board member. Remaining members, other than those who are ex officio, shall be appointed and approved by the Wellness Committee.

As a statutory committee, the Wellness Committee shall comply with the requirements of RSA 91-A regarding meetings.

II. WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT.

A. Implementation Plan.

Each Building Wellness Coordinator, with the assistance of the Wellness Committee, will conduct a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, using tools available through such programs as the Alliance for a Healthier Generation *Healthy Schools Program*, and to create an action plan and generate an annual progress report. The school-level assessment/report should be completed by September 30th of each school year and provided to the Superintendent.

B. Annual Notification of Policy.

The District will annually inform families and the public of basic information about this policy, including its content, any updates to the policy, and implementation status. The District will make this information available via the district website. This information will include the contact information of the District official(s) chairing the Wellness Committee (i.e., the Superintendent or his/her designee) and any Building Wellness Coordinator(s), in addition to on how the public can get involved with the District Wellness Committee.

C. Triennial Progress Assessments.

¹ *Districts with more than 1-2 schools might also consider building level wellness committees, to assist the district committee in the assessment & implementation functions. [Remove entire footnote before finalizing]*

WELLNESS

Every three years, the Food Services Director/Director of School Nutrition will assess:

- The extent to which each of the District's schools are in compliance with the wellness policy;
- The extent to which the District Wellness Policy compares to model wellness policies; and
- A description of the progress made in attaining the goals of the District's Wellness Policy.

The Wellness Committee will make recommendations to update the District Wellness Policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The Board will review and act upon such assessments as required or as the Board deems appropriate.

D. Recordkeeping.

The Superintendent will retain records related to this Policy, to include at least the following:

- The District Wellness Policy;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation on how the District Wellness Policy and Policy assessments are/were made available to the public;
- Documentation confirming annual compliance with the requirement that District Wellness Policy, including updates, and the most recent assessment on the implementation of the Policy have been made available to the public; and
- Documentation of efforts to review and update the District Wellness Policy; including who is/was involved in each update and methods the District uses to make stakeholders aware of opportunities to participate on the District Wellness Committee.

E. Community Involvement, Outreach and Communications.

The District will communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents/guardians of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.

III. NUTRITION.

A. School Meals.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). District schools are committed to offering school meals that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Promote healthy food and beverage choices; and

WELLNESS

Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. The District offers reimbursable school meals that meet USDA nutrition standards, which may be found at:

<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

B. Staff Qualifications and Professional Development.

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for school nutrition professionals, which may be found at:

<https://www.fns.usda.gov/school-meals/professional-standards>

C. Water.

To promote hydration, free, safe, unflavored drinking water will be available to all students at every school [throughout the school day, including mealtimes,] {OR}[at all places and times that school meals are served mealtimes, at every school].²

Students shall be permitted to bring water bottles to school that:

- (1) Are made of material that is not easily breakable;
- (2) Have lids to prevent spills; and
- (3) Are filled exclusively with water

School Principals may discipline students for the misuse of water bottles, consistent with Board policy {**} JICD.

D. Competitive Foods and Beverages and Marketing of Same in Schools.

“Competitive foods and beverages” (i.e., foods and beverages sold and served or marketed during the school day, but outside of the school meal programs) must meet the USDA Smart Snacks in School nutrition standards, which may be accessed at:

<https://www.fns.usda.gov/school-meals/smart-snacks-school>

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias and vending machines.

Except as may be provided elsewhere in this Policy, any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools, including, but is not limited to:

² The Healthy Hunger-Free Kids Act of 2010 requires that schools participating in the NSLP make potable (i.e. drinkable) water available at no charge to students in the places and times that school meals are served. Alliance for a Healthier Generation advocates that such water be available at all times during the school day. Districts are required only to meet the free water during meal time standard, but may adopt a more liberal one.

WELLNESS

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (*note*: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.).
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

Corporate brand names, logos, and trademarks for companies that market products that comply with the USDA Smart Snacks in School nutrition standards will not be prohibited because they offer some non-compliant food or beverage items in their product line. Likewise, the marketing restrictions do not apply to clothing or other examples of expression which include brand information for non-compliant food or beverage items.

As the District, school athletic department, and parent teacher associations review existing contracts and consider new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

E. Celebrations and Rewards.

All foods offered during the school day on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.³ Foods and beverages will not be used as a reward or withheld as punishment for any reason. The District's School Nutrition Services will make available a list of healthy party ideas to parents and teachers, including non-food celebration ideas, and a list of foods and beverages which meet Smart Snack nutrition standards.

