

BARNSTEAD SCHOOL DISTRICT WELLNESS POLICY

The Barnstead School District recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles. The Barnstead School District also recognizes that health and student success are inter-related. It is therefore the goal of the district that students' entire learning environment be aligned to positively influence students' understanding, beliefs and habits as they relate to their personal wellness and that there is an overall climate that recognizes the importance of wellness as a top priority.

TO ACHIEVE THESE POLICY GOALS

I. SCHOOL WELLNESS COMMITTEE

BES will maintain a School Wellness Committee that reviews the School Wellness Policy and updates it every two years. It will also serve as a resource for implementing that policy. The Wellness Committee will strive to gather input from teachers (including specialists in health and physical education), the school nurse, parents/guardians, students, food service director, school board members, school administrators, and the public in the maintenance of the School Wellness Policy. Information about meetings, minutes and participation will be posted in the school website.

Monitoring

BES Principal will implement this policy and measure how well it is being managed and enforced. The Wellness Committee shall develop and implement administrative procedures consistent with this policy. Input from teachers (including specialists in health and physical education), school nurse, parents/guardians, students, food service director, school board members, school administrators, and the public shall be considered. The Principal shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

Policy Review

BES will use the School Wellness Policy Assessment Form provided by the NH Department of Education to review and evaluate the policy every two years. The Wellness Committee will, as necessary, revise the Wellness Policy and develop work plans to make necessary improvements.

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED AT SCHOOL

The Food Service Director will offer a school meal program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture. Food service director and food service staff will have appropriate certification and/or training programs according to their levels of responsibility.

Meal Times and Scheduling

-BES will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

-BES will schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.

-BES will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

-BES will prioritize to schedule lunch periods to follow recess periods (in elementary school).

-BES will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Foods Sold During the School Day (vending machines, snack bar, a la carte, school stores, etc.)

The school food service director will approve all food and beverage sales to students during the school day. Food and beverages sold during the school day will meet the nutrition recommendations of the USDA.

Foods Sold During School-Sponsored Events

Foods and beverages offered or sold at school-sponsored events (outside the school day including, but not limited to athletic events, dances or performances) have flexibility to offer a variety of foods, but will include food and beverage options that meet the nutrition recommendations of the USDA.

Foods From Home

Teachers are encouraged to provide parents with suggestions regarding nutritional food and beverage items brought from home. Suggestions that follow the USDA guidelines include options that are low-fat, low-sodium, low-sugar, no caffeine, and include whole grains. Additional information can be found at the www.myplate.gov.

Rewards

BES will strive to not use foods or beverages as rewards for academic performance or good behavior, especially food and beverages that do not meet the nutrition recommendations of the USDA and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

BES will strive to limit celebrations that involve food during the school day and recommend no more than one party per class per month. Each party should make every effort to set a limit of no more than one food or beverage that does not meet nutrition recommendations of the USDA. The school will disseminate a list of healthy party ideas to parents and teachers.

Food Marketing

BES will encourage food and beverage marketing which includes balance and variety as well as those that meet the nutrition recommendations of the USDA. BES will discourage food and beverage marketing of products that do not meet the USDA nutrition recommendations.

III. NUTRITION EDUCATION AND PROMOTION

BES will support and encourage healthy eating throughout the school.

Health Education Kindergarten-8th grade

-BES will provide comprehensive nutrition education at each grade level as part of a sequential, comprehensive health education program that follows the NH Health Education Curriculum guidelines. This health education program will be designed to provide students with the knowledge and skills necessary to promote and protect their health. The health education program will be taught by a certified health educator.

-Nutrition education should be part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.

-Nutrition education concepts should be supported by school-wide nutrition promotion events that are meaningful and relevant to students' lives.

Communications with Parents

BES will support parents' efforts to provide a healthy diet and daily physical activity for their children.

BES will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

Physical Education (P.E.) Kindergarten-8th grade

BES will offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills and values necessary for lifelong physical activity. Physical education instruction will be aligned with the New Hampshire K-12 Physical Education Curriculum Guidelines and Standards. All physical education will be taught by a certified physical education teacher.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

-classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities

-classroom teachers will promote opportunities for physical activity which will be incorporated into other subject lessons; and

-classroom teachers will provide short physical activity breaks (yoga, brain breaks, etc.) between lessons or classes, as appropriate.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess.

BES should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

BES will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs and/or in cooperation with community athletic programs. Middle school as appropriate, will offer interscholastic sports programs. BES and the community will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) as a punishment and will strive to not withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

Safe Routes to School

BES will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the school will work together with local public works, public safety, and/or police departments in those efforts.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations with prior approval and based on availability. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Second & Approved Read:	06/20/17
First Read:	05/23/17
Second & Approved Reading:	04/30/13
First Reading:	04/18/13