

SCHOOL ADMINISTRATIVE UNIT#7
Serving the School Districts of
Clarksville, Colebrook, Columbia, Pittsburg & Stewartstown

SCHOOL WELLNESS PLAN – Policy JLCF-R
May 2024



SAU #7 WELLNESS COMMITTEE

The SAU Wellness policy was drafted from recommendations made by community members, staff, students, food services, health services, administration, and the school board. SAU #7 wishes to acknowledge the following committee members who contributed their expertise in the development of this policy

Name	Title/Relationship to School or District
Kim Wheelock	Colebrook Academy & Elementary School Principal
Amy Caron	Colebrook Academy & Elementary School Staff
Val Rella	Colebrook Academy & Elementary School Staff
Britni Haley?	Community Member
Martha Wells	Community Member
Emily Bernhardt	Community Member
Michelle Strasburger	Community Member
Devon Phillips	Health Services Director
Barbara Pires-Lynch	Health Services, School Nurse (Stewartstown Community School)
Tanya Young	Health Services, School Nurse (Pittsburg School)
Debbie Boivin	Nutrition Services, Abbey Group
Deborah Lynch	Pittsburg School Principal
Hannah Kingsbury	Pittsburg School Staff
	Pittsburg School Staff
Wanda McGuire	Pittsburg School Staff
	SAU Member, Farm to School Coordinator
Bridget Cross	SAU Member, Business Manager
Tina Perreault	SAU Member, HR Coordinator/PR Lead
Cayenne Amey, Julie Semperebon, Rhonda Lyons, Kristin Brooks	School Board Members
Stephanie Humphrey	Stewartstown Community School Principal
	Stewartstown Community School Staff
	Stewartstown Community School Staff
	Student, Colebrook Academy
	UNH Extension Service

SAU #7 WELLNESS POLICY

Vision Statement:

The Wellness Committee works collaboratively with community resources, parents, and school staff to educate, encourage healthy choices, and implement wellness initiatives in an effort to promote lifelong, positive lifestyle habits.

Committee Role and Membership:

SAU #7 will convene a representative SAU # 7 wellness committee that meets once a year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy.

The Wellness Plan will follow policy JLCF.

The district wellness committee will represent all school levels (elementary and secondary schools) and include, to the extent possible, but not limited to parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school and community health professionals; school administrators; school board members; and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

Each school within SAU #7 will establish an ongoing School Wellness Committee that convenes to review school-level issues, in coordination with the SAU #7 Wellness Committee. The School Wellness Committees will meet two times during the school year (in addition to the District level meetings). Each School Wellness Committee will elect a secretary who is responsible for the creation and submission of meeting minutes to the SAU #7 Wellness Committee no later than May 15th each year. The School Wellness Committee will encourage staff and student participation and help find ways to implement the Nutrition and Activity policies and goals of the SAU #7 Wellness Committee. Each school principal is ultimately responsible for the implementation of these policies and goals.

Leadership:

Each Building Administrator will be the designated official for oversight and will convene the SAU #7 Wellness Committee and facilitate the development of and updates to the wellness policy, and will ensure each school's compliance with the policy

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

SAU #7 will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan includes:

- Roles, responsibilities, actions, and timelines specific to each school
- Who will be responsible to make what changes, by how much, where, and when
- Specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness
- School-level assessment based on the Centers for Disease Control and Prevention's School Health Index, using the Healthy Schools Program online tools
- Create an action plan based on the assessment results
- Generate an annual progress report

The SAU #7 Wellness Policy minutes can be found on the school district's website.

Annual Notification of Policy

Each school is going to communicate to families and the public each year basic information about this policy, including its content, any updates to the policy, and implementation status. SAU #7 will make this information available via the district and local school websites, newsletters, and the school board agenda. SAU #7 will provide as much information as possible about the school nutrition environment, including a summary of SAU #7's events or activities related to wellness policy implementation.

Record Keeping

SAU #7 will retain records to document compliance with the requirements of the wellness policy. Documentation maintained in this location will include but not be limited to the annual notification policy.

Triennial Progress Assessments

At least once every three years, SAU #7 will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy
- The extent to which the district's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy
- A description of the progress made in attaining the goals of the district's wellness policy

The position/person responsible for scheduling and managing the triennial assessment and contact information is (will be the chair of the Wellness Committee).

Revisions and Updating the Policy

The SAU #7 Wellness Committee will update or modify the wellness policy based on the results of the

annual School Health Index and triennial assessments, and/or as district priorities and community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.

