

WELLNESS POLICY JLCF Berlin Public Schools

The Berlin School Board 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 Board also recognizes and is committed to support the Berlin School system in its efforts to serve as a resource and model for wellness for students, staff and the community. It is therefore a goal of the Board that the learning environment be aligned to positively influence a student's understanding, belief and habits as they relate to good nutrition and physical activity.

A healthy school environment goes beyond school meals in the cafeteria. The district further recognizes that oral health and mental health are a part of overall wellness. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and appropriate amount of physical activity. All foods made available on school campuses does offer children nutritious choices, and physical activity should be incorporated into the school day as often as possible. The healthy, physically active child is more likely to be academically successful. (Center for Disease Control and Prevention, 2010)

K-12 Goals:

- 1) The District will teach, support and encourage healthy eating habits for students.
- 2) The District shall teach, support, and encourage appropriate daily physical activity.
- 3) The District shall educate students, staff and community members to the important benefits of a healthy lifestyle.
- 4) The District will integrate the nutrition guidelines outlined in this policy.
- 5) The District will promote good oral health.
- 6) The District will promote resources to help support mental health.

NUTRITION

The Berlin district's nutritional standards are based upon standards established by the USDA Guidelines. These nutrition guidelines, apply to all foods available to students on school grounds during the school day, including but not limited to, the school breakfast and lunch program, snacks during and after school programs, foods and beverages sold in vending machines/school stores and as part of classroom lessons/activities, parties, celebrations or fundraising efforts.

EDUCATION:

The District shall follow the Health Curriculum Guidelines set forth by the NH Department of Education. This curriculum will provide the students with the knowledge and skills needed to engage in sound nutrition behavior. This includes students of all abilities. Nutrition education will be made available to parents/guardians and the community.

SCHOOL MEALS:

School Meals served in the Berlin District will meet or exceed the nutrition requirements established by the USDA, laws and regulations. Administration of the school meal program will be by a qualified school food service staff. School lunches and breakfast programs will offer a variety of foods and healthy choices for students and staff. Nutritional information about school meals will be available for students and parents through menus, monthly newsletters and other appropriate school media.

Eligibility for and distribution of free and reduced priced meals will be provided with confidentiality in accordance with state and federal requirements.

In order to meet the nutritional needs of children and enhance their ability to learn, all schools in the District provide a breakfast program in addition to their already established lunch programs. Elementary schools participate in the USDA Fruits and Veggies Snack Program.

Meal times based on NH Healthy School Best Coalition recommendations will be implemented whenever possible. That includes sufficient time to eat breakfast and lunch, lunch periods following recess periods, and lunch generally scheduled between 10:45 a.m. and 12:45 p.m.

FOOD SALES

All food items available through schools and school functions should meet or exceed nutritional standards established by the NH Healthy School Best Coalition. Most foods sold individually outside the reimbursable school meal programs (including those sold through vending machines, school stores, concessions, fundraising, etc..) to students during the school day, will meet the following nutrition and portion size standards as stated in the John C. Stalker Institute of Food and Nutrition known as the JS1 A-List or the Nutrition Calculator.

Fundraiser Activities that are school sponsored, should include healthy choices for foods and beverages sold.

Schools will monitor use of foods or beverages as rewards for academic performance or good behavior and will not withhold food from breakfast or lunch as punishment.

Snacks served during the school day or in after-school programs 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.

School Store items should be non-food items or food items that meet guidelines of this policy. School store can not sell food items to students when the school food services are open for sales and service.

Celebrations should limit any that involve food during the school day. Each party should include only foods that meet guidelines set in this policy.

Subject area lessons involving food preparation should follow nutritional guidelines as part of the instruction of the lesson. School staff involved in food related events are encouraged to communicate with school food services to assist with planning. Where possible, staff will order foods through food service managers.

Classroom Activities shall limit the use of food items for instructional purposes unless it is essential to a curriculum area.

Federal Rule for a School Day is defined by 12:00 a.m., Midnight to 30 minutes after school dismissal bell.

This policy does not pertain to after-school activities such as: Parent/Teacher Organizations, Backers, Parents' Club, sporting events and booster clubs.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES

Berlin Public Schools will follow the New Hampshire K-12 Physical Education Curriculum Guidelines provided by the NH Alliance for Health, Physical Education, Recreation and Dance, and the NH Department of Education.

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, such as watching television.

Opportunities for physical activities will be incorporated into other subject lessons. Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting physical education requirements. The District will encourage students K-12 to participate in supervised physical activities, either organized or unstructured, that are intended to maintain physical fitness and to foster understanding of the short- and long-term benefits of a physically active and healthy lifestyle.

Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

School staff will not withhold participation of physical education class as punishment.

IMPLEMENTATION AND EVALUATION

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 by the Superintendent. The Wellness Committee will periodically assess the nutrition and physical activity environment throughout the District and provide input to each Building Principal and 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. Periodic progress reports will be provided to the School Board.

COMMUNITY INVOLVEMENT

The Board will establish a 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 be established on a voluntary basis with representation from all building levels. The committee will consist of a group representing parents, students, the school's food service program, the school 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 content area expertise and community input.

References:

Centers for Disease Control and Prevention. *The association between school based physical activity, including physical education and academic performance*. Atlanta GA, US Department of Health and Human Service 2010

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