

WELLNESS PROCEDURE

1. Nutrition Education Curriculum Standards:

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

- 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 the school cafeteria/multipurpose room.
- Consistent nutrition messages shall be disseminated throughout the school.

Schools should provide additional nutrition education that:

- 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;
- 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.

2. Physical Activity/Physical Education:

The District will provide physical education consistent with national and state standards. Physical activity 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.

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 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.

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

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.

3. Nutrition Standards:

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
- 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>

The District or Wellness Committee should seek input from students and parents in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, or other point-of-purchase materials.

The District will promote implementation of evidence-based healthy food promotion techniques in school meal programs using methods such as those included in the Smarter Lunchroom Movement's publication: [How to Build a Smarter Lunchroom](#).

Meals served through the National School Lunch and Breakfast programs will, meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.

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>

Foods and Beverages sold individually: (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, etc.) The District will follow the [Smart Snacks in School](#) standards for foods sold in School.

Celebrations: Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet [Smart Snacks in School](#) nutrition standards for foods and beverages sold individually. The District will disseminate a list of healthy party ideas to parents and teachers.

Fundraising Activities: To support children's health and school nutrition education efforts, school fundraising activities involving 'Foods' should attempt to choose 'Foods' that meet the nutritional standards. Fundraisers involving 'Foods' that do not meet the school's nutritional standards may be approved but will be limited in the fundraising approval process* to ensure that we continue an overall positive nutritional environment and message to District students.

*Class fundraisers are all submitted to the administration for approval, to spread them out on the master calendar so we are not overloading the community etc., and they are limited in number and preference is given to factors such as history with an event, and which class has seniority.

School Sponsored Events (such as but not limited to, athletic events, dances, or performances): Foods and beverage offerings at school-sponsored events outside of the school day should offer a balanced choice of foods that meet District nutritional standards and foods that do not meet the nutritional standards. Effort should be made through pricing and portion sizing to limit the negative impact of the foods that do not meet District nutritional standards.

Snacks provided by the school District and/or personnel (such as State testing or MAP testing snacks, or after school programs): Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to the children's diets and health, with an emphasis on serving whole grains, fruits, and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The District or Wellness Committee will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

4. Water:

To promote hydration, free, safe, unflavored drinking water will be available to all students at each school building throughout the school day, including mealtimes.

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

- Are made of material that is not easily breakable;
- Have lids to prevent spills; and
- Are filled exclusively with water.

School principals may discipline students for the misuse of water bottles, consistent with Board policy JICD.

5. School Environment:

Meal Times and Scheduling:

- will strive to provide students with 20 minutes for breakfast and lunch;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

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/school will support parent's efforts to provide a healthy diet and daily physical activity for their children. The District will send home nutrition information, post nutrition on the school website, and provide nutrient analysis of school menus. School should encourage parents to pack healthy lunches and snacks and to refrain from including food and beverages that do not meet the above nutrition standards. The District will provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

The District will provide parents information about physical education and other school-based physical activity opportunities before, during and after the school day; and support parent's efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through the District's website, newsletter or other take home materials, special events, or physical education homework.

Food Marketing in Schools: School-based marketing will be consistent with nutrition education and health promotion. Schools will limit food and beverage marketing to the promotions of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School based marketing of brands promoting predominately low-nutrition foods and beverages are prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of prohibited marketing techniques include the following: logos and brand names on/in vending machines, books, or curricula, textbook covers, school supplies, scoreboards, school structures and sports equipment, educational incentive programs that provide food as a reward.

Marketing activities that promote healthful behaviors (and are therefore allowable) include but not limited to vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines of vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness: SAU 68 highly values the health and well-being of every staff member. The Wellness Committee will strive to develop, promote, and oversee plans to promote staff health and wellness. Plans should be based on input solicited from staff and should encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

6. Monitoring and Policy Review:

The District will maintain a Wellness Committee. The Wellness Committee should represent each school and the diversity of the community, and to the extent feasible include representation from Parents, students, the school's food service program, the School Board, administration, staff member(s) from each school and the public. It is strongly recommended that a physical education and health education teacher be a part of this committee. The District Wellness Committee shall meet no less than three times per school year.

- The Wellness Committee will conduct a baseline assessment of the District's existing nutrition and physical activity environment.
- The Wellness Committee will reassess the nutritional and physical activity environment every three years (triennial assessment). The results of these District-wide assessments will be compiled to help review policy compliance, assess progress, comparison of the District policy to model wellness policies, and determine areas in need of improvement.
- The Wellness Committee will make recommendations to update the District Wellness Policy/Procedures based on the results of the 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 recommendations should include those relating to provisions of Board policy IMAH. The Board will review and act upon such assessments as required or as the Board deems appropriate.
- The Wellness committee will develop and coordinate wellness initiatives for students and staff in the District.

- The Wellness Committee will be available to coordinate or assist with policy compliance, communication with parents, providing resources for staff, clubs, and organizations to facilitate wellness policy implementation.

School food service staff will ensure compliance with nutrition policies within the food service area and will report on this matter to the superintendent or designee. In addition, the school District will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the District has not received a SMI review from the state agency within the past five years, the District will request from the state agency that a SMI review be scheduled as soon as possible.

7. Recordkeeping:

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

- The District Wellness Policy/Procedures;
- The most recent assessment on the implementation of the local school Wellness Policy/Procedures;
- Documentation confirmation annual compliance with the requirement that the District Wellness Policy/Procedures, 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/Procedures; including who is/was involved in each update and method the District uses to make stakeholders aware of opportunities to participate on the District Wellness Committee.

8. 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. In furtherance of this objective, the elementary school will have a yearly winter activities program; the middle school will host at least one wellness hike; and the high school will offer one or more wellness hikes and/or a wellness activities day each school year.

9. 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).

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.*

First Reading:	August 23, 2011
Second Reading:	September 27, 2011
Adopted:	September 27, 2011
First Reading:	August 19, 2015
Second Reading:	September 9, 2015
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First Reading:	June 23, 2021
Second Reading:	July 21, 2021
Revised:	July 21, 2021
First Reading:	March 12, 2025
Second Reading:	April 9, 2025
Revised:	April 9, 2025
First Reading:	August 20, 2025
Second Reading:	September 10, 2025
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