

## **STUDENT WELLNESS POLICY**

The Somersworth School District is committed to the optimal development of every student. The district believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, positive, safe, and health-promoting learning environments should be created district-wide for students throughout the school year.

The district will ensure that the schools provide opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day by implementing practices and procedures to meet the district's identified wellness goals. Along with those goals, the district will ensure that:

- Students will have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available in accordance with Federal and state nutrition standards.
- Students will receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students will have opportunities to be physically active during the school day.
- The schools will engage in nutrition and physical activity promotion and other activities that promote student wellness.
- The community is engaged in supporting the work of the district in creating continuity between school and other settings for students to practice lifelong healthy habits.
- The district will establish and maintain an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

### **A. School Wellness Committee**

#### **1. Committee Role and Membership**

The district will convene a representative Wellness Committee that meets at least four times per year to oversee the implementation of the practices and procedures to reach the established wellness policy goals. The Committee will make recommendations, when appropriate, to the Superintendent or designee regarding current practices and procedures.

The Committee will periodically review the wellness policy and make recommendations, when appropriate, to the Superintendent or designee for changes in the policy language.

The Wellness Committee membership will represent the following stakeholders:

- At least one representative from each school in the district. The representative could include building administration and/or staff (i.e., nurse, counselor, regular ed, health and/or physical education teacher)
- At least one parent and/or community member
- At least one representative from the district's food service contracted provider
- One school board member to act as a liaison for the Somersworth School Board

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- The Superintendent or designee

**B. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement****1. Implementation Plan**

The district will develop and maintain a plan for implementation of the wellness policy. The plan will delineate roles, responsibilities, actions and timelines specific to each school and the district as a whole. The plan will include specific goals and objectives for nutrition standards for all foods and beverages available for students in the schools, food and beverage marketing, nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

The district will complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index and create an action plan that fosters implementation of appropriate practices and procedures.

**2. Recordkeeping**

The Superintendent or designee will retain records to document compliance with the requirements of the wellness policy. Documentation maintained by the Superintendent or designee will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating compliance with the annual public notification requirements that the policy as well as all progress reports and assessments have been made available to the public.
- Documentation of efforts to review and update the wellness policy, including an indication of who is involved in the update and methods the district uses to review and update the policy.
- The most recent progress reports and assessments on the implementation of the local school wellness policy.

**3. Annual Notification of Policy**

The district will inform families and the community each year on basic information about the wellness policy, the annual progress reports and, when appropriate, the triennial progress assessment. The district will make this information available on the SAU 56 website and/or through district-wide communications.

The district will also publicize the name and contact information of the person coordinating the committee as well as information on how the public can get involved in the wellness committee.

**4. Triennial Progress Assessments**

At least once every three years, the Superintendent or designee will ensure that the district will conduct an assessment of the implementation of the practices and procedures the schools have put in place to attain the goals outlined in this policy.

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The district will notify families and the community of the availability of the triennial progress report. The triennial progress report will be made available on the SAU 56 website.

**5. Recommending Revisions and Updates**

The wellness committee will make recommendations to the Superintendent or designee based on the results of the progress reports and triennial assessments on the practices and procedures put in place by the schools to meet the wellness policy goals. The Wellness Committee will also make recommendations to the Superintendent or designee on any possible language changes to the wellness policy.

**6. Community Involvement, Outreach and Communications**

The district is committed to being responsive to community input on the goals identified in the wellness policy. The Superintendent or designee will communicate ways in which the community can participate in the development, implementation and periodic review and update of the wellness policy goals, practices and procedures.

The district will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The district will make this information available on the SAU 56 website and/or through district-wide communications.

The district will notify the public annually about the content of or any updates to the wellness policy annually and about the availability of the annual and triennial reports.

**C. Nutrition****1. School Meals**

The district is committed to serving healthy meals to children to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the district participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the district are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

**2. Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day (the time between midnight the night before to 30 minutes after the end of the instructional day.) The district will make drinking water available where school meals are served during mealtimes.

**3. Competitive Foods and Beverages**

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The district is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. Food and beverages sold to students during the school day but served outside of the school meal programs (e.g., “competitive” foods and beverages) will also meet the USDA Smart Snacks in School nutrition standards.

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

### **4. Celebrations and Rewards**

The district will make available lists of healthy foods and snacks to parents and teachers that meet the Smart Snacks nutrition standards. Foods offered during celebrations and parties, or as rewards or snacks by parents and teachers are encouraged but are not required to follow the nutrition standards.

### **5. Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The district will make a list of healthy fundraising items available to parents and teachers.

The district also recognizes that there may be occasion to support a non-compliant food-based fundraiser. Non-compliant food-based fundraisers are limited to nine (9) events per school per school year. The Superintendent or designee will ensure that the schools will document any non-compliant food-based fundraisers so as to not exceed the allowable amount per year.

### **6. Food and Beverage Marketing in Schools**

The district is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The district will teach students how to make informed choices about nutrition, health and physical activity. It is the intent of the district to promote student health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold that are consistent with the district’s wellness policy.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

As the District reviews existing contracts and considers new contracts, equipment, and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the wellness policy.

### **7. Nutrition Promotion and Education Goals**

The district will ensure that all schools provide students with multiple opportunities for nutrition education each year. Nutrition education will be included in all health education classes, but the district

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will strive to also integrate into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects.

The district will ensure that all schools provide students with multiple activities each year that include enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens.

The district will ensure that school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services are linked so that consistent nutrition promotion and education messages are provided to students.

### **D. Physical Activity**

Children and adolescents are encouraged to participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities.

Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education. All schools in the district will be encouraged to successfully address all CSPAP areas.

#### **1. Physical Activity Goal**

The district will encourage all schools to ensure that students are provided with short (3-5 minute) physical activity breaks at least three days per week. These physical activity breaks will complement activities such as recess, physical education classes and passing time between classes.

### **E. Other Activities that Promote Student Wellness**

The district will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All school-sponsored wellness events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

#### **1. Community Partnerships**

The district will engage in relationships with community partners (e.g., hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community

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partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

**2. Community Health Promotion and Family Engagement**

The district will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

The district will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

**3. School-Based Wellness Goal**

The district will encourage the schools to implement at least one activity per school year that promotes student wellness throughout the school environment.

**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*

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***Per policy BEDG, this policy will be reviewed within three (3) years of its adoption.***