

Wellness Policy on Physical Activity and Nutrition

The Landaff School District supports the health and well-being of its students by promoting nutrition and physical activity at all grade levels.

In accordance with federal law, it is the policy of the district to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Wellness Committee will be formed and maintained to oversee these activities.

The School Wellness Policy shall be made available to students and families by means of school registration, the student handbook and the school's website.

I. Wellness Committee

The district will engage parents/guardians, food service professionals, teachers of physical education, students, school health care professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring and reviewing school-wide nutrition and physical activity policies. A Wellness Committee will be formed and maintained at the school level to oversee the development, implementation and evaluation of the school's wellness policy.

A. In accordance with state and federal law, the school will form and maintain a Wellness Committee that includes some of the following:

- Parents/Guardians
- Food Service Director/Professionals
- Teachers of Physical Education
- Students
- School health care professionals/Registered Dietitians/School Nurse
- School board members
- School administrators
- Any interested member of the public
- Representatives of interested community organizations

Other potential members of the committee may include teachers, teaching assistants, and community representatives such as recreation professionals, city planners, industry professionals and voluntary service workers.

B. The Wellness Committee shall meet at least annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The committee shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

C. The Wellness Committee shall report annually to the Superintendent and the School Board on the implementation of the Wellness Policy and include any recommended changes or revisions.

- D. The School Board will adopt or revise nutrition and physical activity policies based on recommendations made by the Wellness Committee.

II. Nutrition Education and Nutrition Promotion

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12) according to standards of the New Hampshire Department of Education. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

Nutrition Goal: Every student K-3 will be offered at least two age appropriate nutritional lessons per year which are consistent with current dietary guidelines for Americans.

Promotion Goal: Teachers and staff will model behavior of making healthy food choices during the school day.

Promotion Goal: A “Healthy Choices” poster will be used once a semester in the lunchroom to help encourage students to bring healthy food alternatives from home in exchange for a stamp.

III. Standards for USDA Child Nutrition Programs and School Meals

The district will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

- A. The school will provide and allow foods and beverages that support proper nutrition, promote healthy choices, and comply with federal nutrition standards in vending machines, school stores and concession stands. This also includes food and beverages made available in schools during the school day for such events as school fundraisers and food and beverages brought into the schools by students or other person for such events as birthdays and classroom celebrations.

Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per school building per year.

- B. The school will allow marketing on school grounds during the school day for only those food and beverages provided by the school that meet the USDA’s Smart Snacks Standards. Marketing that promotes student health will be permitted in school buildings and on school grounds.
- C. Foods provided but not sold to students during the school day should strive to meet federal nutrition standards. This also includes food and beverages made available in schools during the school day for such events as school fundraisers and food and beverages brought into the schools by students or other person for such events as birthdays and classroom celebrations

Teachers and parents may be provided with a list of approved foods. .

Foods may not be used as a reward or as a punishment.

V. Physical Activity and Physical Education

The board supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; before- and after-school activities; and walking and bicycling to school.

Physical Activity Goal: The school supports physical activity among elementary students by providing them with at least 20 of the recommended 60 minutes of physical activity per day.

VI. Other Activities that Promote Student Wellness

The board supports the health and well-being of our students and staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

Goal: Teachers and staff will allow at least 10 minutes to eat after getting food for breakfast, and 20 minutes for lunch.

VII. Evaluation

Through implementation and enforcement of this policy, the school will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the Wellness Committee will evaluate implementation efforts and their impact on students and staff at least every three years. The district will notify the public of the results of the three-year assessment and evaluation.

The district designates the Wellness Committee Chair and the Head Teacher to ensure compliance with this policy and its administrative regulations. They are responsible for retaining all documentation of compliance with this policy and its regulations, including but not limited to each school's three-year assessment and evaluation report and this wellness policy and plan. They will also be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of the school's three-year assessment and evaluation by posting it on the school's website.

First Reading: April 17, 2018

Second Reading: May 15, 2018

Approval: