

## WELLNESS

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 interrelated. 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.

Procedure JLCF-R 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 and procedure JLCF-R apply to all students, staff and schools in the District.

A Wellness Advisory Committee will be established with the purpose of assessing the nutrition and physical activity environment throughout grades K-12 and make annual recommendations to the Board for a comprehensive wellness program. Additionally, the Wellness Committee is charged with making recommendations relative to the objectives and requirements of Board policy IMAH. To the extent feasible the committee shall consist of 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 Advisory Committee will meet no less than three times per year.

As part of the program, students will be given opportunities to gain knowledge, skills, behavior and motivation needed to be physically active for life through daily activity offerings such as recess periods, physical education classes, walking programs, the integration of nutritional education and physical activity across the academic curriculum, and after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

Food and beverages available on the school campus contribute toward eating patterns that are consistent with the Dietary Guidelines for Americans. The school will offer food choices that are nutrient dense per calorie, have low fat and low sugar content, are of a moderate portion size, and including whole grains, a variety of fruits and vegetables, and low fat dairy products. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure that students will participate in consuming high quality meals. The *USDA* nutrition guidelines apply to the school lunch and breakfast programs, and reimbursable food programs.

Free and Reduced Meals: Eligibility for and distribution of free and reduced priced meals will be provided with confidentiality in accordance with state and federal requirements.

### **Legal References:**

*RSA 189:11-a, Food and Nutrition Programs*

*NH Code of Administrative Rules, Section ED. 303.01(g), Substantive Duties of School Boards*

*Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004*

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