

STUDENT WELLNESS POLICY

The Board believes that students who learn and practice healthy lifestyles may be more likely to be conscious of the importance of good nutrition and exercise as adults, practice healthy habits, and reduce their risk to obesity, diabetes and other chronic diseases.

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. The committee shall consist of representation from parents, students, the school's food service program, the School Board, administration, and the public.

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.

All 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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