F. Food Sale Fundraising.

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Fundraising groups are encouraged to choose non-food fundraisers, and to consider healthy fundraising ideas. Notwithstanding this provision, each school may allow up to nine⁴ bake sales or other

³ Federal law encourages, but does not require, Smart Snack standards to apply to foods or snacks that are NOT promoted or offered for sale during the school day. Individual districts may use alternative standards that are "more or less stringent" than the Smart Snack standards, but the Policy must include the guidelines for those snacks. Accordingly, if the district chooses to loosen the restrictions on food for such things as class celebrations or snacks, the policy should clearly articulate the alternative standards.

⁴ The nine bake sale exemption is found in a N.H. Dept. of Education Technical Advisory dated September 13, 2017. Districts may adopt more stringent limitations.

WELLNESS

fundraising food sales of non-compliant foods (i.e., that do not meet Smart Snack standards), which are no more than one day in duration each.

G. Nutrition Promotion.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will include.⁵

- Implementation of at least ____ or more evidence-based healthy food promotion techniques in the school meal programs using methods included in the Smarter Lunchroom Movement, which may be found at:

<https://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies>

- Ensuring 100% of foods and beverages promoted to students during the school day meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available through the Smart Food Planner of the Alliance for a Healthier Generation, available at:

<https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity/smart-food-planner>

H. Nutrition Education.

The District will teach, model, encourage and support healthy eating by all students.⁶

- Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- Nutrition education posters will be displayed in [each school cafeteria] **{OR if no cafeteria}** [each room in which students regularly eat their lunches].
- Consistent nutrition messages shall be disseminated throughout the school.

Schools should provide additional nutrition education that⁷:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- To the extent practicable is integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- May include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;

⁵ The policy is required to have at least one “measurable goal for nutrition promotion in the school”. The second bullet in this Section G articulates one such goal.

⁶ The policy is required to have at least one “measurable goal for nutrition education”. Included in the policy text above are examples.

⁷ These bulleted items may be refashioned into measurable goals and included immediately above.

WELLNESS

- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

IV. PHYSICAL ACTIVITY.

The District will provide physical education consistent with national and state standards. Physical activity⁸ during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason.

A. Classroom Physical Activity Breaks.

In addition to any recess periods provided in the ordinary daily schedule, students will be offered **periodic opportunities** to be active or to stretch throughout the day. The District recommends teachers provide short ([_____] 3-5]-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

B. Before and After School Activities.

The District offers opportunities for students to participate in physical activity after school through interscholastic and intramural sports and clubs.

C. Walking and Biking to School.

The District will support walking or biking to school by students or faculty only if determined safe by the building principal.

V. OTHER ACTIVITIES TO PROMOTE STUDENT WELLNESS.

The District will endeavor to integrate wellness activities across the entire school setting, not just in the cafeteria or physical education and athletic facilities.⁹ In furtherance of this objective, each school

⁸ The policy is required to have at least one "measurable goal for physical activity". Classroom physical activity breaks are one such example. Before and after school activities are more likely to meet the "measurable goal" requirement if the provision includes specific activities. Other examples include such things as community use of school athletic facilities and equipment, "walk to school" days. Further suggestions, as well as more comprehensive and coordinated physical activity programs, may be found in materials on the Alliance for a Healthier Generation site: <https://www.healthiergeneration.org/resources/physical-activity>

⁹ The policy is required to include at least one measurable goal for "other school-based wellness activities". The range of options here is extremely broad, but the policy must state at least one measurable goal. Examples include information dissemination, family engagement, farm-to-table, health fairs, school gardens, partnerships

WELLNESS

in the District will [identify at least one activity or list of options with a requirement to engage in one or more] each school year.

VI. PROFESSIONAL LEARNING.

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class).

