

**Wellness Policy**

The Board is committed to the optimal development of every student. The Board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health-promoting learning environment. The Board also recognizes that scientific research has identified a positive relationship among adequate nutrition, hydration, physical activity, and academic success.

The District seeks to provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. It is therefore the goal of the Board that the learning environment be aligned to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and physical activity. In accordance with law and this belief, the Board commits to the following:

The District will identify at least one goal in each of the following areas:

- **Nutrition Education and Promotion:** The District will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.
- **Physical Activity:** The District will provide students with age and grade appropriate opportunities to engage in physical activity.
- **Other School Based Activities that Promote Wellness:** As appropriate, the District will support students and their families, as well as staff, in efforts to maintain a healthy lifestyle.

**Nutrition Guidelines**

The following nutritional guidelines for food available on the school campus will be adhered to:

- Meals served through the National School Lunch and School Breakfast Program will meet, at a minimum, nutrition requirements established by state and federal law.
- The District providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through ala carte lines, vending machines, student run stores, and fundraising activities.
- The District will promote that snacks provided to students during the school day without charge (e.g., class parties) should meet standards set by the district in accordance with law. The District will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.
- Classroom celebrations which include snacks will be held after lunch, to avoid decreasing students' appetites prior to scheduled meals.
- The District will only allow marketing and advertising of foods and beverages that meet the Smart Snacks guidelines in school nutritional standards on campus during the school day.

The District also operates additional nutrition programs and activities which include:

- The Fresh Fruit and Vegetable Program, when available through federal funding, which provides daily mid-morning snacks for students.
- Encouraging water consumption throughout the day, with the District making sure water is available at all times.

### **Physical Education/ Health**

The District will offer physical education opportunities that:

- Emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
- Are aligned with standards, benchmarks, and grade-level expectations that keep students active for at least half of the class time develop students' self-confidence to choose activities that allow them to be successful.
- Provide equal opportunity to participate in a variety of fitness training, motor skill practice, and teamwork activities in physical education.
- Exhibit responsible personal and social behavior that respects self and others.
- Co-curricular sports teams for middle school students that provide additional fitness training.
- Promotion of winter activities, including but limited to the District's Winter Recreation Program.

The District will offer health education opportunities that:

- Explain and identify the three parts of health (physical, mental/emotional, and social)
- Model, encourage, and support healthy eating for all students throughout the District.
- Provide nutrition education experiences that support the instructional component to improve students' eating behaviors and help develop healthy lifestyle practices.

### **Other Activities to Promote Wellness**

The District will work to build community partnerships to enhance wellness not just during school hours, but to promote healthy lifestyles throughout the town.

### **School Wellness Committee/Policy Implementation, Monitoring and Accountability**

- The District will convene a Wellness Committee quarterly. This group will set measurable goals; assess progress on the current goal targets; recommend any new goal targets and identify strategies to achieve them.
- This committee will be comprised of parents, food service director, students, community members, school board member, teaching and administrative staff and will enlist consultants when necessary.
- A triennial review of this policy will recommend updates for Board approval.
- The wellness policy and progress reports can be found on the District's website [www.aesk8.org](http://www.aesk8.org),
- The principal will be responsible for oversight of this policy.

### **Legal References:**

Child Nutrition & Special Supplemental Nutrition Program for Women, Infants and Children (WIC)  
Reauthorization Act of 2004  
Healthy, Hunger-Free Kids Act of 2010 (HHFKA)  
RSA 189:11-a, Food and Nutrition Programs  
Ed 306.04(a)(20), Wellness  
Ed 306.401, Health and Wellness Education Program  
Alliance for a Healthier Generation Model Wellness Policy

Adopted: 06/06/06  
Amended: 10/03/06  
Amended: 04/03/18

## WELLNESS GOALS

To implement the Wellness Policy, the following goals have been established. The Wellness Committee will set forth additional goals as these outlined goals are met.

### **Goal #1 - Nutrition Education and Promotion:**

The District will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.

- Parents and students will be educated regarding the benefits of drinking water throughout the school day. Students will be encouraged to carry personal water bottles to classes.
- The Smart Snack website will be utilized to promote the goal of focusing on healthy school celebrations, teaching appropriate portion sizes and the standard for consumption of sweets.
- The District will encourage efforts to promote healthy school celebrations by focusing on physically active parties and reducing snacks containing high amounts of sugar.

### **Goal #2 - Physical Activity:**

The District will provide students with age and grade appropriate opportunities to engage in physical activity.

- Active classroom ideas will be explored by students and staff.
- Rewards promoting physical activity will be encouraged.

### **Goal #3 - Other School Based Activities that Promote Wellness:**

The District will support students, staff, and parents' efforts to maintain a healthy lifestyle.

- The District will share this wellness policy with active community programs.
- School sponsored community food drives will provide recommended nutritional information to community members, to promote collection of healthier food items.