

HOOKSETT SCHOOL DISTRICT WELLNESS

The Hooksett School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices. This Policy applies to all students and staff in the Hooksett School District. Specific measurable goals and outcomes are identified within each section below.

School Wellness Committee

The Hooksett School District has a Wellness Committee comprised of school personnel, administration, community members and students to plan, implement, and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community.

The Hooksett School District has established an ongoing School Wellness Committee that convenes to review school-level issues, in coordination with the School Wellness Policy. The committee will meet at least five per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

The Wellness Committee will continue to represent all school levels (Elementary and Middle schools) and include (to the extent possible), but not limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition directors and managers); physical education teachers, school health services staff (e.g., School nurses, health educators and other allied health personnel who provide school health services), and mental health and social services staff, School administrators, School board members, and the general public.

Leadership

A Principal or designee(s) will convene as part of the Wellness Policy Committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

Each school will designate a school Wellness policy coordinator, who will ensure compliance with the policy. Refer to each Schools Website for all information of school level wellness policy coordinators.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement Implementation Plan

The Wellness Committee will develop and maintain a plan for implementation to manage and coordinate the Execution of this wellness policy at the first meeting of each school year. The plan delineates roles, responsibilities, actions and time lines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program Online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

Record Keeping

The district will retain records to the document compliance with the requirements of the wellness policy.

Documentation will include but will not be limited to:

The written wellness policy;

Documentation demonstrating that the policy has been made available to the public;

Documentation of efforts to review and update the Local Schools Wellness Policy: including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the District Wellness Policy

The most recent assessment on the implementation of the local school wellness policy;

Documentation demonstrating the most recent assessment ton the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

Will be posted on the school's website at the beginning of each school year. A copy can also be mailed to you by contacting the Nutrition Services Director.

Nutrition

The Hooksett School District will follow the federal school meal and competitive food (Smart Snack) standards for all foods sold to students during the school day. The school day is defined as the period from the midnight before to 30 minutes after the end of the official school day.

The primary goal of nutrition education is to influence students' eating behaviors. Nutrition education at all levels of the district's curriculum shall include, but not be limited to, the following essential components designed to help students learn:

1. Age appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating.
2. Age appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising.
3. How to assess one's personal eating habits, set goals for improvement, and achieve those goals.
4. Consistent nutrition messages will be provided throughout the school in media, in the classroom and in the cafeteria, to the home and community.
5. Nutrition concepts shall be integrated into health, science education, family and consumer science, or in grade appropriate curriculum.
6. Staff providing nutrition education shall have appropriate training.

To accomplish these goals:

1. School meals: School Meals served in the Hooksett School District shall meet or exceed the nutrition requirements established by the USDA, laws, and regulations. Administration of the School meal program will be by qualified school food service staff. School lunches and breakfast programs will offer a variety of foods and choices for students. Nutritional information about

school meals Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.

2. Free and reduced meals: Eligibility for and destitution of free and reduced priced meals will be provided with confidentiality in accordance with state and federal requirements.

3. Classroom Activities: The Hooksett School District shall discourage the use of food items for instructional purposes unless it is essential to a curriculum area. This is especially the case for those food items that do not meet the nutritional standards for foods as outlined in this policy.

4. After school activities: All school-based activities are consistent with local wellness policy goals.

5. Food sales: All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans. All foods made available on campus adhere to food safety and security guidelines.

6. Fundraising: To support children's health and school nutrition-education efforts, school sponsored fundraising activities (direct school affiliation) will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually unless specifically authorized by the building Principal. The schools will encourage fundraising activities that promote physical activity.

7. Meal times and Scheduling: The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.

8. The Hooksett School District will engage students, parents, teachers and food service professionals, health professionals and other interested community members in developing, implementing, monitoring, and reviewing school nutrition and physical activity policies.

The Hooksett School District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Hooksett School District contributes to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and behavior. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life.