District Policy History:

First reading: _____ Last revised: _____
Second reading/adopted: _____ Reviewed/reaffirmed: _____
Other district policy history: _____

Legal References:

- 42 U.S.C. 1751, Richard B. Russell National School Lunch Act
- 42 U.S.C. 1771, Child Nutrition Act of 1966
- Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004
- The Healthy Hunger-Free Kids Act of 2010
- 7 C.F.R 210, National School Lunch Program
- 7 C.F.R 220, School Breakfast Program
- RSA 189:11-a, Food and Nutrition Programs
- N.H. Dept. of Education Administrative Rule - Ed 306.04 (a)(20), Wellness
- N.H. Dept. of Education Administrative Rule - Ed 306.11 (g), Food and Nutrition Services
- N.H. Dept. of Education Administrative Rule - Ed 306.38 (b)(1)b, Family and Consumer Science Education Program (middle schools)
- N.H. Dept of Education Administrative Rule - Ed 306.40, Health Education Program

Legal References Disclaimer: These references are not intended to be considered part of this policy, nor should they be taken as a comprehensive statement of the legal basis for the Board to enact this policy, nor as a complete recitation of related legal authority. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

When adopting this sample or variation of the same, a district should not include the NHSBA history or

with community health/nutrition organizations. Again, additional resources are available through the Alliance for a Healthier Generation site.

WELLNESS

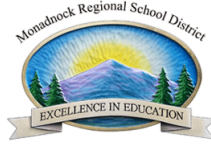
NHSBA policy notes appearing below. The district should, to the extent possible, include its own adoption/revision history, as well as the legal references and disclaimer as indicated above.

NHSBA history: Revised – August 2022, June 2020, May 2014, September 2009, February 2006

NHSBA revision notes, August 2022, revised JLCF §III-C (“Water”) to reflect SB 233 (2022 N.H. Laws Ch. 149) which amended RSA 200:11-b, by (1) adding that students shall be permitted to bring certain types of water bottles to schools, (2) stating that Principals may enact discipline for misuse of water bottles; and (3) requiring all renovated or newly constructed public school buildings to have water bottle filling stations. **June 2020,** JLCF was completely revised to conform to current federal regulations pertaining to school lunch and school breakfast programs, and N.H. Department of Education guidelines.

w/p-update/working/1//JLCF Wellness 2022-U2 (F)

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Book	I: Instruction
Section	Series I
Title	Field Trips & Excursions
Code	IICA
Status	Active
Adopted	May 4, 1993
Last Revised	September 18, 2012

FIELD TRIPS & EXCURSIONS

Field trips designed to stimulate student interest and inquiry and provide opportunities for social growth and development are considered appropriate extensions of the classroom. To the extent that they provide the most effective means for accomplishing general curriculum objectives of the school, field trips may be authorized by the building principal.

To be educationally beneficial, a field trip requires thoughtful selection, careful advance preparation of the class, and opportunities for pupils to assimilate the experience during and at the conclusion of the trip. To this end, teachers and principals will be expected to consider the following factors in selection of field trips: (a) value of the activity to the particular class group or class groups; (b) relationship of the field trip activity to a particular aspect of curriculum and classroom instruction; (c) suitability of the activity and distance traveled in terms of the age level; (d) mode and availability of transportation; and (e) cost.

The teacher, in requesting permission to take his/her class away from school grounds, should submit the details of such a trip to the principal. A permission slip should be sent to the parents of each child, which they will sign and return. This is to be done after the study trip has been authorized. No child may leave the school ground on a study trip unless a permission slip has been signed by the parents.

Adequate supervision is also necessary to ensure protection for everyone concerned. Permission slips of those attending should be filed with the principal before the trip. One chaperone should be present for each ten pupils.

Arrangements for financing all study trips must be made prior to the trip. If student contributions are involved, the necessary funds must be in the hands of the principal before the trip will be taken. No one under eighteen years of age will transport pupils on a school sponsored activity.

Any exception to this policy must be approved by the Superintendent's Office.

Policy References:

Recommended



Book	I: Instruction
Section	Series I
Title	Field Trips and Excursions
Code	IICA-R
Status	Active
Adopted	May 4, 1993
Last Revised	August 8, 2017

FIELD TRIPS AND EXCURSIONS

Private car field trips are discouraged. When a small group goes on a trip in private cars, each car must be driven by an adult. Prior approval to use private cars must be obtained from the principal. School insurance does not cover or protect anyone driving their own automobile on a field trip; consequently, a written statement from the driver's insurance company indicating the vehicle is properly insured must be presented to the Building Principal.

Bicycle trips cannot be scheduled as the school insurance policies do not cover this mode of transportation.

It is expected that appropriate dress will be enforced as determined by the teacher in charge, and the school's discipline code applies to student behavior on field trips. Students are not to be given un-chaperoned "free time" while on a field trip.

When appropriate, a first aid kit or a qualified first aid person should be present.

