

WELLNESS

Goal Statement: Our goal is to create a school culture and environment that promotes healthy eating, (*and practices*) daily physical activity and life long healthy habits in order to build a foundation of wellness for students and staff.

To accomplish these goals the District:

1. Will ensure our Child Nutrition Programs comply with federal, state, and local requirements. Child Nutrition Programs will be accessible to all children.
2. Will provide opportunities for meaningful physical activity that can connect to students' lives outside of the school environment.
3. Will support the availability and distribution of nutrient dense foods and beverages, which are consistent with the USDA standards, on campus during the school day (including vending, concessions, a la carte, parties, and fundraising).
4. Will ensure that all foods made available on campus adhere to all food safety requirements.
5. Will provide a school environment that is safe, comfortable, pleasing, and allows ample time and space for eating nutritious meals.
6. Will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide wellness (*nutrition and physical activity*) policies.
7. Will support a healthy environment where children learn and participate in positive (*dietary*) lifestyle practices. Schools contribute to the (*basic health status*) wellness of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and behavior.
8. Will support student education in making nutritious and enjoyable food choices. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life.

SAU 10 shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity.

SAU 10 will maintain an active Wellness Committee comprised of school personnel, administration, community members, and students to plan, implement, and assess ongoing activities that promote healthy lifestyles, and wellness for all age groups within the school community.

Nutrition Education

The primary goal of nutrition education is to influence students' eating behaviors. Nutrition education at all levels of the District's curriculum will/may include, but not limited to, the following essential components designed to help students learn:

- Age appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, understanding food portions, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage, and culture diversity related to food and eating.
- Age appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, teenage eating trends, understanding and using food labels, and critically 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 the MyPlate icon as a guide.
- Consistent nutrition messages will be provided throughout the school in media, in the classroom, and in the cafeteria to the home and community.
- Nutrition concepts shall be integrated into but not limited to health, science, and Family and Consumer Science curriculum.

The Pursuit of Daily Physical Activity

Increased daily physical activity will/may include:

- Making resources 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.
- Physical education courses will be the 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.
- Promotion of programs and activities that support lifelong health and wellness for staff and students along with their families. Ex: Fun runs, bowling leagues, hula-hoop, and other contests.
- *(The School District will offer)* Opportunities and encouragement for all students to participate in before and after school physical activity programs on a district-wide basis such as interscholastic sports, intramurals, and other physical based activities.
- Accessing a broadband of sources such as newspapers, flyers, the Derry Educational Channel 6 and the local cable access channel to inform the public and establish support for school and community recreation and youth sport programs.
- Providing Elementary school students with one 25 minute supervised recess daily, and one 45 minutes physical education class per week.
- Highly encourage all students in elementary and middle schools to participate in an appropriate physical activity or exercise on a daily basis, either at school or after school.
- Emphasize goal setting for physical fitness and exercise, with the minimum recommendation being 60 minutes per day. School based fitness activities should focus on collaboration and teamwork versus competition.

Nutrition Guidelines for all Foods on Campus

It is expected that all foods available on school grounds during the school day will meet or exceed the nutrient dense food targets and the current USDA Dietary Guidelines for Americans. Food offerings should be nutrient dense per calorie, have lower fat and sugar content, be of moderate portion size, and include a wide variety of fruits, vegetables, and whole grains.

Food and beverages offered for snacks, activities and/or fundraisers should encourage healthy choices and promote positive health habits. The nutrition standards are intended to model the practice of moderation as a component of a healthy lifestyle.

The nutrition guidelines apply to the school lunch and breakfast programs, foods and beverages sold in vending machines, Child Nutrition sponsored snack bars, faculty or PTA sponsored snack carts, bake sales, at parties, celebrations, meetings during the school day, and as part of school fundraising activities.

- It is encouraged that all beverages sold or provided on school campuses or at school sponsored activities should adhere to the established guidelines for sugar content, caffeine, sodium, and fat.
- Healthy choices of food and beverages will be encouraged at school celebrations during the school day as well as at school-sponsored events outside of the school day.
- It is encouraged that classroom birthdays are celebrated with non-food activities/classroom recognition. If families choose to send in food, healthy items will be highly encouraged. A list of healthy recommendations will be provided to families.
- All PTA sponsored snack carts and all Child Nutrition sponsored a la carte and snack bars are to have items available that adhere to established nutrition standards on Nutrient dense foods. A variety should be offered, including fruits, vegetables, whole grains, and low-fat dairy products.
- Schools are 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 sold as long as they are not sold, consumed or distributed during the school day.

Other School Based Activities

Our goal is to create a total school environment that is conducive to (*healthy eating*) good nutrition and being physically active.

Dining Environment

- The School District provides a clean, safe, and enjoyable meal environment for students.
- The School District provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The School District makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.
- The School District encourages all students to participate in the school meal programs and diligently protects the identity of students who receive free and reduced meals.
- The School District will ensure an adequate time for students to enjoy eating healthy food.
- Schools will encourage healthy snack items for students to consume during the day in order to provide moderation in eating habits and energy to increase academic performance.

Food or Physical Activity as a Reward or Punishment

- The School District strongly encourages the use of non-food items, such as extra physical activity time, as rewards.
- The School District discourages the use of withholding physical activity as a punishment.
- The School District prohibits the withholding of food as a punishment.

Consistent School Activities and Environment

- After-school programs will encourage physical activity and healthy habit formation.
- Local wellness policy goals will be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- The School District encourages all schools' fundraising efforts to be supportive of healthy eating.
- The School District may provide opportunities for on-going professional training and development for food service staff and academic staff in the area of nutrition and physical education.
- The School District will encourage parents and staff to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The School District may provide health and physical fitness related workshops and information for parents, staff, and students.
- The School District will provide information and outreach materials about other programs to students and parents. These may include health departments, NH Healthy Kids, and FNS Programs such as Food Stamps, and Women, Infants, Children (WIC), as well as recreation opportunities through Derry Recreation.
- The School District encourages all students to participate in school meals programs, i.e., the National School Lunch, including school snack programs and School Breakfast programs.
- Schools will provide a recommended food list to parents and teachers that meet the USDA Dietary Guidelines for Americans to assist in the purchasing of foods for extracurricular events after school and scheduled snack breaks in the school day.
- The School District will provide opportunities for parents, students, and citizens to communicate suggestions in regards to food items and physical activities so that schools may incorporate a comprehensive approach to wellness.

Evaluation Component

- A plan for measuring implementation will be developed by the local Wellness Committee.
- The principal will ensure compliance with those policies in his/her school. A summary report will be completed every three years on district-wide compliance with the District's established nutrition and physical activity wellness policies.
- Evaluation progress and results will be communicated regularly to school administration and to the School Board.