

WELLNESS POLICY

The Board recognizes the importance of proper nutrition, developmentally appropriate physical activity, and other wellness activities as a way of promoting healthy lifestyles. The Board also recognizes the important link between health and student success. It is, therefore, the goal of the Board that the learning environment positively influences a student's understanding, beliefs, and habits as they relate to good nutrition, physical activity, and other wellness activities.

Specifically:

1. The District shall develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy, including roles, responsibilities, actions, timelines, and specific guidelines for nutrition standards, nutrition promotion and education, physical activity, physical education, and other school-based activities that shall promote student wellness (see JLCF-R).
2. The District shall provide standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day shall be consistent with Federal regulations for: a) School meal nutrition standards, and b) Smart Snacks in school nutrition standards (see JLCF-R, pages 9 to 13).
3. The District shall provide standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives) (see JLCF-R, pages 9 to 13).
4. The District shall provide guidelines for food and beverage marketing that allows marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards (see JLCF-R, pages 9 to 13).
5. The District shall provide guidelines for wellness policy leadership, public involvement, evaluation plan, and public updates, including:
 - a. Policy Leadership: The District shall establish wellness policy leadership of one or more school official(s) who have the authority and responsibility to ensure each school complies with the policy (see JLCF-R, pages 5 to 8).
 - b. Public Involvement: At a minimum, the District shall permit participation by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrator(s) in the wellness policy process (see JLCF-R, pages 5 to 8).
 - c. Evaluation Plan: The District shall conduct an assessment of the wellness policy every 3 years (triennial assessment), at a minimum to determine: compliance with the wellness policy, how the wellness policy compares to model wellness

policies (e.g., Alliance for a Healthier Generation Healthy Schools Program), and progress made in attaining the goals of the wellness policy (see JLCF-R, pages 5 to 8).

- d. Public Updates: The District shall make available to the public: the wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and the Triennial Assessment, including progress toward meeting the goals of the policy (see JLCF-R, pages 5 to 8).

Legal References

- RSA 189:11-a, d, Food and Nutrition Programs
- NH Code of Administrative Rules, Sec. Ed. 303.01(g), Substantive Duties of School Boards
- NH Code of Administrative Rules, Sec. Ed. 306.02
- NH Code of Administrative Rules, Sec. Ed. 306.04(a)(23), Availability and Distribution of Health Foods
- NH Code of Administrative Rules, Sec. Ed. 306.11(g)(h), Food & Nutrition Services
- NH Code of Administrative Rules, Sec. Ed. 306-04(a)(21) & CFR 210.10, Nutrition Standards and Menu Planning Approaches for Lunches and Requirements for Afterschool Snacks
- NH Code of Administrative Rules, Sec. Ed. 306.40, Health Education Program
- NH Code of Administrative Rules, Sec. Ed. 306.41, Physical Education Program
- Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004
- Healthy, Hunger-Free Kids Act of 2010
- Food and Nutrition Service (FNS), 7 CFR Parts 210, 215, 220 and 235, [FNS 2014–0011], RIN 0584–AE30, Administrative Reviews in the School, Nutrition Programs, Final Rule (July 29, 2016)
- Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: Summary of the Final Rule (2016)
- NH DOE Technical Advisory, 21

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