Transportation costs to individual students are to be kept to a minimum and/or covered through approved fundraising activities. All students must attend a field trip when their class is scheduled except in the case of emergency or absence. Students who do not go on field trips will do pre-arranged alternative learning assignments at school during that class period(s).

There shall be at least one chaperone for every 10 students, with the appropriate number determined by age of students, type of activity, and location of activity. Parents should be called upon as extra chaperones. Employees, teachers, Para-educators, and administrators should not chaperone field trips if their normal job responsibility will necessitate a substitute to cover their assignment at District cost.*

Student permission slips must be completed and signed before students will be allowed on these trips. The slip will contain a consent and indemnity agreement to be executed by the parent (IICA-E)

Bus transportation arrangements are to be made with the school district's contractor. All overnight and those outside the states of NH, ME, VT, MA, CT or RI must be approved by the School Board, including class trips.

Walking trips are permissible providing slips are signed; principal's permission has to be granted and a written note left with the secretary.

*Personal leave may be used to attend field trips for children of employees.

DATES OF REVISIONS: 9/18/2012, 8/8/2017

Policy References:

Recommended



Book	I: Instruction
Section	Series I
Title	Request for Educational Study Trip
Code	IICA-E
Status	Active
Adopted	May 4, 1993

REQUEST FOR EDUCATIONAL STUDY TRIP

At least two weeks before the proposed day of any study trip if transportation is involved, the teacher shall supply the following information to the principal in duplicate.

Grade

Date

Trip

Date of Trip

Estimated Miles

Departure Time

Return by

Number of pupils

Adults

Teacher

Bus Driver

Names of Chaperones

Comments

IJOA - FIELD TRIPS AND EXCURSIONS

(Download policy)

Category R

Also IJOC

Field trips may be authorized by the Principal.

The teacher, in requesting permission to take his/her class away from school grounds, should submit the details of such a trip to the Principal. A Warning and Consent Form should be sent to the parents of each child participating for a signature and return. This is to be done after the field trip has been authorized. No child may leave the school ground on a field trip unless the form has been signed by the parents.

Consent Forms of those attending should be filed with the Principal before the trip.

Arrangements for financing all field trips must be made prior to the trip. If student contributions are involved, the necessary funds must be in the hands of the Principal before the trip will be taken.

Any overnight or out-of-state field trips must have the approval of the Board.

Appendix: IJOA-R

Reviewed: July 2004

Revised: July 1998

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REQUEST FOR EDUCATIONAL FIELD TRIP

At least two weeks before the proposed day of any field trip if transportation is involved, the teacher shall supply the following information to the principal in duplicate.

Grade _____ Date _____

Trip _____

Date of Trip _____ Estimated Miles _____

Departure Time _____ Return by _____

Number of Pupils _____ Adults _____

Teacher _____

Bus Driver _____

Names of Chaperones _____

Comments _____

See Policy IJOA

Monadnock Regional School District (MRSD)
School Board Meeting Minutes
January 3, 2023 (Not Yet Approved)
MRMHS Library/Zoom, Swanzey, NH

Members Present: Colleen Toomey, Michelle Connor, Lisa Steadman, Scott Peters, Kristen Noonan, Jeff Cesaitis and Betty Tatro. **Absent:** Cheryl McDaniel-Thomas, Brian Bohannon, Eric Stanley, Dan LeClair, Nick Mosher and Jennifer Strimbeck

Administration Present: L. Witte, Superintendent, J. Rathbun, Assistant Superintendent, C.Woods, Director of Student Services and J. Morin, Business Administrator.

1. **CALL TO ORDER:** S. Peters called the meeting to order at 7:00 PM.

2. **PUBLIC COMMENTS:** There were no public comments.

3. **#celebrate MRSD:**

a. L. Witte congratulated everyone who participated or contributed to the Holiday Festival of Music Event. Well done.

Deseree Hubbard, Special Education teacher at MRMHS was recognized at the Wasabi Fenway Bowl. This is a charitable program focusing on recognizing and thanking educators who have gone above and beyond to support their students and their communities. Congratulations.

T. Cote has completed the NIAA Master Athletic Program. Congratulations.

4. **MATTERS FOR INFORMATION AND DISCUSSION:**

a. **Student Government Report:** There is no Student Government Report.

b. **Recap of 12/20/22 Budget Committee Meeting:** The Budget Committee made a recommendation to the Board to choose the Level Debt Bond for the Elementary School Renovation Project. They liked the even payment each year. They also recommended the Roof Warrant Article in the amount of \$385,000.00. They mentioned if it is more to find it in another account. Another recommendation is to remove Article Six and Article Eight. S. Peters mentioned that the Budget Committee feels that the Expendable Trusts are a good idea but not this year, they want the bond to pass.

