

**SCHOOL ADMINISTRATIVE UNIT #44**  
**Northwood School District**  
**Northwood, NH 03261**

**POLICY JLCF - WELLNESS POLICY**

The Northwood School recognizes that the physical and emotional health of our students is essential to their social and academic success. We recognize that “wellness” is achieved through proper nutrition, physical activity, and emotional growth. We are committed to creating and maintaining a school environment that promotes wellness at all levels: in the classroom, on the athletic fields, in staff offices, in the cafeteria, on the playground, and at in-school and after-school activities. Through a cooperative effort among teachers, administrators, food service professionals, school nurses, physical and health educators, counselors, parents, and students, we believe we can help our students achieve and maintain a healthy lifestyle that will enhance their lives in school and out. We therefore adopt this Wellness Policy.

**I. LEADERSHIP**

The principal or designee(s) will convene a Wellness Committee whose functions will include review and recommendations regarding implementation of and updates to this policy, and establishment of specific goals for nutrition promotion, education, and physical activity.

The principal or designee shall serve as the chairperson of the Wellness Committee and shall maintain an updated roster of persons serving on the committee.

The Wellness Committee shall meet no fewer than three times per school year.

**II. WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY, AND COMMUNITY ENGAGEMENT**

**Wellness Committee**

The Wellness Committee will revise these guidelines annually, or more often if necessary, and develop work plans to facilitate their implementation. Members of this committee should include School Board, school administration, parents, students, school food service representative, school health professionals, PE teacher, Health teacher, and the public.

**Implementation Plan**

The District will develop and maintain a plan for implementation of the wellness policy. The plan will delineate roles, responsibilities, actions and timelines need to ensure the policy is followed and goals are achieved. The plan will include specific goals and objectives for nutrition standards for all foods and beverages available for students in the schools, food and beverage marketing, nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. The District will complete a school-level assessment based on the [Centers for Disease Control and Prevention’s School Health Index](#) and create an action plan that fosters implementation of appropriate practices and procedures. The school-level assessment will be completed by September 30<sup>th</sup> of each school year and provided to the superintendent.

In addition, the committee will explore and add measurable yearly goals that incorporate Food Service, community, District wide staff and physical education both indoors and outdoors. Yearly Wellness Policy goal examples are:

## **POLICY JLCF - WELLNESS POLICY**

- Advertise community activities such as outdoor explore walks, winter carnivals, and spring time exploration walks, increase advertising for Bow Recreation Center and incorporate the many activities they offer.
- Physical Education not only incorporates gym and recess -- District wide there are many activities and clubs in which a student may become involved. Make students, parents, and staff aware of the many options the District offers to increase participation.
- The Food Service Department would offer fruit and veggie tastings, have more students become involved in menu creation, and educate students of the regulations to make them aware and help them with confident choices about nutrition education.

### **Recordkeeping**

The principal or designee will retain records to document compliance with the requirements of the wellness policy. Documentation maintained by the principal or designee will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating compliance with the annual public notification requirements that the policy as well as all progress reports and assessments have been made available to the public.
- Documentation of efforts to review and update the wellness policy, including an indication of who is involved in the update and methods the district uses to review and update the policy.
- The most recent progress reports and assessments on the implementation of the local school wellness policy.

### **Annual Notification of Policy**

The District will inform families and the community each year on basic information about the wellness policy, the annual progress reports and, when appropriate, the triennial progress assessment. The District will make this information available on the school website and/or through district-wide communications. The District will also publicize the name and contact information of the person coordinating the committee as well as information on how the public can get involved in the wellness committee.

### **Triennial Progress Assessments**

Every three years, the principal or Food Service Director will assess:

- The extent to which the school is in compliance with the wellness policy;
- The extent to which the wellness policy compares to model wellness policies;
- A description of the progress made in attaining the goals of the wellness policy.

The Wellness Committee will make recommendations to update the wellness policy based on the results of the annual assessment and triennial assessments and/or as district priorities change; community needs change; wellness goals are met; new health science, information, and technology emerge; and new Federal or state guidance or standards are issues. The Board will review and act upon such assessments as required or as the Board deems appropriate.

