WELLNESS

SAU 50 is dedicated to the development of every student. The school district recognizes that student wellness and proper nutrition impact a student's physical development, social emotional well-being, and readiness to learn. To ensure a healthy school environment, the school district supports the health and well-being of all students, to include proper nutrition, nutrition education, and regular physical activity as part of the comprehensive learning experience.

This policy outlines the district's goals and procedures to ensure that:

1. Students have a healthy environment where they can learn and participate in positive (dietary) lifestyle practices, through the support and promotion of nutrition education, proper nutrition, and physical activity. Improved health optimizes student performance potential and behavior.

    a. Students will have access to healthy foods during the school day, that are in accordance with federal and state nutrition and safety standards, through the food nutrition program at school.

        - Foods and beverages distributed outside of the food nutrition program during school events or school related concessions, a la carte, parties, and fundraising should be well balanced to reflect proper nutrition, healthy eating habits, and enhance student's well-being and development.

    b. Students will experience a school environment that is safe, comfortable, and allows sufficient time and space for eating nutritious meals.

    c. Students will have opportunities for physical activity before, during, and after school.

2. Staff, families, and community members are encouraged to model healthy eating and physical activity as a valuable part of daily life.

I. School Wellness Committee

Committee Role and Membership

Each Wellness Committee will meet to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the wellness policy (heretofore referred as "wellness policy").

The Wellness Committee will represent all school levels (grades Pre K-8) and include (to the extent possible), but not limited to: parents and caregivers, students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., school nurse, and other allied health personnel who provide school health services); and mental health and social services staff (e.g., school counselors, psychologists, etc), school administrators (e.g. superintendent, principal), school board members, and community members. The wellness committee members will represent the school community on healthy practices, and will actively participate in the development of and updates of the wellness policy.

Leadership

The school principal or designee will facilitate development of and updates to the wellness policy, and will ensure the school's compliance of the policy. The wellness committee will designate a school wellness policy coordinator, who will be responsible for ensuring compliance with the policy.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

Each school will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan will define roles, responsibilities, specific goals and objectives for nutrition standards for all food and beverages at school, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The school will complete school health assessments

The wellness policy will be assessed and updated as indicated or at least every three years.

Recordkeeping
Each school will retain the wellness policy and records to document compliance with the requirements of the wellness policy in each school's handbook.

Annual Notification of Policy
Schools will inform families each year regarding the wellness policy, to include policy content, updates, and implementation status.

Community Involvement, Outreach and Communications
Schools will inform parents of the improvements that have been made to school meals and compliance with school meal standards, and availability of child nutrition programs and how to apply. The school will send updates via email, newsletters, school website, presentations, or sending information home to parents, to ensure parents are notified of wellness policy updates and content.

III. Health and Nutrition

School Meals & Snacks
Meals will be balanced with nutritious foods consisting of fruits, vegetables, whole grains, and fat-free and low-fat milk, and will meet the nutritional and caloric needs of school aged children. The school meal program aims to improve the well-being and health of the children. Modeling healthy eating supports the development of lifelong healthy eating habits and supports healthy food selections amongst students.

Each school participates in the USDA child nutrition program, including the National Lunch Program (NSLP), and Smart Snacks Program. These child nutrition programs are accessible to all students, and meet or exceed current nutrition requirements as established by local, state, and Federal statutes and regulations. Menus will be posted on the school's website and are created by the Food Service Director.

Each school shall encourage student participation in the school meal programs and diligently protect the identity of students who receive free and reduced meals.

Celebrations & Rewards
Food and beverages offered for snacks, activities, celebrations, or parties should meet or exceed the USDA Smart Snacks in School Nutrition Standards. Each school will provide a list of foods and beverages that meet Smart Snacks nutrition standards, as well as a list of healthy party ideas to parents and teachers, which may include non-food celebration ideas.

Each school shall encourage the use of non-food items, such as extra physical activity time, as rewards, and prohibit the withholding of food or physical activity as a punishment. Candy and gum should not be used as rewards.

Fundraising
PTO/PTA sponsored snack carts, bake sales, and as part of school fundraising activities should encourage healthy choices and promote positive health habits. Each school is encouraged to come up with fundraisers that promote positive health habits and nutrition choices. Whenever possible, fundraisers should include a physical activity or the sale of non-food items.

Fundraisers that do not meet the established nutritional guidelines may still be held during the school day, as long as they do not exceed three per year.

Staff Qualifications & Professional Development
Each school's nutrition program directors and staff will meet or exceed continuing education/training requirements in the USDA professional standards for child nutrition professionals. School nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website for training.

Water
Free, safe, unflavored drinking water will be readily available to all students throughout the school day. All water sources and containers, such as drinking fountains, water jugs, or other methods for delivering drinking water, will be maintained on a regular basis to ensure good hygiene and health safety standards.

Students will be allowed and are encouraged to bring and carry water bottles to fill with drinking water throughout the day, to promote hydration.

Wellness Education & Promotion
The wellness process consists of increasing awareness and options that will result in the growth and balance in these primary areas:

- **Emotional Well-Being:** The ability to feel and express the full range of human emotions and to control them rather than be controlled by them.
- **Physical Well-Being:** The optimal functioning of the body's major physiological system and the avoidance of unhealthy habits and practices.
- **Social Well-Being:** The ability to connect with others, relationship to others, and relationship to the environment.
- Age appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, understanding food portions, principles of healthy weight management, safe food preparation, handling and storage, and cultural diversity related to food and eating.
- Age appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels, and evaluating nutrition information, misinformation, and commercial food advertising.
- How to assess one's personal eating habits, set goals for improvement and achieve those goals, using resources such as the MyPlate icon as a guide.
- Positive nutritional messages and images will be prominently displayed throughout the school, including classrooms and the cafeteria, and also shared with parents/guardians and the community through various forms of communication, such as newsletters and the school's website.
- Nutrition concepts, as well as drug and alcohol awareness and prevention, shall be integrated into but not limited to health, science, and Family and Consumer Science curriculum.

IV. Physical Activity
Each school highly encourages all students in school to participate in an appropriate physical activity or exercise on a daily basis

Physical Education
Physical education curriculum will be consistent with national and state standards for physical education, and will promote the benefits of engaging in a physically active lifestyle. Students will receive 45-60 minutes of physical

education per week. Physical education classes will take place in an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge. Special accommodations will be provided for students with special needs who may not be able to participate due to their emotional and or physical limitations.

Physical Activity Breaks

Resources will be made available to staff members so that movement may be integrated across curricula and throughout the school day. Movement can be a part of Unified Arts, Science, Math, Social Studies, and Language Arts.

Recess

Each school will provide students with recess daily, which will take place outdoors, if weather permits. In the event of inclement/unfavorable weather, an indoor recess will be required, and teachers and staff will guide an activity that promotes physical activity, as able/practicable.

Before and After School Activities

Student participation in sports/physical activities before and/or after school through intramurals and/or interscholastic sports are encouraged. Opportunities to participate in school sports will be shared during the school year with families/guardians.

Legal References:

RSA 189:11-a, School Boards, Superintendents Teachers, and Truant Officers: Food and Nutrition Programs
Public Law 108-265, Section 204, Child Nutrition and WIC Reauthorization Act of 2004 Consistent with recommendations of the School Nutrition Association.
Section 204, Healthy, Hunger-Free Kids Act of 2010 (HHFKA)

Adopted 2006
Revised 2018