

## WELLNESS POLICY

Scientific research has identified a positive relationship among adequate nutrition, physical activity, and academic success. Moreover, poor nutrition can place students at a higher risk of diabetes, obesity, and other health ailments.

For these reasons, the Nashua School District shall provide students with healthy food choices and physical activities during the school day to encourage healthier lifestyles and promote academic success.

### Purpose and Goals

School leaders shall prepare, adopt, and implement a comprehensive plan to encourage healthy choices for students. In particular, students shall expect:

Pleasant and safe eating areas with an adequate amount of time for eating.

A systemic wellness program that integrates nutrition education into the health, physical education, guidance, and Family & Consumer Sciences curriculum, and that is coordinated with health and guidance services and the Food Service Program.

An overall school environment before, during and after school hours that encourages students to make healthy food choices, develops healthy eating habits, and promotes opportunities for physical activity.

Staff who are sensitive to, and promote the nutritional needs and interests of all students.

Collaboration with community resources to develop strategies for educating all families and the community about healthy eating choices.

A comprehensive physical activity program will encompass a variety of opportunities for all students to be physically active including: physical education, recess, after school physical activity programs, and health education that includes an emphasis on the benefits of physical activity as a main component.

### Physical Education and Wellness Activities

All elementary students will have a minimum of 20 minutes of recess daily. Students K-3 will have an additional 15 minutes daily. Students in grade 4 and 5 may have a second recess period at the discretion of the team of teachers. All elementary students will participate in Physical Education programming. School staff will not withhold physical activity as a punishment.

All middle school students and high school students will participate in Physical Education class.

Students at the elementary, middle and high school currently work with grownashua.org who support gardens for outdoor classrooms. Education for students include growing healthy foods and learning about gardening. The district continues to support this community connection.

Whenever possible, students will be encouraged to walk or bicycle to school and principals will participate

### Nutrition Education

The district shall follow the Health Curriculum Guidelines set forth by the New Hampshire State Department of Education. This curriculum will provide students with the knowledge and skills needed to engage in sound nutrition behavior.

All elementary school students will participate in My Plate curriculum. Each grade level, starting a grade 1 will have age appropriate education concerning healthy eating and healthy lifestyle.

All middle school students will participate in Family and Consumer Science in order to learn nutritional facts about food choices and proper food preparation.

During high school, all students will participate in Health Education.

The Food Service Program

The Food Service Program shall provide healthy food choices for students. In particular, the Food Service Program shall:

- Ensure that meals offered through all school feeding programs meet federal nutrition standards.
- Adopt policies and menus ensuring that all foods and beverages available on school campuses contribute toward eating patterns that are consistent with the current Dietary Guidelines for Americans.
- Encourage partnerships with the educational community through Team Nutrition in schools.
- Nutrition Guidelines for Foods Available in School during the School Day
- Nutritional information will be made available for all regularly served foods available on each school campus in the district during the school day, with the objective of promoting student health and reducing obesity.
- Nutrition Education Goals- Provide families with information to encourage them to teach their children about health and nutrition.
- Cafeterias will post signs encouraging healthy food choices of vegetables, lean protein, whole grains, low sugar and low sodium foods, and healthy drinks.

Food Choices at School

Students are influenced by the types of food and beverages that are available to them during the school day, not only through the Food Service Program but also through the sale of foods and beverages in such locations as school stores, vending machines, and through school-day fundraisers.

All food items sold/provided to students in these locations by the School District shall meet or exceed the

List , and/or USDA Smart Snacks, whichever is stricter. For the complete A-List of approved products, go to: <http://www.johnstalkerinstitute.org/alist/>

Any food or beverages sold in competition with the Food Service Program from these locations, must meet State and federal regulations regarding competitive food sales.

School-related groups such as PTOs, booster clubs, and student organizations are required to adhere to these guidelines during the school day. School staffs are also required to follow these guidelines in school and classroom celebrations, fundraising, and to utilize other alternatives to food as performance incentives.

Exceptions to the A-List are noted below. All beverages sold to students during the school day, in any location, by the School District shall meet the following guidelines:

Juices

- o 100% fruit and vegetable juice only
- o 8 oz. or smaller container

Water

- o Pure water, nothing added

Milk

- o 1% fat or less
- o 4 grams per ounce or less total sugars (i.e., lactose and added sweetener)
- o 8-14 oz. container

Flavored Water

- o Not carbonated unless exempted by the USDA
- o No caffeine
- o Not in compliance with 21 CFR 101.11.415A.3f 509.01e 57.33 re W\*BT/F3 11.04 T

**Implementation and Evaluation**

All nutrition and physical education programs and school stores will be monitored and assessed regularly in conjunction with other District academic and health-related programs. FACS (Family and Consumer Science) and culinary arts have their own minimum standards that govern what they teach.

The physical activity goals listed in POPPS IMAH will be supported and encouraged to ensure compliance with the current New Hampshire School Wellness Policy and Implementation Assessment guidelines.

Teachers and parents will be provided appropriate communications and educational opportunities to better understand the requirements for compliance in this wellness effort. This will be done through