

**STUDENT WELLNESS PROCEDURE**1. Nutrition Education Curriculum Standards:

- Age appropriate nutrition shall be integrated throughout the interdisciplinary curriculum and offered every year to all students of the District.
- The District shall follow the Health Curriculum Guidelines set forth by the New Hampshire State Department of Education. This curriculum will provide the students with the knowledge and skills needed to engage in sound nutritional behavior and will be taught by a Certified Health Educator.
- Nutrition education classes are taught by staff that are highly qualified Health Educators and who participate in ongoing professional development in order to deliver an effective program.
- Nutrition education will be made available to parents/ guardians and the community. The nutrition education may be provided in the forms of handouts, bulletin boards, school newsletter, student-oriented presentations, and health fairs.
- Classroom curriculum will strive to 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.
- The District will participate in USDA nutrition programs such as “Team Nutrition” and conduct nutrition education activities and promotions that involve students, parents, and the community. The Wellness Committee will coordinate these activities.
- The District will participate in the Fresh Fruits and Vegetable Program for the Elementary School per State qualifications.

2. Physical Activity/Physical Education:

- School staff will not withhold participation in recess/physical education classes to make up for missed instructional time or withhold recess/physical education classes as a form of discipline, unless deemed appropriate by the Administration.
- For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. To meet this goal:
  1. Classroom health education will strive to 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 and;
  2. Opportunities for physical activity should be incorporated into other subject lessons and;
  3. Classroom teachers will make efforts to provide short physical activity breaks between lessons or classes, or when deemed appropriate.
- The District will make available information to families to help them incorporate physical activity into their daily routines. This will include sharing information about physical activity and physical education through our website, newsletter or take-home materials, special events (Walk to School Day), or physical education homework.
- Physical education classes will be taught by Certified Physical Education teachers, who participate in ongoing professional development in order to deliver an effective program.
- Teachers will be encouraged to give the students physical activity as a reward and take classroom physical activity breaks.
- The American Association for Physical Education, Health, Recreation and Dance (AAPHRD) recommends 150 minutes of physical education per week for elementary school students and 225 minutes per week for middle school students. Keeping the above criteria in mind, administration and

physical education staff, on a yearly basis, will review the amount of time students spend in physical education classes and will support adding time when resources are available.

- Daily Recess: All elementary school students will have the opportunity for 20 minutes a day of supervised recess, preferably outside, during which moderate to vigorous physical activity will be encouraged.

### 3. Nutrition Standards:

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.

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;

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.

#### Beverages:

1. Available- water or seltzer water without added caloric sweeteners, fruit and vegetable juices and fruit-based drinks that contain at least 100% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored non-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA).

#### Foods: (A food item sold individually):

1. Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and 0% trans-fat combined;
2. Will have no more than 35% of its weight from added sugars;
3. Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes.
4. A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 100% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes: Limit portion sizes of foods and beverages sold individually to those listed below:

1. One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
2. One-ounce for cookies;
3. Two-ounce for cereal bars, granola bars, pastries, muffins, donuts, bagels, and other bakery items;

4. Four fluid ounces for frozen desserts, including, but limited to, low fat or fat free ice cream;
5. 8 ounces for non-frozen yogurt;
6. Twelve fluid ounces for beverages excluding water;
7. The portion size of a la carte entrees and side dishes including potatoes will not be greater than the size of comparable portions offered as part of school meals.

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 nutrition standards for foods and beverages sold individually (above). 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 our students.

\*Class fundraisers are all submitted to the administration for approval, to spread them out on the master calendar so we aren't 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 our 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 our 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. 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.

##### Nutrition Education and Promotion:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- promotes enjoyable, developmentally – appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods and nutrition-related community services;
- promotes media literacy with an emphasis on positive food marketing;
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting: For students to receive the nationally-recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will strive to 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 and;
- opportunities for physical activity should be incorporated into other subject lessons and;
- classroom teachers will make efforts to provide short physical activity breaks between lessons or classes as deemed appropriate.

Communication with Parents: 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 our 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.

5. Monitoring and Policy Review:

The District will maintain a Wellness Committee composed of a minimum of one representative of each of the following: elementary, middle, and high school staff, administration, community members, parents, students, town recreation department, employee benefits administrator, food service, and school Board. It is strongly recommended that a physical education and health education teacher be a part of this committee.

- 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 two years. The results of these District-wide assessments will be compiled to help review policy compliance, assess progress, and determine areas in need of improvement.
- 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.

First Reading:	August 23, 2011
Second Reading:	September 27, 2011
Adopted:	September 27, 2011
First Reading:	August 19, 2015
Second Reading:	September 9, 2015
Revised:	September 9, 2015
First Reading:	June 23, 2021
Second Reading:	July 21, 2021
Revised:	July 21, 2021