

## **Wellness Policy**

At Lempster Community School, we believe that the health of our students is directly linked to their academic success. We further believe that a healthy lifestyle includes good nutrition, adequate physical activity, mental wellbeing, avoiding drugs, smoking, and other harmful behaviors. It is our goal is to fulfill and promote Section 204 of Public Law 108-265 and especially to follow the federal guidelines and meet requirements of reimbursable school meal program. To achieve this goal we have sub goals for our wellness policy components - Nutrition Education, Physical Activity, Nutrition Standards, School Environment, and Evaluation.

The Lempster School District Wellness policy was revised by our Wellness Team. In compliance with the NHDOE, a school Wellness Team composed of the school nurse, Food Service Director, Physical Education teacher, and representatives from administration, school board representative, with other staff/students and community members as available or interested, who meet at least 2 times per year.

This policy expects all members of the Lempster school community to support the following goals.

In the area of **Nutrition Education**, our goal is for each classroom to incorporate grade level instruction in nutrition and healthy eating using NHDOE/USDA/NH Government guidelines, into the core curriculum wherever possible. Efforts to accomplish this goal include:

- Our students in grades k-8 receive nutrition education in a variety of ways, through research, writing prompts, graphing, and interactive strategies to teach skills necessary to adopt healthy eating habits.
- Provide coordinated nutrition education /activities between school staff and food service staff as often as possible in the classroom, school dining room, as well as our library and technology room.
- To use our outreach through the school website and newsletter, as well as onsite programs to provide consistent nutrition messages.
- Support and encourage appropriate training on nutrition education using budgeted district funds and any grant funds if available.

In the area of **Physical Activity**, our goal is to provide a comprehensive physical education program where all students can develop physical skills and knowledge of physical activities. Efforts to accomplish this goal include:

- Provide all students with an opportunity to participate in physical activity at least 250 minutes per week.
- Conduct age appropriate fitness assessments for grades 3-8 on a yearly basis and others as requested.

- Assure physical education staff participates in ongoing training and professional development.
- Use NHDOE guidelines to provide grade level instruction on the importance of physical activity incorporating physical activity into health education and core curriculum.
- Create a school climate that promotes a safe and supportive environment for physical activity and programs that emphasize lifelong physical activity.

In the area of **Nutrition Standards**, our goal is to have all school meals follow federal nutritional standards and to ensure that reimbursable school meals program meets the program requirements and nutrition standards set forth under CFR part 210 and Part 220. Efforts to accomplish this goal include:

- Offer healthy choices at all school celebrations and events and encourage students to make them.
- All foods and beverages offered for sale by the school cafeteria have limited sugar, hydrogenated fats, and include whole grains.
- Breakfast and lunch menus are posted in the cafeteria, sent home to each family monthly, and posted on the school website.
- All fund raising projects, parties, and incentives should support healthy eating and nutrition guidelines whenever possible.
- Students and families are strongly encouraged to bring only healthy snacks to school.
- Food Service Director should oversee the operation of school meals including portion size, maintain proper resources that meet all state and federal regulations and maintain state health regulations.
- Any food service employees should have a certification in serve safe training and are encouraged to pursue credentialing and/or additional training.

In the area of **School Environment**, our goal is to create an environment that is conducive to healthy eating and that is conducive to being physically active. Efforts to accomplish these goals include:

- Provide a clean, safe, and enjoyable meal environment.
- Have adequate time for students to enjoy eating healthy foods.
- Schedule lunch midday with recess either before or after lunch.
- Provide a minimum of 2 school based activities that promote student wellness.
- Sell only beverages that are water, 100% fruit juice with no soda, high caffeine or sugar, or empty calories.
- Encourage school-based activities and programs that promote wellness and a healthy lifestyle that may include hand-washing and ways to prevent the spread of infection, oral and general hygiene, puberty education, getting fresh air, and keeping safe.
- Develop physically-active school-wide events such as walking programs, after school sports, special celebrations, Exploratories, and outside adventures.
- Support access to recess and participation in physical activity for all students.
- All staff and members of the school community are asked to serve as role models and to promote and practice healthy eating and being physically active.

The **Evaluation** goal is accomplished by the members of the Wellness Team in a two part process, one to review the needs for policy implementation conducted once a year and another to review the progress and results of the policy. Efforts to accomplish this goal includes:

- Develop criteria to measure implementation of strategies to support Wellness Policy.
- Collect documentation based on the evaluation criteria and present a report to school administration who will report the results to the school board.
- Publicize evaluation to school and community on school website and in the school newsletter.

**First Reading-6-2-16**

**Adopted-6-14-16**

**Amended 5-4-17**