

## **JLCF - WELLNESS, HEALTH, AND PHYSICAL ACTIVITY POLICY**

The Epping School District recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles, minimizing childhood obesity and preventing other diet-related chronic diseases. The District also recognizes that health and student success are inter-related. Scientific research indicates that proper nutrition and physical activity has a positive effect on a student's academic success as well as fighting childhood obesity. It is, therefore, the goal of the District that the learning environment positively influences a student's understanding, beliefs and habits as they relate to good nutrition and physical activity.

### **Goals:**

1. The District shall teach, encourage, support and model healthy eating habits for students.
2. The District shall teach, encourage, support and model age appropriate daily physical activity.
3. The District shall educate students, employees, school board and community members to the important benefits of a healthy lifestyle.
4. The Epping schools shall comply with the nutrition guidelines outlined in this policy in a manner designed to facilitate the adoption of healthier eating habits.

### **Nutrition Guidelines:**

The Epping School District's nutritional standards are based upon standards established by the USDA and the Alliance for a Healthier Generation Healthy Schools Program Framework. These nutrition guidelines, apply to all foods available to students on school grounds *during the school day*, including but not limited to, the school lunch and breakfast program, foods and beverages sold in vending machines/school stores and as part of classroom lessons/activities, parties, celebrations or fundraising efforts. As needed the District Wellness Committee will request that the superintendent notify the school board regarding any changes that have occurred in federal and state nutrition guidelines that need to be reflected in this policy.

#### **A. Education and Promotion:**

The Epping School District will provide nutrition education and promotion to teach, encourage, and support healthy eating by students per NH Health Education Curriculum Standards. The New Hampshire Health Education Curriculum Guidelines provide a model of standards-based instruction and are based on the National Health Education Standards. Nutrition education will be offered through a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. It will be included in physical education and health classes and incorporated across curriculum, where appropriate.

- 1) Parents/guardians will be provided with tips for living healthy, active and nutritionally sound lifestyles.

- 2) Programs will be offered that provide parents/guardians with strategies to support their children and to model healthy lifestyles.
- 3) The student/parent/guardian handbooks will contain reference to this policy.

**B. Guidelines for Reimbursable School Meals:**

School meals served in the District will meet or exceed the regulations and guidance issued by the USDA as applicable to schools.

To ensure that students will participate in consuming high quality meals, foods should be served with consideration toward variety, appeal, taste, safety and packaging, be nutrient dense per calorie, have low fat or low sugar content, be of age-appropriate portion size, and include a variety of fruits and vegetables.

Administration of the school meal program will be by qualified school food service staff. School lunches and breakfast programs will offer variety of foods and choices for students. Nutritional information about school meals will be available for students and parents through menus, websites and other appropriate school media.

**C. Free and Reduced Meals:** Eligibility for and distribution of free and reduced priced meals will be provided with confidentiality in accordance with state and federal requirements.

**D. Meal Times and Scheduling:** Schools whenever possible:

- Shall ensure students have sufficient time to eat breakfast and lunch in accordance with the federal Child Nutrition and WIC Reauthorization Act of 2004.
- Shall schedule meal periods at appropriate times in accordance with NH Healthy School Best Coalition recommendations. Lunch should normally be scheduled as close to midday as possible.
- Shall not schedule tutoring, club, or organizational meetings/activities during mealtimes, unless students and/or staff may eat during such activities.

**E. Severe Food Allergies Procedures:**

- 1) The school nurse will coordinate all aspects of the emergency response plan.
- 2) The school nurse will maintain one or more Epipens and Benadryl in the health office
- 3) The school nurse will train staff regarding allergies and the use of an Epipen as needed.
- 4) Parent/Guardian will notify school nurse of student's allergy.
  - a. The school nurse will develop and maintain Individual Health Plans for students with severe allergies.
  - b. Parent/Guardian will provide school with an Epipen to be kept on site at all times and to be sent on field trips. With clearance from the school nurse, parent/guardian signed permission and doctor's signed permission an Epipen may be carried.
  - c. The food service supervisor will be provided with a copy of current doctor's diet orders for all students with a severe food allergy. These must be updated every year.

**F. Food Sales:** All food items available through schools and school functions during the school day should meet or exceed nutritional standards established by the NH Healthy School Best Coalition.

**Elementary School.** The school food service program will approve and provide all food and beverage sales to students in elementary schools. Foods in elementary schools should be sold as balanced meals.

**Middle and High Schools.** In middle school and high school, all foods and beverages sold individually outside the reimbursable school meal programs to students during the school day (including those sold through a la carte and snack programs, vending machines, school stores, concessions, fundraising, etc.) will meet the following nutrition and portion size standards:

Beverages: Beverages sold on school property include bottled water, low fat or skim milk, 100% fruit juices, 100% vegetable juice, light juice, low-fat or fat free chocolate milk (trivial amount of caffeine).