Nutrition Guidelines for all Foods on Campus

All foods available on school grounds during the school day and at school-sponsored activities will meet or exceed the current USDA Dietary Guidelines for Americans. Food offerings should be nutrient dense per calorie, have low fat and sugar content, be of moderate portion size, and include a variety of fruits, vegetables, and whole grains. Food and beverages offered for snacks, activities, and/or fundraisers should encourage healthy choices and promote positive health habits. The nutrition standards are intended to model the practice of moderation as a component of a healthy lifestyle.

These nutrition guidelines apply to the school lunch and breakfast programs, foods and beverages sold in vending machines, snack bars, school stores, concession stands, at parties/celebrations/meetings during the school day, and as part of school fundraising activities.

1. All beverages sold or provided on school campuses or at school-sponsored activities should follow established USDA guidelines for sugar content, caffeine, sodium, and fat.
2. Healthy choices of food and beverages will be encouraged at school-sponsored events outside of the school day.
3. School celebrations and school-sponsored activities should include a balance of food and beverage choices that strive to promote healthy choices.
4. A la carte/snack items available will adhere to established nutrition standards. A variety of snacks should be offered, including fruits, vegetables, or low fat dairy products.
5. Schools should encourage fundraisers that promote positive health habits and nutrition choices. Whenever possible, fundraisers should include the sale of non-food items.

Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical Activity breaks or physical education) will not be withheld as punishment for any reason (This does not include participation on sports teams that have specific academic Requirements). Teachers and other school personnel will not use physical activity (e.g., running laps, push-ups) as punishment. The Administration will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, the district will ensure that its grounds and facilities are safe and that Equipment is available to students to be active. The district will conduct necessary inspections and repairs.

School leaders are encouraged to develop and implement a plan that supports physical activity.

1. Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of Unified Arts, Science, Math, Social Studies, and Language Arts.
2. Physical education courses will be the environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
3. Special programs such as student and staff walking programs, family fitness events, and events that emphasize lifelong physical activities shall be supported.
4. The school district will encourage and may offer opportunities for all students to initiate and voluntarily participate in before and after-school physical activity programs that promote inclusive physical activity on a school-wide basis, such as interscholastic sports, intramurals, clubs, and other extracurricular and co-curricular activities.
5. Establish school support for community recreation and youth sports programs and agencies that complement physical activity programs (i.e., share information and make facilities available).

6. Every effort will be made for all elementary school students to have at least one supervised recess daily, preferably outdoors. Recess should be considered before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste. Discretion will be used when restricting student participation in recess.

7. Every effort will be made by the district to have physical education class teacher-to-student ratios equivalent to those of other subject area classes in the schools.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "Essential Physical Activity Topics in Health Education" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Other School Based Activities

After School programs: After school programs will encourage physical activity and healthy habit formation.

Group activities/assemblies: Local wellness policy goals will be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).

Training: The district will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.

Facilities Use: The district will make efforts to keep school or district-owned physical activity facilities open for use by students and adults outside school hours.

Healthy eating habits: The district will encourage parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

Food as a consequence: The district will prohibit the use of food as a punishment in schools and avoid the use of unhealthy food as a reward.

Recess: Every effort will be made for all elementary school students to have at least one supervised recess daily, preferably outdoors. Discretion will be used when restricting student participation in recess.

Support/Outreach: The district will provide information and outreach materials about other programs to students and parents. These may include local health departments, NH Healthy Kids, and Food and Nutrition Service Programs such as Food Stamps, and Women, Infants, and Children (WIC).

Evaluation Component

The Local Wellness Committee will develop a plan for implementing and monitoring this policy. The committee will comprise of school personnel, administration, parents, and community members. The committee shall not exceed nine people.

School administration will ensure compliance with the district's established nutrition and physical activity wellness policy. Evaluation of progress and results will be communicated annually to the school board.

Legal Reference:

RSA 189:11-a, Food and Nutrition Programs, Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004, Ed 306.04(a)(20), Wellness Ed 306.401, Health and Wellness Education Program

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