

WELLNESS POLICY

The Pelham School District recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The District recognizes that there is a link between nutrition education, the food served during the school day, physical activity, and that wellness is affected by all of these. (Center for Ecoliteracy in collaboration with Slow Food USA and Chez Panisse Foundation, 2005)

Based on data from the CDC, school nurses, and the attorney general's office relating to health, the Pelham School District is committed to providing a positive school environment that enhances the growth and development of lifelong wellness practices. This policy is also driven by the increases in food allergies as well as food safety concerns. Therefore, the superintendent will delegate responsibilities in establishing building level controls regarding the use of food-based celebrations. Celebrations are defined as birthday celebrations and holiday celebrations, and will be held to USDA nutrition standards. The Pelham School District Wellness Committee will meet a minimum of two times yearly to review and establish specific goals and ensure that the Wellness Policy is in effect.

I. Nutrition Education Goal:

Ensure that the curriculum in grades K-12 does the following:

- A. Develops an interactive nutrition curriculum in grades 1-12 Health and Physical Education classes that teach the skills needed to adopt lifelong healthy eating behaviors.
- B. Ensure that nutrition curriculum integrated into the core curricula follows nutrition guidelines (set by the USDA).
 - a. Any food used as part of the curriculum will be approved by administration, nurses and nutrition services to ensure adherence to nutrition guidelines.
- C. Provide opportunities for the staff to implement these curricula.

II. Physical Activity Goal:

Ensure that the grades 1-12 Physical Education Curriculum do the following:

- A. Include physical activity education components that promote understanding of the short-and-long-term benefits of physical activity.
- B. Provide opportunities for every student to develop skills that help to maintain physical fitness.
- C. Provide opportunities for every student to regularly participate in physical activity.

III. Nutrition Standards Goal:

Ensure that nutrition standards within the District do the following:

- A. Ensure nutrition standards (set by the USDA) are met for all foods provided on school campus during school hours; which is defined as midnight the night before to 30 minutes after the end of the school day (including school clubs, fundraisers, celebrations, etc.) (According to section 208 of Healthy Hunger-Free Kids Act of 2010).

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1. Promote adherence of guidelines for the selection of food choices for refreshments served at parties, celebrations and meetings during the school day, as well as, student reward alternatives.
 2. Encourage school related groups such as parent-teacher groups, booster clubs, and student organizations to adhere to these guidelines.
- B. Ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the USDA Code of Federal Regulations (7 CFR) Part 210 and Part 220.
 - C. In accordance to 210.11 of the USDA and State of NH Food Service Regulations, competitive foods cannot be sold in nutrition service areas during the breakfast and lunch periods.
 - D. Utilize a variety of methods of communication with parents and students to encourage students to consume healthy snacks and meals (i.e. parent-teacher groups, written statement in each school handbook, utilization of public access television for educational information, school websites, and informational emails from the parent-teacher groups).
 - E. Maintain nutrition standards for all foods provided during the school day focusing on increasing nutrient density, decreasing fat and added sugars, and moderating portion size.
 1. Ensure guidelines are met for foods and beverages sold in vending machines, snackbars and, school.
 2. Ensure guidelines are met for foods and beverages in a la carte sales in the nutrition service program on school campuses.
 3. Ensure the aforementioned guidelines will meet or exceed the guidelines as approved by the NH Healthy Schools Coalition.

IV. School Environment Goal:

Promote wellness within the school environment that accomplishes the following:

- A. Create a school environment that is conducive to healthy eating.
 1. Allot adequate time for student's to enjoy eating healthy foods with friends.
 2. Create a safe enjoyable meal environment for student's.
 3. Ensure student's access to school meals with a minimum of wait time.
 4. Promote healthy nutrition in all school settings (including curriculum based activities and fundraisers with prior approval from administration, nurse and nutrition services).
- B. Create a school environment that is conducive to being physically active.
 1. Encourage the development of additional physical activity opportunities throughout the day.
 2. Encourage active participation in recess (where applicable) and discourage the denial of physical activity as a form of discipline.
 3. Discourage the cancellation of recess or other physical activity time for instructional makeup time.

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V. Implementation and Assessment

The superintendent will establish procedures for implementation of this policy that include targets in support of the goals set forth in this policy. Each building principal is charged with the operational responsibility for ensuring that their school follows the guidelines set forth in this policy. Superintendent-appointed personnel will periodically assess the nutrition and physical activity environment and curriculum throughout the District and provide input to the building principal and the Superintendent. The Wellness Committee will review the policy yearly, and meet quarterly to provide updates on each school and assess the implementation of the policy throughout the District.

Legal References:

<http://www.govtrack.us/congress/bill.xpd?bill=s111-3307&tab=summary> *Healthy, Hunger-Free Kids Act of 2010*

www.edc.gov

www.letsmove.gov

www.healthynh.com

http://edocket.access.gpo.gov/cfr_2001/janqtr/pdf/7cfr210.11.pdf *Food Service regulations*

RSA 189:11-a, Food and Nutrition Programs

NH Code of Administrative Rules, Section ED. 303.01 (g), Substantive Duties of School Boards

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

NHSB Ed. 306.04(a)(20) and 306.401

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