Beverages not sold to students on school property include soda, caffeinated drinks (coffee, hot chocolate and ice tea), sports drinks, lemonade and punch.

Foods: Any item sold individually:

- Shall meet or exceed nutritional guidelines established by the USDA and the Alliance for a Healthier Generation Healthy Schools Program Framework
- Shall have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10% of its calories from saturated and trans fat combined;
- Shall have no more than 35% of its *weight* from added sugars;
- Shall contain no more than 230 mg of sodium per serving for chips, cereals, crackers, french fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and
- Shall contain no more than 600 mg of sodium for pizza, sandwiches and main dishes.
- A choice of at least two fruits and/or non-fried vegetables shall be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes: Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky;

- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt; and
- Twelve fluid ounces for beverages, excluding water.
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

**G. Fundraising Activities:** To support children's health and school nutrition education efforts, school sponsored and school district affiliated fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually during the school day. Schools will encourage fundraising activities that promote physical activity. The district will make available a list of ideas for acceptable fundraising activities.

**H. Rewards:** Schools will not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

**I. Snacks:** Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will have available a list of healthful snack items.

**J. School Store:** Food and beverage items sold in the school store will meet guidelines of this policy. Food items in the school store will not be sold when the school food services program is open for sale.

**K. Celebrations:** Schools should coordinate celebrations to limit those that involve food during the school day. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The District will disseminate a list of healthy party ideas to parents/guardians and teachers.

**L. School Events:** School staff involved in homeroom, field trips and advisory food-related events will communicate with school food services managers to assist with cafeteria planning and reducing food waste. Whenever possible, staff will order foods through the food service program.

**M. Extra-Curricular/After School Meals:** Whenever arrangements can be made through the food service program, food and beverage items that meet the guidelines of this policy will be made available to students. Examples of activities include but are not limited to athletic teams and clubs.

**N. Classroom Activities:** Schools shall discourage the use of food items for instructional purposes unless 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. Subject area lessons involving food preparation should follow nutritional guidelines as part of the instruction of the lesson.

**Physical Activity:** The Epping School Board recognizes that developmentally appropriate daily physical activity, exercise and physical education are ways to minimize health risks created by chronic inactivity, childhood obesity, and other related health problems. The Board recommends that students and staff participate in daily, developmentally appropriate physical activity. The Board recommends the following practices:

1. Encourage parents/guardians to support their children's participation in physical activities
2. Support special programs such as student and staff walking programs and family events that emphasize lifelong physical activity
3. Integrate health and physical activity across the school curriculum
4. Encourage student-initiated activities that promote inclusive physical activity on a school-wide basis
5. Commit adequate resources that include program funding, personnel, safe equipment and facilities
6. Provide professional development opportunities for all school staff that will assist with the implementation of this policy
7. Establish relationships with community recreation and youth sports programs and agencies to coordinate and complement physical activity programs
8. Encourage physical activity recess periods
9. Evaluate annually co-curricular and extra-curricular activity offerings that support developmentally appropriate daily physical activity

**Plan for Measuring Implementation:**

The Epping School Board instructs the Superintendent to establish procedures for implementation of this policy that include targets in support of the goals set forth in this policy. Each building principal is charged with the operational responsibility for ensuring that their school follows the guidelines set forth in this policy and implements strategies for achieving the targets set forth in the procedures established by the Superintendent. The District Wellness Committee will periodically assess the nutrition and physical activity environment throughout the district and provide input to each building principal and the Superintendent regarding progress on the current targets, recommend any new targets and identify strategies in support of the goals stated in this policy. The Superintendent and building principals will decide upon the targets and strategies in support of the goals stated in this policy. An annual progress report will be provided to the Epping School Board by the District Wellness Committee.

**Community Involvement:**

The Epping School Board will establish a District Wellness Committee that will periodically assess the nutrition and physical activity environment throughout the district. This group will assess progress on the current goal targets, recommend any new goal targets and identify

strategies for achieving them. The committee will consist of a group representing parent/guardians, students, the school's food service program, the school board, administrators, regular and wellness-related faculty and staff as well as members of the public with wellness related expertise. The purpose of this advisory committee is to provide expertise, community input, supply fundraising ideas, list of healthy snack options, and list of celebration options, etc.

Statutory/Regulatory/Policy/Handbook Cross References

IMAH (Daily Physical Activity)

RSA 189:11-a (Food and Nutrition Programs)

NH Code of Administrative Rules ED 306.04(a)(20) (Wellness)

NH Code of Administrative Rules ED 306.40 (Health and Wellness Education Program)

Section 204 of Public Law 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)

Handbook (Referenced in Handbooks)

APPROVED/REVISED: September 22, 2005, May 3, 2012, September 18, 2014