Community Involvement, Outreach, and Communications

SAU #7 is committed to being responsive to community input, which begins with awareness of the wellness policy. SAU #7 will actively communicate ways in which representatives of the 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 that district. The District will also inform parents 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. The district will use electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content, implementation, and updates to the wellness policy, as well as how to get involved and support the policy. The district will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The district will post on their website notifications about the content of or any updates to the wellness policy, minutes of the meeting, and triennial reports on an annual basis. The changes and/or reports will be on the School Boards Agenda for public comment and adoption of policy changes.

SAU #7 Wellness Committee Goals

Goal 1: Student Nutrition

SAU #7 is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams of trans fat per serving (per nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

As established by the Healthy, Hunger-Free Kids Act, 2010, all foods and beverages offered or sold in schools throughout the school day (before morning bell), including reimbursable meals and competitive foods, will meet nutrition standards consistent with the Dietary Guidelines. Competitive foods are foods and beverages sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte and snack lines, fundraisers, school stores, classroom celebrations, etc.

Definitions and Nutrition Standards

SAU #7 strongly encourages the sale or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those that provide students with calories rich in nutrient content needed to be healthy. In an effort to support the consumption of nutrient-dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Each school is encouraged to review these standards and develop a building policy using the following District Nutrition Standards as minimal guidelines. Guidelines may change based on USDA regulations.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Fresh Fruit & Vegetable Program (FFVP) if eligible. The District also operates additional nutrition-related programs and activities including Farm to School programs, school gardens, Breakfast in the Classroom, Mobile Breakfast carts, Grab 'n' Go Breakfast, and others]. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs.

- Vending sales of candy will not be permitted on school grounds
- Non-vending sales of candy will be permitted ONLY after the instructional school day and offered in conjunction with healthy choices

Implementation Strategies:

School Breakfast & Lunch Programs

- Full meal school breakfast and lunch programs will follow the USDA, State, and Local requirements for Federal School Meals Programs
- School Food Service Program provider will follow the USDA and District's Nutrition Standards when determining items offered in a la carte and competitive food sales, as defined above.
 - A la carte and competitive food items that don't meet District Nutrition Standards may be acceptable when offered on a very infrequent, intermittent basis; they must be recorded on production reports.
- Food Service Director and Wellness Committee will work closely together
- Food Service Director will provide annual reports for review by the Wellness Committee

Cafeteria Environment

- Create an environment that is conducive to a positive dining experience, with socializing among students and between students and adults, with adult supervision to ensure voice and behavior control. Students are given adequate time to eat meals per recommended USDA guidelines.
- Adequate time to eat meals. Minimum of 15 minutes for breakfast and a minimum of 20 minutes for lunch.

Fundraising and School Events

The school environment is one of several settings that can influence children's food choices and eating habits. School can ensure that the available food and beverage options are healthy and help young people eat food that meets dietary recommendations for fruits, vegetables, whole grains, and nonfat or low-fat

dairy products.

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*. The District will make available to parents and teachers a list of healthy fundraising ideas [*examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)*]. See policy JLCF Section F for further clarification.

All fundraising projects and school events must follow the SAU Wellness Policy Standards when school is in session.

Goal 2: Nutrition Promotion

Parent Nutrition Education

Nutrition education for parents will begin at the elementary level. The goal is to continue to educate parents throughout middle and high school levels. Nutrition education may be provided through handouts, postings on the district website, newsletters, presentations, and any other appropriate means available for reaching parents. At the annual school open house, a parent information center and/or workshop will be conducted in conjunction with the food service program and the school health program.

Student Nutrition Education

It is the policy of SAU #7 that nutrition promotion and education are provided to K-12 students as part of health education classes and incorporated into instruction in other subjects such as math, science, language arts, social sciences, and elective subjects.

Staff Nutrition Education

Nutrition education opportunities will be provided to all school staff at the elementary, middle, and high school levels. These educational opportunities may include but are not limited to, educational and informational materials, presentations, workshops, and health assessments. Nutrition will be integrated into professional development administrative days.

Community Nutrition Education

Nutrition and physical education will be provided to community members. This will be conducted at each elementary school in conjunction with the annual parent meeting/open house.

Goal 3: Marketing of Foods in Schools/RCCIs

Food and Beverage Marketing in Schools

It is the intent of the district to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the district's wellness policy.

Goal 4: Foods Provided and/or Sold to Students During the School Day

Celebration and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and the [USDA](#).
2. Any food brought into the school from the home to be shared with students and faculty must have a label of ingredients attached. If it's homemade, the parents should do their best to list the ingredients used in preparing the food. This is to avoid any risk of someone ingesting it who has a known allergy. A list of high trigger allergies will be provided to families annually from our health services staff. Rewards and incentives. The District will provide teachers and other relevant school staff with a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward or withheld as punishment for any reason, such as for performance or behavior.

