

Hampstead School District	Policy Code: JLCF
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WELLNESS

The Board recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles, minimizing childhood obesity, and preventing other diet-related chronic diseases. The Board also recognizes that health and student success are inter-related. It is, therefore, the goal of the Board that the learning environment positively influences a student's understanding, beliefs, and habits as they relate to good nutrition and physical activity.

Goals:

1. The District shall teach, encourage, support and model healthy eating habits for students.
2. The District shall teach, encourage, support, and model age appropriate daily physical activity.
3. The District shall educate students, employees, school board and community members to the important benefits of a healthy lifestyle.
4. The Schools shall comply with the nutrition guidelines outlined in this policy in a manner designed to facilitate the adoption of healthier eating habits.

Nutrition Guidelines:

The School District's nutritional standards are based upon standards established by the USDA and New Hampshire Healthy School Coalition/Best Practice. These nutrition guidelines, apply to all foods available to students on school grounds during the school day, including but not limited to, the school lunch and breakfast program, foods and beverages sold in vending machines/school stores and as part of classroom lessons/activities, parties, celebrations or fundraising efforts. As needed, the Wellness Committee will request that the Superintendent notify the School Board regarding any changes that have occurred in federal and state nutrition guidelines that need to be reflected in this Policy.

- A. School Meals: School Meals served in the District shall meet or exceed the nutrition requirements established by the USDA, laws, and regulations. Administration of the school meal program will be by qualified school food service staff. School lunches and breakfast programs will offer variety of foods and choices for students. Nutritional information about school meals will be available for students and parents through menus, websites and other appropriate school media.
- B. Free and Reduced Meals: Meals will be provided with confidentiality in accordance with state and federal requirements. Free and reduced meals must meet the same nutritional guidelines as regular school meals.
- C. Breakfast & Lunch: In order to meet the nutritional needs of children and enhance their ability to learn, it is recommended that both schools in the District provide a breakfast program in addition to their already established lunch programs.

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D. Meal Times and Scheduling: Schools whenever possible:

- Shall ensure students have sufficient time to eat breakfast and lunch in accordance with the federal Child Nutrition and WIC Reauthorization Act of 2004.
- Shall schedule meal periods at appropriate times in accordance with NH Healthy School Best Coalition recommendations.

E. Food Sales: All food items available during school hours should meet or exceed nutritional USDA standards.

Beverages: Beverages sold on school property include: plain bottled water, low fat or skim milk, 100% fruit juices, 100% vegetable juice, light juice, low-fat or fat free chocolate milk (trivial amount of caffeine).

F. Fundraising Activities: To support children's health and school nutrition-education efforts, school sponsored fundraising activities (direct school affiliation) will promote healthy food products. Schools will encourage fundraising activities that promote physical activity.

G. Rewards: School will not use foods or beverages as immediate rewards for academic performance or good behavior, unless justified in an IEP or 504 plan. Schools will not withhold food or beverages (including food served through school meals).

H. Snacks: Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving 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. A healthful snack list will be posted on the website.

I. School Store: If a school has a school store, food and beverage items sold in the school store will meet guidelines of this policy. Food items in the school store will not be sold when the school food services program is open for sale. (Food items available after lunch and after school.)

J. Celebrations: Schools should limit celebrations that involve food during the school day and promote celebrations that include healthful foods.

School staff involved in homeroom, field trips and advisory food related events will communicate with school food services managers to assist with cafeteria planning and reducing food waste. Where possible, staff will order foods through food services managers.

K. Extra-Curricular Meals: When arrangements can be made through the food service program, food and beverage items that meet the guidelines of this policy will be made available to students. Examples of activities include but are not limited to: Athletic teams and clubs.

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- L. Classroom Activities: Schools shall discourage the use of food items for instructional purposes unless it is essential to a curriculum area. This is especially the case for those food items that do not meet the nutritional standards for foods as outlined in this policy.

Nutrition Guidelines for Reimbursable School Meals:

In no circumstances will the guidelines for reimbursable school meals be less restrictive than the regulations and guidance issued by the US Secretary of Agriculture as applicable to schools. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure that students will participate in consuming high quality meals.

Plan for Measuring Implementation:

Each Building Principal is charged with the operational responsibility for ensuring that their school follows the guidelines set forth in this policy and implements strategies with recommendations from the District Wellness Committee. The Wellness Committee will periodically assess the nutrition and physical activity environment throughout the District and provide input to each Building Principal.

Community Involvement:

The District will establish a Wellness Committee that will periodically assess the nutrition and physical activity environment throughout the District. The Committee may consist of a group representing parents, students, food service, School Board, administration, faculty, and members of the public with wellness related expertise. The purpose of this advisory Committee is to provide content area expertise and community input.

Legal References:

- RSA 189:11-a, Food and Nutrition Programs*
- Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004*
- Ed 306.04(a)(20), Wellness*
- Ed 306.401, Health and Wellness Education Program*

Physical Activity

Movement breaks and physical activity is integrated across curricula and throughout the school day. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activity. Physical activity participation will take into consideration the balancing equation of food intake and physical activity. The school will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted. Information is available to families to help them incorporate physical activity into their lives.

Every year, all students shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

Statutory Reference:

- RSA 189:11-a and NH Code of Administrative Rules - Section Ed. 303.01 (g)*