

PELHAM SCHOOL DISTRICT POLICY

JLCF-R - DISTRICT AND SCHOOL WELLNESS COMMITTEES

STRUCTURE AND FUNCTION

The Superintendent, in consultation with the Director of Nutrition, oversees the structure and function of the district and school wellness committees.

DISTRICT WELLNESS COMMITTEE

Function

Each year, the District Wellness Committee's responsibility is to:

- Ensure the establishment of a School Wellness Committee at each school.
- Review the annual assessment from the School Wellness Committees;
- Set specific annual measurable goals for nutrition promotion, education and/or physical activity; and
- Evaluate the achievement of those goals.
- Publish its work annual to the community.
- Every three years, support the Director of Nutrition to complete a "Triennial Progress Assessment". This is required by the State of New Hampshire's Department of Education's Office of Nutrition Services and Programs.

As needed, but not necessarily annually, the District Wellness Committee will also review and make recommendations regarding updates to Policy JLCF-R. The District Wellness Committee does not oversee the Nutrition Services Program.

Membership

- Superintendent (or designee) Co-chair
- Direction of Nutrition, Co-Chair
- School Board Member
- Staff
 - Two staff from Pelham Elementary School
 - Two staff from Pelham Memorial School
 - Two Staff from Pelham High School
 - Ideally, the committee will have a physical education teacher, health education teachers, school health professionals (e.g. nurses and allied health professionals), mental health and social services staff (e.g. school counselors, psychologists, and social workers), school administrators (e.g. superintendent, principal, assistant principal), balanced among these six spots. However, it is not required.
- Community
 - The committee can invite community members to participate as needed or as members. This includes parents, students, other health professionals (e.g. doctors, nurses, dentists), and the general public.

Structure

- The committee meets at least four times per school year.

Record Keeping

The co-chairs will maintain records of the work of the committee under the nutrition services portion of the district website. Records include:

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- The District Wellness Policy and this Procedure;
- The annual assessment on the implementation of the policy;
- Documentation on how the District Wellness Policy and assessments are made available to the public;
- Documentation of efforts (if made) to review and update the District Wellness Policy; including who is/was involved in each update and methods the District uses to make stakeholders aware of opportunities to participate on the District Wellness Committee.

SCHOOL WELLNESS COMMITTEES

Function

The School Wellness Committees' responsibilities are to:

- Conduct a school-level assessment using the Alliance for a Healthier Generation [Healthy Schools Program](#) by September 30th of each school year with the help of the District Wellness Committee;
- Use the assessment to review of school-level wellness issues;
- Set school level goals; and
- Evaluation of the achievement of those goals.

Membership

- One administrator
- At least two staff members
- These members can also serve on the district wellness committee but do not have to.

Standards

The District and School Wellness Committee are to set goals relative to one or more of these District wellness standards. These standards are closely aligned with the Alliance for a Healthier Generation [Healthy Schools Program](#). The standards listed exclude those that are under the supervision of the Director of Nutrition Services.

I. Nutrition

A. Celebrations and Rewards

All foods offered during the school day on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards and shall be pre-approved by the Director of Nutrition and Wellness. Approvals are for the current school year only. Foods and beverages will not be used as a reward or withheld as punishment for any reason. The Director of Nutrition and Wellness will make available a list of healthy party ideas to parents and teachers, including non-food celebration ideas, and a list of foods and beverages which meet Smart Snack nutrition standards.

B. Food Sale Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be approved by the Director of Nutrition and Wellness and be sold through fundraisers on the school campus during the school day.

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Fundraising groups are encouraged to choose non-food fundraisers, and to consider healthy fundraising ideas. Approvals are required each school year.

C. Nutrition Promotion

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will include.

1. Implementation of one or more evidence-based healthy food promotion techniques in the school meal programs using methods included in the Smarter Lunchroom Movement, which may be found at:
<https://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies>
2. Ensuring 100% of foods and beverages promoted to students during the school day meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available through the Smart Food Planner of the Alliance for a Healthier Generation, available at:
<https://foodplanner.healthiergeneration.org>

II. Nutrition Education

- A. The District will teach, model, encourage and support healthy eating by all students.
 1. Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 2. Nutrition education posters will generally be displayed in each school cafeteria or each room in which students regularly eat their lunches,
 3. Consistent nutrition messages shall be disseminated throughout the school.
- B. Schools should provide additional nutrition education that:
 1. Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
 2. To the extent feasible, is integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
 3. May include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
 4. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
 5. Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
 6. Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;

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7. Teaches media literacy with an emphasis on food and beverage marketing;
and
8. Includes nutrition education training for teachers and other staff.

III. PHYSICAL ACTIVITY

The District will provide physical education consistent with national and state standards. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. Disciplinary consequences such as suspensions (either in school or out of school) are assigned as a logical consequence for a specific behavior. As a result, a student may miss physical activity. In other words, in these situations, the physical activity itself is not being taken away as a punishment.

A. Classroom Physical Activity Breaks

In addition to any recess periods provided in the ordinary daily schedule, students will be offered periodic opportunities to be active or to stretch throughout the day. The District recommends teachers provide short 3 to 5 minute physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

B. Before and After School Activities

The District offers opportunities for students to participate in physical activity after school through interscholastic and intramural sports and clubs.

C. Walking and Biking to School

The District will support walking or biking to school by students or faculty only if determined safe by the building principal.

IV. Other Activities to Promote Student Wellness

The District will endeavor to integrate wellness activities across the entire school setting, not just in the cafeteria or physical education and athletic facilities.

V. Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math classes).