Policy: JLCF

Section: Section J - Students

(BSD) Wellness

JLCF

WELLNESS

The District recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles, which are believed to minimize the risk of childhood obesity, and preventing other diet-related chronic diseases. The District also recognizes that health and student success are inter-related. It is, therefore, the goal of the District that the learning environment positively influences a student's understanding 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 SAU 41.

I. SAU 41 WELLNESS COMMITTEE.

The Superintendent, in consultation with the Business Administrator or their designee, will facilitate development of updates to the SAU 41 Wellness Policy, subject to each School Board's approval, and will oversee compliance with the policy. In addition, the Superintendent or their designee shall designate a Building Wellness Coordinator for each school to help ensure compliance with this policy at the building level. Additionally, the Wellness Committee is charged with making recommendations relative to the objectives and requirements of Board policy IMAH: Daily Physical Activity.

The Superintendent shall convene a representative "SAU 41 Wellness Committee", whose functions will include review and recommendations regarding implementation of and updates to this policy, and establishment of specific goals for nutrition promotion, education and physical activity.

The Superintendent or their designee shall serve as the Chairperson of the SAU 41Wellness Committee, and shall maintain an updated roster of Building Wellness Coordinators and persons serving on the Committee.

The SAU 41 Wellness Committee shall meet no less than three times per school year.

The SAU 41 Wellness Committee should represent each school and the diversity of the community, and to the extent possible the Superintendent or their designee, the Director of Food Nutrition, each building Wellness coordinator, parents, students, physical education teachers, health education teachers, school counselors, a school administrators, a school board member, outside health professionals, and members of the public.

Staff appointments to the SAU 41 Wellness Committee will be made by the Superintendent or their designee. 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 SAU 41 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.

I. Implementation Plan.

The SAU41 Wellness Committee Chair, with the assistance of the Wellness Committee, will develop a baseline school level assessment using resources 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 America's Healthiest 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 presented to the Superintendent.

II. Annual Notification of Policy.

The SAU 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 SAU will make this information available via the SAU 41 website. This information will include the contact information of the SAU 41 official(s) chairing the Wellness Committee (i.e., the Superintendent or their designee), in addition to how the public can get involved with the SAU 41 Wellness Committee.

A. Triennial Progress Assessments.

Every three years, the Business Administrator or their designee will assess:

B. The extent to which each of the SAU 41 schools are in compliance with the wellness policy;

C. The extent to which the SAU Wellness Policy compares to model wellness policies; and

D. A description of the progress made in attaining the goals of the SAU's Wellness Policy.

The SAU 41 Wellness Committee will make recommendations to update the SAU 41 Wellness Policy based on the results of the annual action plan and triennial assessments and/or as SAU 41 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 Boards will review and act upon such assessments as required or as the Boards deem appropriate.

C. Recordkeeping.

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

- The SAU 41 Wellness Policy;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation on how the SAU 41 Wellness Policy and Policy assessments are/were made available to the public;
- Documentation confirming annual compliance with the requirement that SAU 41 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 SAU 41 Wellness Policy; including who is/was involved in each update and methods the SAU uses to make stakeholders aware of opportunities to participate on the SAU 41 Wellness Committee.

D. Community Involvement, Outreach and Communications.

The SAU will communicate ways in which representatives of the SAU 41 Wellness Committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for all districts. The SAU 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.

- **School Meals.**

All schools within the SAU participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). SAU 41 schools are committed to offering school meals that:

E. Are accessible to all students;

F. Are appealing and attractive to children;

G. Are served in clean and pleasant settings;

H. Promote healthy food and beverage choices; and

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

https://www.fns.usda.gov/schoolmeals/nutrition-standards

III. **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

A. **Water.**

To promote hydration, free, safe, unflavored drinking water will be available to all students at every school 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

B. **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/tn/guide-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.

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 (12:01 am through 30 minutes after the last bell – 7CFR 210.11(a)(5)) will meet or exceed the USDA Smart Snacks in School nutrition standards. All foods marketed or promoted to students must be approved and tracked by the Director of Nutrition. Food and beverage marketing is defined as advertising and other promotions in schools, including, but is not limited to:

a. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.

b. Displays, such as on vending machine exteriors.

c. Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards.

d. 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.

e. Advertisements in school publications or school mailings.

f. Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the Districts, school athletic departments, 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 SAU wellness policy.

1. **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. Foods and beverages will not be used as a reward or withheld as punishment for any reason. The SAU41 Food Service Team 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.

- **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 nine 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.

E. **Nutrition Promotion.**

The SAU 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.

a. Implementation of at least five or more evidence-based healthy food promotion techniques (Meal Appeal) in the school meal programs using methods supported by the USDA child nutrition programs.

Ensuring 100% of foods and beverages promoted to students during the school day meet the USDA Smart Snacks in School nutrition standards.

H. **Nutrition Education.**

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

- Nutrition education is designed and implemented to help students learn nutrition related skills, including but not limited to two of the following: planning a healthy meal, understanding and using food labels, critically evaluating nutrition information, misinformation and commercial food advertising.

- Nutrition education will reinforce lifelong balance, emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate. At least one example will be used.
- Cafeteria staff will participate in providing nutrition education. Students will be educated through at least two new food experiences and exposed to a wide variety of food choices. Consistent encouragement should be given to children to try new foods. Discourage students from making negative comments about new foods and healthy foods so that the child will learn to try new flavors.

- The school will integrate at least two ***USDA's Team Nutrition*** materials within the school curriculum. These include lesson plans, posters, interactive games, menu graphics, etc.
    - At least three nutrition education posters will be displayed in each school cafeteria.
    - Cafeteria staff will highlight local foods at least four times per year.
    - Cafeteria staff will conduct at least two tasting opportunities per year with one being a unique fruit or vegetable.

Schools should provide additional nutrition education that:

a. Is designed to provide students with the knowledge and skills necessary to promote and protect their health;

b. May include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;

c. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;

d. Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;

e. Includes nutrition education training for teachers and other staff.

IV. PHYSICAL ACTIVITY.

The SAU will provide physical education consistent with national and state standards and Board policy IMAH. 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.**

  Recess periods are provided in the ordinary daily schedule for grades K-6, will be offered **periodic opportunities** to be active or to stretch throughout the day. The SAU recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

- **Health and Physical Education Complements.**

  - 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. Instruct at least three instances of this activity.

IV. **Walking and Biking to School.**

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

V. OTHER SCHOOL-BASED ACTIVITIES TO PROMOTE STUDENT WELLNESS.

The SAU 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, each school in the SAU will include the following activities each school year.

A. Students are permitted to have water in the classroom

B. Students are discouraged from sharing their foods or beverages with one another, given concerns about allergies and other restrictions on some students' diets.

C. Students are provided with a school environment that is conducive to healthy eating.

- Students are provided with adequate breakfast and lunch time to enjoy eating healthy foods with friends.

D. Students are scheduled in lunch blocks that provide minimal wait time for school meals.

V. Students are provided a school environment that is conducive to being physically active.

- Students are provided with opportunities for physical activity throughout the day.
- Students are encouraged to actively participate in recess.
- Students are not denied recess or other physical activity time in order to make up instructional time and/or as a form of discipline except when appropriate as a logical consequence.
- Students are provided with activities that coordinate content across curricular areas that promote student health (such as teaching nutrition concepts in math or science) with consultation provided by the district's curriculum coordinators.

VI PROFESSIONAL LEARNING.

When feasible, the SAU will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

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 Pro

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