

SCHOOL ADMINISTRATIVE UNIT #7

Serving the School Districts of
Clarksville, Colebrook, Columbia, Pittsburg & Stewartstown



SAU WIDE SCHOOL WELLNESS POLICY



SCHOOL ADMINISTRATIVE WELLNESS COMMITTEE

The SAU Wellness policy was drafted from recommendations made by Community Members, Staff, Students, Food Service, Health Services, Administration, and School Board. The SAU wishes to acknowledge the contributions of the following committee members who contributed their expertise in development of this model.

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In the Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a new requirement that all school districts with a federally funded school meals program develop and implement wellness policies that address nutrition and physical activity by the start of the 2006 – 2007 school year. In response to this requirement the schools within SAU #7 convened a work group of staff, students, community members, parents, school board and administrators to develop a policy and guidelines for our local school districts.

The Wellness Committee has elected to phase in the adoption of its wellness policies rather than to implement a comprehensive set of nutrition and physical activity guidelines all at once. Compromises from the policy guidelines may be required as district decision-makers consider challenges such as limited class time, curriculum requirement, funding, staff resources and space constraints.

Nutrition & Physical Activity Policy

Policy Intent/Rationale:

School Administrative Unit #7 promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential.

A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of a dependence on revenue from high added fat, high added sugar, and low nutrient foods to support school programs.

B. Support and promote proper dietary habits contributing to students' health status and academic performance.

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

C. Provide more opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades K through 12. Physical activity should include regular instructional physical education, in accordance with The New Hampshire Physical Education Framework, as well as co-curricular activities, and recess.

D. School Administrative Unit #7 is committed to improve academic performance in students at risk.

Educators, administrators, parents, health practitioners and communities must consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, a public awareness campaign that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn should be conducted.

E. Establish and maintain a SAU-wide Wellness Committee with the purposes of:

- developing guidance to explicate this policy
- monitoring the implementation of this policy
- evaluating policy progress
- serving as a resource to school sites, (e.g. providing lists of healthy incentives, snacks, birthdays, etc.) and
- revising policy as necessary

It is recommended that a SAU-wide Wellness Committee be established. The Committee would meet a minimum of two times annually with Committee membership including, but not limited to:

- District Food Service Director/Manager
- School Nurses
- A parent representative from each school
- A student representative from each school
- Staff member representative from each school
- Building Administrators
- Physical Education Teachers
- Family & Consumer Sciences Teachers
- Local Community Partners (Recreational Dept. and Fitness Centers)
- School Board Members
- SAU Staff

Responsibilities of the Wellness Committee may include, but not be limited to, oversight of the following:

- Implementation of district nutrition and physical activity standards
- Integration of nutrition and physical activity in the overall curriculum
- Assurance that staff professional development includes nutrition and physical activity issues
- Assurance that students receive nutrition education and engage in vigorous physical activity
- Pursuance of contracts with outside vendors that encourage healthful eating and reduction of school/district dependence on profits from foods of minimal nutritional value.
- Consistent healthful choices among all school venues that involve the sale of food.

The **Wellness Sub-Committees** will be responsible for reviewing annually;

- Monthly district menus and meal counts
- Listing of all a la carte, vending, and competitive foods sold by school food service
- Listing of all other sales of foods throughout the district including vending machines, school stores, culinary and special education programs, in-school and in-class fundraisers, etc.
- Listing of physical activity programs and opportunities for students throughout the school year.

Recommended Changes to Policy or Procedure:

- Sub-Committees proposed changes to policy will be presented to the Wellness Committee for review and recommendation to the School Board
- Sub-Committees recommended procedural changes will be presented to the Wellness Committee for review then forwarded to the Building Administrator for implementation

STUDENT NUTRITION

The School Breakfast/Lunch Programs:

- The full meal school breakfast and lunch programs will continue to follow the USDA, State and Local requirements for Federal School Meals Programs.
- The School Food Service Program provider will follow the District's Nutrition Standards when determining the items in a la carte and “competitive foods” sales.
 - Al a Carte and “competitive foods” items that do not meet the District Nutrition Standards may be acceptable when offered on a very infrequent, intermittent basis and must be recorded on production reports
- The Food Service Director will work closely with the Wellness Committee
- The Food Service Director will provide reports for annual review by the sub-committee

Cafeteria Environment:

- A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed.
- The cafeteria environment is a place where students have:
 - Adequate space to eat and clean, pleasant surroundings
 - Adequate time to eat meals. School schedule will try to accomplish a minimum of 15 minutes for Breakfast and 20 minutes for lunch from the time students are seated with their food
 - Convenient access to hand washing or hand sanitizing facilities before meals. (availability of hand sanitizer in the cafeteria when hand washing prior to lunch is not available)

Fundraising:

- All fund-raising projects are encouraged to follow the SAU Wellness Policy Standards.
- All fund raising projects for sale and consumption within and prior to the instructional day will follow the SAU's Nutrition Standards when determining the items being sold.

