

WELLNESS POLICY

Insofar as the Board recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles, minimizing obesity and preventing other diet-related chronic diseases, and further recognizes that health and student success are closely related; wellness is a priority in the Wakefield Schools.

In accordance with the Child Nutrition and WIC Reauthorization Act of 2004, Section 204, and a requirement for all schools that participate in the federal school meals program, a Wakefield Wellness Committee has been developed. The Committee has representation from students, parents, food services administration, teaching staff, the school nurse, and the physical education instructor.

Through addressing nutrition education, quality and choice for foods offered during school hours, physical activity and promotion of overall wellness, the Committee has formulated the following broad goals:

1. To provide the students and staff access to nutritious food
2. To provide students with the opportunity to participate in an adequate amount of daily physical activity.
3. To give students the opportunity to gain knowledge and skills in the area of nutrition, physical activity and wellness.
4. To promote an environment within the school that supports and encourages a healthy lifestyle and fosters life-long healthy habits.

The Committee has assessed the nutrition and physical activity environment in the District and makes the following recommendations as the basis of our school-wide wellness policy, with further clarification provided following each component:

A. Nutrition:

All foods available on school grounds and at school sponsored activities will meet or exceed the District's nutrition standards. In no circumstances will such offerings be less restrictive than the regulations and guidance issued by the US Secretary of Agriculture as applicable to schools. The school district will offer food choices that are nutrient dense per calorie, have low fat and low sugar content, are of moderate portion size and will include a variety of fruits and vegetables. Food should be served with consideration toward variety, appeal, taste, safety and packaging to ensure that students will participate in consuming high quality meals. These nutrition guidelines apply to the school lunch and breakfast program, food and beverages sold in student accessed

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vending machines, the school store, in classroom parties/celebrations/meetings during the school day, and as part of any fundraising activity.

1. Menus must meet specific minimum standards for key nutrients and calories through selection of an approved menu planning system:
 - a. Provide meals that meet current US dietary guidelines that are low in fat and sodium, moderate in carbohydrate content, and high in protein, Vitamin A, C and iron.
2. Kitchen must have a computer and purchase USDA approved software to conduct a nutrient analysis;
3. Menus are to be developed based on the analysis of nutrients in the menu items and foods offered over a school week to determine if specific levels for key nutrients and calories are met.
 - a. Ala carte sales during breakfast and lunch are limited to milk, a second meal or entrée item after the first meal has been received.
4. Foods offered during school hours, including snack machines and school parties must be primarily of low fat, low sugar content, nutrient dense, higher in fiber and/or include a variety of fruits and vegetables.
 - a. Foods that make a nutritional contribution: corn chips, popcorn, fruit, cheese and crackers, nuts and seeds, yogurt, pretzels, juices
5. Adults must model food and beverage choice behaviors for students;
 - a. Adults may not ask students to access snack or soda machines for personal consumption;
 - b. Teachers should request that parent provided student snacks, and class party foods meet the school policy guidelines.
 - c. Prohibit the distribution of junk food as a reward or prize for good behavior or exemplary performance.

B. Physical activity:

Students will be given opportunities to gain the knowledge, skills, behaviors and motivation needed to be physically active for life through daily activity offerings such as recess periods, physical education classes, after-school activities, and integration of physical activity into the academic curriculum. The District will strive toward a minimum of 60 minutes of physical activity daily.

1. Prohibit denial of student participation in recess or other physical activity as a form of discipline, or cancellation or recess or other physical activity time for instructional makeup.

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2. When possible schedule recess for elementary grades before lunch so that children come to lunch less distracted and ready to eat.

C. Education:

All instructional staff should integrate positive health promotion into daily lessons. Nutrition and health education should be provided to parents through newsletters, handouts, and/or presentations. The District will develop and teach a health and physical education curriculum that meets New Hampshire standards.

1. Prohibit the marketing of junk food on school property.
2. Prohibit corporate sponsored curricula featuring or promoting junk food products.
3. Prohibit the display of visual advertisements for junk food in school (signs, logo placements).
4. Nutrition education offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
5. Develop strategies for parents, teachers, school administrators, students, foodservice professionals and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
 - a. Walking or running club, info on the web site, posters, "nutrition minutes".
6. Promote and reinforce good hygiene practices to help prevent communicable diseases.

D. Staff Wellness:

Staff members will be strongly encouraged to participate in healthy lifestyles activities that contribute to an improved health status, improved moral, and a greater personal commitment to the school's comprehensive health program. A commitment to health promoting activities will serve as positive role modeling for students, and has been shown to improve productivity, decrease absenteeism and reduce health insurance costs.

1. Provide on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
2. Offer voluntary programs for staff participation that promote health and well being:
 - a. Weight Watchers
 - b. Faculty fitness days

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E. Wellness Policy Evaluation:

The Board directs the Superintendent to develop procedures to implement this policy based on the recommendations of the Wellness Committee, in compliance with the federal and state nutritional guidelines for healthy living.

1. Wellness Committee establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons at each school charged with the operational responsibility for ensuring that the school meets the policy.
 - a. Physical fitness testing
 - b. Visual inspection of trays at lunch time
 - c. Staff information sessions
 - d. Parent information nights
 1. PTA
 2. Community outreach

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