

## SAU #23 WELLNESS POLICY

## MISSION STATEMENT

- To educate our children on proper nutrition and health, in a manner that will motivate each child to practice healthy eating habits.
- To embrace the attitude that good nutrition and sound physical activity go hand in hand to foster a healthy, happy childhood that endures through adulthood.
- To formulate an approach that supports the policy that utilizes the efforts of parents, teachers and student

## WELLNESS POLICY GOALS

In recognition of the fact that wellness bears a direct relationship to healthy eating habits and physical activity, the following is respectfully submitted:

**Nutrition Standards**

Establishes a health curriculum for grades K-12 that:

- a.) Integrates a nutrition curriculum designed to focus on teaching skills that support healthy eating behaviors and that involves students in the learning experience and decision making process.
- b.) Establishes sound and practical nutritional standards for all foods available on school campus.
- c.) Ensures compliance with USDA Code of Federal Regulation (CM-7-) Part 210 and Part 220 for all reimbursable school meals.
- d.) Maintains ongoing communication to enlist parent support and participation in our efforts to encourage healthy food choices. Newsletters, fact sheets, brochures, etc. may be used to provide suggestions and information regarding healthy snacks and healthy meals.
- e.) Requires food provider staff to continue advanced learning through seminars, web information, ,reading materials, etc. that are aimed at increasing nutrient density; decreasing fat and sugars in the foods served for school meals; and instilling healthy food habits.
- f.) Encourages food service providers to experiment with different offerings to encourage healthy eating practices i.e., salad bar, fruits salads, etc.
- g.) Establishes and enforces guidelines for foods and beverages sold in vending machines, snack bars, etc. on school campus, as defined in AFHK New Hampshire Healthy Schools Coalition publication.
- h) Develops and provides recommendations for all school functions that involve the serving of food or beverages during school hours.
- i) Makes the aforementioned guidelines available to any and all organizations using the school campus and strongly encourages their use. Such guidelines however cannot be mandated to these occasions.
- j) Discourages use of food as a reward or punishment.

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### **Environmental Support**

- a) A pleasant and safe environment will be provided for all meals.
- b) Meals will be provided in a timely fashion and allow adequate opportunity for the students to consume the meals (a minimum of twenty minutes) and practice appropriate eating habits.
- c) While it is recognized that meal time is a social experience, the noise level will be monitored and kept at a conversational level.

### **Physical Activity**

Recognizing the importance of physical activity is a major goal. It is a statistical fact that students who have vigorous exercise programs included in their daily curricula respond more readily to classroom learning and absorb more information. They also tend to be more creative in their approaches to learning.

Activity programs will be included in the curriculum that will:

- a) Provide activities for all age groups that are designed to support healthy overall physical and mental development.
- b) Encourage every student to regularly participate in physical activities at which they can feel successful.
- c) Encourage the development of additional physical activity opportunities throughout the day.
- d) Attempt to recognize individual strengths and weaknesses and offer opportunities to improve.
- e) Work to instill a desire in all students to maintain their exercise routines even at home. This can be fostered by reinforcing education on the benefits of physical activity.

### **Environmental Support**

- a) Create an environment that is conducive to healthy activity both at the student and staff levels. Encourage parent and staff participation. Students learn by example.
- b) Ensure that equipment is available and safe and that each student has the opportunity to learn about and use the equipment in the school facilities
- c) Discourage the denial of recess/activity as a form of discipline.
- d) Discourage the cancellation of recess or other physical activity in favor of academics.
- e) Encourage student participation in extra-curricular physical activity.

## **Monitoring and Evaluation**

- a) Each school in SAU 23 will establish their own Local Wellness Committee by October 1st of each school year. This committee should be comprised of parents, teachers, students, school nurses, food service staff, school administrators, school board members, and community members.
- b) The School District should designate one or more persons with operational responsibility to ensure that schools are meeting policy requirements.
- c) To satisfy the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the Local Wellness Committee should monitor the school district's implementation of the policy and evaluate student health and activities. Schools are encouraged to meet with their Local Wellness Committee at least 3 or 4 times a year and provide evaluation data, to assess whether the policies are remaining effective in improving student health.

### **Legal References:**

RSA 190:11-a, Food and Nutrition Programs

Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004

NH Code of Administrative Rules, Sec. ED. 306.11, Food & Nutrition Services

ADOPTED: Bath School District – March 12, 2009  
Benton School District – April 15, 2009  
Haverhill Cooperative School District – March 19, 2009  
Piermont School District – March 17, 2009  
Warren School District – May 12, 2009  
SAU School District – April 2, 2009