5. **MATTERS THAT REQUIRE BOARD ACTION:**

a. **March 2023 Warrant Articles:** B. Tatro explained that the Fin/Fac Committee met earlier tonight with K. Barker and Hutter Construction. The committee would recommend the amount of \$41,000,000.00 for the Elementary School Renovation Project. This will allow the annual payment on the bond under 2 million and closer to the amount for the repair and renovations warrant article in previous years. **Article One: MOTION:** L.Steadman **MOVED** to approve Article One the Bond Warrant Article provided by the administration for a total project cost of \$41,000,000.00 for the Elementary School Renovation Project. **SECOND:** C. Toomey. **DISCUSSION:** J. Morin explained that the language in the warrant article is language from the Bond Council. **VOTE:** 7.566/0/0/5.434. **Motion passes. Article Three Repair and**

Maintenance for the Roof: MOTION: K. Noonan **MOVED** to approve Article Three MRMHS Roof Replacement in the amount of \$385,000.00. **SECOND:** M. Connor. **VOTE:** 7.566/0/0/5.434. **Motion passes.** **MESSA Warrant Article:** L. Steadman reviewed the highlights of the contract. L. Steadman asked if the Board would like her present at the Public Hearing in case there were questions about the contract. S. Peters explained the Bond Hearing, which is run by the Board, is before the Public Hearing. K. Noonan would appreciate it if L. Steadman attended. **Article Five: Special Education Expendable Trust:** L. Steadman suggested removing this article to keep the ballot clean to help insure the passing of the bond. **MOTION:** L. Steadman **MOVED** to remove Article Five. **SECOND:** B. Tatro. **DISCUSSION:** L. Witte commented that we need this article to have the ability to add to it at the Deliberative Session. M. Connor is concerned with perception. First, we have the article then we remove it. L. Steadman withdrew her motion. **Article Six School Building Maintenance: MOTION:** L. Steadman **MOVED** to remove Article Six. **SECOND:** K. Noonan. **DISCUSSION:** It was commented that this article is funded only if there is a surplus. It was also commented that the Budget Committee recommended this article to be removed. J. Morin explained that the Budget Committee recommended removing this article as well. **VOTE:** 6.434/1.132/0/5.434. **Motion passes.** **Article Seven Vehicle Expendable Trust:** J. Morin explained the Budget Committee agreed not to recommend removing Article Seven after she explained that there is a need for the funds. **Article Eight School Grounds Expendable Trust: MOTION:** L. Steadman **MOVED** to remove Article Eight as recommended by the Budget Committee. **SECOND:** M. Connor. **VOTE:** 6.434/1.132/0/5.434. **Motion passes.**

b. December 6, 2022 Meeting Minutes: MOTION: B. Tatro **MOVED** to accept the December 6, 2022 Public and Non-Public Meeting Minutes as presented. **SECOND:** C. Toomey. **VOTE:** 6.468/0/1.098/5.434. **Motion passes.**

c. Motion on the Manifest: MOTION: L. Steadman **MOVED** to approve the manifest in the amount of \$1,350,441.27 dated 12/21,2022 as presented by the administration. **SECOND:** C. Toomey **VOTE:** 7.566/0/0/5.434. **Motion passes.** K. Noonan **MOVED** to approve the manifest in the amount of \$1,552,023.91 dated 1/4/2023. **SECOND:** M. Connor. **VOTE:** 7.566/0/0/5.434. **Motion passes.**

d. Budget Transfer: MOTION: C. Toomey **MOVED** to approve the request from J. Morin, Business Administrator for a budget transfer in the amount of \$197,223.00. **SECOND:** B. Tatro. **DISCUSSION:** J. Morin explained the funds would be transferred from the health insurance and retirement lines to the security lines in the individual schools. These funds will be used to cover the projects submitted for the SAFE grant that did not get awarded. **VOTE:** 7.566/0/0/5.434. **Motion passes.**

e. Cheshire Career Center Representative: S. Peters explained the CCC has reached out to the Board to see who the representative from the Board for the CCC would be to replace W. Wright. **MOTION:** S. Peters **MOVED** to appoint K. Noonan as the CCC representative from the Board. **SECOND:** L. Steadman. **VOTE:** 7.566/0/0/5.434. **Motion passes.**

f. Senior Class Trip-Virginia Beach: The Senior Class would like to go on a trip to Virginia Beach during the week of March 15-March 19, 2023. L. Witte read the School Board Policy to the Board. The cost per student is between \$413-\$500. The Board commented on the timing of the trip and at that time the college students would be going on Spring Break.

