

Proposed SAU 16 **Wellness, Nutrition and Physical Activity Policy**

Introduction

SAU 16 is concerned with student physical well being. Scientific research indicates a positive relationship between adequate nutrition and physical activity as they relate to academic success. Poor nutrition and lack of physical activity can place students at a higher risk for diseases such as diabetes, obesity, and other health ailments. Federal and state laws mandate that school districts provide students with healthy food choices while in school, whether the students are obtaining food and/or beverages from the Food Service Program, school stores, vending machines or other sources.

SAU 16 schools will provide students and families with educational opportunities regarding healthy choices in nutrition. Educational opportunities will include formal academic instruction in health, physical education, family and consumer science and science classes. Other opportunities could include individual counseling by school nursing personnel, dietary direction by athletic coaches and an explanation of food choices provided by the school food service. Acceptable carry-in food for entire classes is addressed in this policy's appendices. Food brought from home for individual consumption is excluded from this policy.

Nutrition

All foods available during the school day will meet or exceed the district's nutrition standards. Such offerings will meet or exceed the regulations and guidance issued by the US Secretary of Agriculture as applicable to schools. Schools in the district will offer food choices that are nutrient dense per calorie, have low fat and low sugar content, are of a moderate portion size, and include a variety of fruits and vegetables. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure that students will participate in consuming high quality meals. Students shall be provided with adequate time to consume meals in accordance with the *New Hampshire Department of Education Minimum Standards Section 306.11*. During the school day, the New Hampshire School Nutrition Guidelines will apply to the school lunch and breakfast programs, all food and beverages sold in vending machines, school stores, classroom parties/celebrations, communal snacks, meetings, fundraising activities or any school sponsored activities on school grounds. The Culinary Arts Program at the Seacoast School of Technology, which serves the community, is exempt from this policy (see Appendix).

Physical Activity

The purpose of the SAU 16 physical activity policy is to promote daily participation in physical activity for all students. The goal is to promote and maintain physical fitness and to provide students with the opportunity to gain the knowledge and skills needed to understand the short and long term benefits of

physical activity. Physical activities offered may include, but are not limited to, recess periods, physical education classes, walking programs, the integration of physical activities into the academic curriculum and after-school programs, including intramurals and interscholastic athletics and physical activity clubs.

SAU 16 recognizes that sixty (60) minutes of moderate to vigorous daily exercise is a reasonable goal for students. This goal may be accomplished through a combination of the following:

- A. A sequential physical education program;
- B. Time in the elementary school day for supervised recess with physical activities encouraged;
- C. Opportunities and encouragement for students to initiate and voluntarily participate in before-and-after-school physical activity or programs, such as intramurals, clubs, etc; and
- D. School support for community recreation and youth sports programs and agencies that complement physical activity programs.

Wellness Advisory Committees

Each school district shall establish a District Wellness Advisory Committee (District WAC) with representation from parents, students (at grade levels where appropriate), food services, school boards, building administration, school nurses, classroom teachers, health/physical education teachers that will report to their school boards.

The District WAC will encourage compliance with all nutrition, wellness and physical activity components of this policy. The District WAC will publicize activities, events and programs that support healthy lifestyles, nutrition education, and physical activity. These activities should include, but are not limited to:

- 1) Quarterly outreach to parents/guardians that provide tips for living healthy, active and nutritionally sound lifestyles;
- 2) Programs that provide parents/guardians with strategies to support their children and to model healthy lifestyles;
- 3) Adopting a student reporting system, such as the Physical Best/Fitnessgram Program, that annually illustrates a student's physical growth and is practiced at all SAU 16 schools and serves as the tracking mechanism to monitor student growth and progress; and
- 4) Ensuring that student/parent/guardian handbooks contain specific reference to this policy.
- 5) The District WAC will establish and disseminate a list of healthy snacks and party ideas.

A SAU Wellness Advisory Committee (SAU WAC) will be comprised of the chairs of each of the District Wellness Advisory Committee and representation from each of the following groups: the SAU 16 Central Office, school boards, food

service directors, nurses, building level administrators, elementary teachers and a secondary teacher from one of the following: health/physical education or FACS (Family & Consumer Sciences), and a representative from a community health organization. The purpose is to promote continuity and compliance in the application of this wellness policy.

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