[Meets Healthy Schools Program Silver-level criteria]

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 child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Consumer Science, Culinary and Farm to School Programs shall receive safety and sanitation training at a minimum or complete the Serve Safe Program.

Farm to School Program

Farm to School programs around the country have played a significant role in improving the quality of school meals and expanding nutrition education, and thus have an important role to play in school wellness policies.

The Farm to School Program will assist the schools to:

- Purchase products from local farmers for inclusion in school meal programs and other food sales or special events
- Incorporate agriculture and nutrition education into the classroom as part of existing standards-based curricula.
- School gardens, where children can learn to eat what they grow and link their tangible experiences to lessons in science, math, and other disciplines; and
- Hands-on education programs, such as visits to farms and farmers' markets.

The Farm-to-School Program Coordinator and/or program partners will make an effort to be present at relevant public events such as open house events, school fairs, etc. to promote the program and increase community awareness of the work Farm-to-School is doing within the district, as coordinated with the Building Principals.

Nutrition Education: Farm-to-school programs can provide interactive, experiential education activities that can strengthen and reinforce nutrition education efforts.

Implementation and Period Review:

A team of district and community representatives will serve as members of the Food Service Advisory Committee and Wellness Committee.

Goal 5: Physical Activity

SAU #7 shall offer physical activity and education opportunities, aligned with the New Hampshire Physical Education Framework to provide students with the knowledge and skills necessary to lead a physically active lifestyle.

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. 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 a physical education class, recess, and class transition period.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#). We encourage all faculty and wellness committee members to create a login.

- Whole school walking events during the school day coordinated with the Principal. Document the number of children walking and or biking to and from school
- Create and distribute maps of the school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

Staff Physical Activity Education

Physical activity education opportunities will be provided to all school staff at the elementary, middle, and high school levels. These educational opportunities may include but are not limited to, educational and informational materials, presentations, workshops, health assessments, and fitness activities. Physical activity will be integrated into professional development administrative days.

Community Physical Education

Physical education will be provided to community members. This will be conducted at each elementary school in conjunction with the annual parent meeting/open house.

Goal 6: School Environment

Rewards & Consequences

Food and beverages are discouraged as rewards. School staff will not use foods or beverages that do not meet the nutrition standards as rewards for academic performance or good behavior. Food or beverages, including food served through school meals, will not be withheld.

Other Events:

To support student health and school nutrition-education efforts, sponsors of school events will be encouraged to avoid food items that do not meet nutrition and portion size standards.

Physical Activity & Discipline

Physical activity and the teaching thereof will be done to encourage and foster a healthy attitude toward exercise. Teachers and other school personnel will not use physical activity (i.e. running laps) as a punishment or withhold opportunities for physical activity (i.e. recess, physical education) as a punishment. Running laps and other conditioning activities are approved for athletic teams for the purpose of helping the participants achieve a level of fitness appropriate for participation in a particular sport.

Goal 7: Social-Emotional Wellness

SAU #7 recognizes the importance of the social and emotional development of our students. Having well-established social and emotional skills is directly correlated with success in school, relationships, careers, and physical wellness. Our focus is on promoting the health and well-being of the whole child. We believe that all students can develop the social and emotional skills they need.

We provide opportunities for our students to build and strengthen these skills through the following activities:

- Evidence-based classroom lessons and programs
- Teach positive social and emotional skills in school-wide, small group, and individual settings based on student need
- School staff model the use of positive social-emotional skills in their interactions with each other, students, and parents
- Provide information and support to parents through newsletters, programs, and engagement in order to assist them in teaching these skills at home
- Believe that all students can learn positive social-emotional skills
- Collaborate with community organizations and parents to grow our social-emotional wellness programming
- Behavior and SEL data will be used in decision-making regarding the whole school, small group, and individual SEL and behavior interventions.
- All interventions will be culturally and linguistically appropriate.
- Students will be allowed to learn social skills that they are lacking through whole class, small group, and individual SEL interventions.
- All schools will offer a variety of leadership opportunities for students.

In accordance with competencies recommended by CASEL (The Collaborative for Academic, Social, and Emotional Learning) the following topics will be covered as part of the social-emotional curriculum:

- Self-Awareness
- Self-Management
- Responsible Decision Making

- Social Awareness
- Relationship Skills

In addition to students' well-being, self-care and wellness programs shall be offered to staff and staff will be made aware of current and upcoming offerings. Staff will be provided with resources to assess their self-care and well-being.

Notes

Provide staff opportunities to develop their SEL skills to improve their own well-being. Consider establishing a set of norms and expectations that prioritize their social and emotional needs.

Goal 8: Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, and optimal development and strong educational outcomes.

Community Partnerships

The District will have relationships with community partners (e.g., hospitals, universities/colleges, local businesses, etc. in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

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). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/eff