MOTION: C.Toomey. **MOVED** to approve the Senior Trip to Virginia Beach. **SECOND:** K. Noonan. **DISCUSSION:** K. Noonan felt that it would be better at the end of the school year. L. Steadman said there is a stigma about Spring Break and Virginia Beach. C. Toomey said it is up to their parents. L. Steadman said some of the students will get excluded. K. Noonan said closer to the end of the school year. J. Cesaitis would agree with K. Noonan and the timing. **VOTE:** 1.132/6.434/0/5.434. **Motion fails.**

g. Illustrative Mathematics K-8: J.Rathbun presented information to the Board regarding the new Math Program being presented. He explained that the committee worked on finding a program for a year and a half. The committee presented 3 programs to the teachers and parents and would recommend Illustrative Math. J. Rathbun explained this program will be fully funded for 6 years through the ESSER funds. This program aligns with the NH Standards and our curriculum. J. Rathbun gave an overview of the program. Online materials, class materials and professional development are included among others. All of the schools K-8 will be using the same materials in Math. As far as teacher feedback as expected, anything new is scary. Is anyone ready for a change? The members of the committee are excited. M. Connor had attended a Math presentation session. J. Rathbun will look to see what Professional Development Funds are available in the summer to pay the staff for attending. **MOTION:** K. Noonan **MOVED** to accept the administration's recommendation to purchase 6 years of Illustrative Mathematics using ESSER Funds. **SECOND:** C. Toomey. **VOTE:** 7.566/0/0/5.434. **Motion passes.** K. Noonan and M. Connor thanked the committee for the work on selecting the program.

6. Setting Next Meeting's Agenda:

- 1. Debrief Bond Hearing**
- 2. Debrief Public Hearing**
- 3. Authorization CRC for WAIFE**

7. Public Comments: S. Ciolino of Swanzey commented on certain books in which he is seeing in the school. Maybe they should be in a Town Library but not a School Library. He said that they are divisive. Who allows these books to be here? If the law is in effect then why are these books here? He also asked if the Cutler School is closing and the student will be attending MTC. S. Peters did suggest that S.Ciolino go on the website to review that Elementary School Renovation Project which will be on the Spring Ballot.

8. ADJOURNMENT: MOTION: C. Toomey **MOVED** to adjourn the meeting at 8:34 PM. **SECOND:** B. Tatro **VOTE:** 7.566/0/0/5.434. **Motion passes.**

Respectfully submitted,

Laura L. Aivaliotis
Recording Secretary

VOTING KEY:Yes/No/Abstain/Absent

**January 17, 2023 School Board Meeting
Budget Transfers**

Budget Transfers

1. Requested by: Audrey Salzmänn , Cutler Principal
 - ◆ From: 01.1125.52110.02.00000 Cutler Reading Imp. Health \$14,815
 - To: 01.1126.57370.02.00000 Cutler Reg Inst Furn/Equip \$14,815
 - ◆ Amount: \$14,815
 - ◆ Reason: To purchase 15 additional Phonak Sound Field systems.

2. Requested by: Janel Morin, Business Administrator
 - ◆ From: 01.1200.51150.02.00000 Cutler Paraprofessional Salary \$19,541
 - 01.1200.52110.02.00000 Cutler Special Ed Health \$20,344
 - 01.1200.52120.02.00000 Cutler Special Ed Dental \$ 770
 - 01.1200.52220.02.00000 Cutler Special Ed Fica \$ 1,495
 - 01.1200.52310.02.00000 Cutler Special Ed NT Retire \$ 2,747
 - To: 01.1200.51150.04.00000 Emerson Paraprofessional Sal \$19,541
 - 01.1200.52110.04.00000 Emerson Special Ed Health \$20,344
 - 01.1200.52120.04.00000 Emerson Special Ed Dental \$ 770
 - 01.1200.52220.04.00000 Emerson Special Ed Fica \$ 1,495
 - 01.1200.52310.04.00000 Emerson Special Ed NT Retire \$ 2,747
 - ◆ Amount: \$44,897
 - ◆ Reason: To move para salary and associated benefits to another school based on need.