Teacher-to-Student Incentive:

The use of food items as part of a student incentive program is strongly discouraged. Should teachers feel compelled to utilize food items as an incentive, they are required to adhere to the SAU Nutrition Standards.

Parties and Other in School Events:

Encourage parents and staff to utilize a sign up sheet, which includes a list of healthy and nutrient rich foods. Limit the number of high sugar based items.

Student Nutrition Education:

SAU will begin to phase in a comprehensive curriculum approach to nutrition in Kindergarten through 12th grade. Beginning with the 2006 - 2007 school year, all K-12 instructional staff will be encouraged to integrate nutritional themes from the district nutrition standards into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

Knowledge of the Food Guide Pyramid	Healthy heart choices
Sources & variety of foods	Food labels
Dietary Guidelines for Americans	Proper Food Safety/Sanitation
Diet and disease	Understanding calories
Healthy snacks	Healthy breakfast
Healthy diet	Multicultural influences
Major nutrients	Serving sizes
Proper Food Safety/Sanitation	Identify and limit foods of low nutrient density

The district nutrition policy reinforces nutrition education to help student's practice these themes in a supportive school environment.

Food Service Director and support staff will assist and work in conjunction with classroom teachers to encourage healthy habits and assist in implementing themes.

Parent Nutrition Education:

- Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout middle and high school levels.
- Nutrition education may be provided in the form of handouts, postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.
- Nutritional messages will be incorporated in school newsletters, websites and menu, which are sent home with students.
- Parent information center and/or a workshop will be conducted at the annual school open house

Community Nutrition & Physical Education:

- Nutrition and physical education will be provided to community members and local preschool childcare centers. This will be conducted at each elementary school in conjunction with the annual parent meeting or as deemed by the Building Administrator.

Staff Nutrition & Physical Activity Education:

With the purposes of:

- Encouraging all school staff to improve their own personal health and wellness
- Improving staff morale
- Creating positive role modeling
- Building the commitment of staff to promote the health of students
- Building the commitment of staff to help improve the school nutrition and physical activity environment.

Nutrition and physical activity education opportunities will be provided to all school staff at the elementary, middle and high school levels. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

- Provide a staff wellness program through our district Health Care provider
- Integrate nutrition and physical activity into the professional development administrative days.
- Provide training for staff to integrate nutrition and physical activity into existing curriculum

DISTRICT NUTRITION STANDARDS

Nutrition Standards Intent/Rationale:

The SAU strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

Food:

- Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more that 10% of its total calories derived from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.

Beverages:

- ONLY Water and beverages containing 100% fruit juices with no added artificial or natural sweeteners may be sold on school grounds both immediately prior to and throughout the instructional day. This standard will be phased-in over the next school year in the following way:
- 2006-2007 School Year: Water and beverages containing 100% fruit juices with no added artificial or natural sweeteners, may be sold or distributed on school grounds both prior to and during the instructional day in the district's elementary, middle, and high schools, except in an area where students are not permitted access such as the teachers' room.
- Milk which will consist of low fat only and chocolate low fat

Candy:

- Candy is defined as any processed food item that has:
 1. sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup) is listed as one of the first two ingredients AND
 2. sugar is more than 25% of the item by weight.
- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day and offered in conjunction with healthy choices.

STUDENT PHYSICAL ACTIVITY**District Physical Activity Goal:**

SAU #7 shall provide physical activity and physical education opportunities, aligned with the New Hampshire Physical Education Framework, that provide students with the knowledge and skills to lead a physically active lifestyle.

SAU #7 shall utilize the following Implementation Strategies:

1. Physical education classes and physical activity opportunities will be available for all students.
2. Physical activity opportunities shall be offered daily before school, during school (recess) and/or after school.
3. As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
 - Expose youngsters to a wide variety of physical activities
 - Teach physical skills to help maintain a lifetime of health and fitness
 - Encourage self-monitoring so youngsters can see how active they are and set their own goals
 - Individualize intensity of activities
 - Focus feedback on process of doing your best rather than on product
 - Be active role models
4. Introduce developmentally appropriate components of a health-related fitness assessment, (e.g. Fitness Gram, Physical Best or President's Council) to the students at an early age to prepare them for future assessments.
5. Begin fitness or activity logging in elementary school. Assist students to interpret their personal attainments and compare them to national physical activity recommendations.
 - Children should accumulate a minimum of 30 minutes, of age appropriate physical activity on all, or most days of the week.
 - Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
6. Beginning in Middle School and through High School, administer a health-related fitness assessment with students. Students shall receive results and use this as a baseline in understanding their own level of fitness, creating fitness goals and plans, and logging activities identified to achieve the goals. Logs should include day, time, type and length of activity, whether the activity was done alone or with others, and how the student felt before and after the activity.
7. The content of Physical Education classes will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice.

Adopted by Colebrook School Board March 21, 2006
Adopted by Pittsburg School Board March 27, 2006
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