## **III. NUTRITION EDUCATION GOALS**

## **POLICY JLCF - WELLNESS POLICY**

- A. Nutrition education will be part of the school curriculum in grades K through 8. The nutrition education program will be based on theories and methods that are drawn from published research and be consistent with state and district health education guidelines. Nutrition education activities will be age-appropriate, interactive, and teach the skills needed to adopt healthy eating habits. Nutrition programming will educate students in the following areas:
1. Nutrition Information: This information will include, but will not be limited to, the benefits of healthy eating, essential nutrients and nutritional deficiencies, the principles of healthy weight management, the use and misuse of dietary supplements, and safe food preparation, handling, and storage.
  2. Nutrition Skills: This information will include, but will not be limited to, planning a healthful meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and advertising.
  3. Nutrition Goals: This information will include, but will not be limited to, setting goals for nutrition improvement and using proven tools (such as food journals) to achieve those goals.
- B. The health educators will work with the teaching teams to integrate nutrition education into the curriculum.
- C. The program will strive to involve parents in the school's nutrition education program using tools like newsletters, parent-child healthful eating contracts, and nutrition-related programming.

## **IV. NUTRITION**

### **A. School Meals**

The school participates in the USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The school is committed to offering school meals that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Promote healthy food and beverage choices; and
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. The District offers reimbursable school meals that meet USDA nutrition standards which may be found at:
  - <https://www.fns.usda.gov/cn/nutrition-standards-school-meals>

## **POLICY JLCF - WELLNESS POLICY**

- B. All students are entitled to eat during meal and snack times. If a student forgets his or her lunch or lunch money, a meal will be provided by the school food service program that day, in accordance with Policy #EFDA. Students must repay the school food service program in a timely manner.
- C. Food and beverages will not be used as a reward for academic performance or behavior on a regular or daily basis. Food and beverages may be distributed for a variety of other reasons: to complement a classroom lesson, to refresh students when energy is lagging, to enhance special events such as classroom parties, birthday celebrations, etc. Healthful foods will be served as much as possible. See Appendix for healthful food suggestions.
- D. All student fundraisers and school functions will offer some healthful food options, as outlined in the Appendix.
- E. Parents will be encouraged to support the school wellness policy by complying with school nutrition guidelines set forth in this policy. See Appendix for healthful food suggestions.

## **V. PHYSICAL ACTIVITY GOALS**

- A. Physical and health education will be part of the school curriculum in grades K through 8.
- B. Students of all ability levels will participate physical education classes each week. These classes will be designed to develop the knowledge, attitudes, skills, behaviors, and confidence needed to encourage students to be physically active for life.
- C. Students will attend daily recess periods that offer structured and unstructured, supervised physical activity options.
- D. All students will be encouraged to participate in the school's ongoing wellness-related clubs and activities.
- E. With a combination of physical education classes, recess activities, and after- school programming, it is the school's goal that each child should participate in as much daily exercise as time allows.
- F. School staff should try to strictly limit the amount of time a student is held in from recess as a form of discipline or as a time to complete schoolwork. These students in particular need physical activity.
- G. Parents will be encouraged to support the school wellness policy by supporting student participation in school wellness activities, school athletic teams, and town recreational programming.

## **VI. GOALS FOR SOCIAL AND EMOTIONAL GROWTH**

## **POLICY JLCF - WELLNESS POLICY**

- A. Social/emotional/mental health education will be part of the health curriculum in grades K through 8.
- B. Staff will emphasize the correlation between physical health and social/emotional/mental health and the ability to learn and succeed in school.

## **VII. GOALS FOR OTHER SCHOOL-BASED ACTIVITIES TO PROMOTE STUDENT WELLNESS**

Outside of regular school hours, the school is committed to making the school facility available to members of the school and community for wellness-related recreational programs, with scheduling priority given to school-related functions.

## **VIII. TOOLS**

- A. School staff will be offered professional development opportunities that will assist them in promoting the guidelines outlined above.

**ADOPTED BY THE BOARD**  
**June 19, 2006**

**REVISED BY THE BOARD**  
**October 6, 2016**

**THE NORTHWOOD SCHOOL BOARD**  
**Bernice Raffaele, Chair**  
**Jim Ryan, Vice Chair**  
**Janabeth Reitter**  
**Bill Tappan**  
**Irene Simoneau**

**REAFFIRMED BY THE BOARD**  
**September 6, 2018**

**REVISED BY THE BOARD**  
**November 5, 2020**

**THE NORTHWOOD SCHOOL BOARD**  
**Keith McGuigan, Chair**  
**Shane Wells, Vice Chair**  
**Dave Ruth**  
**Amy Hanavan**  
**Brian Winslow**

**THE NORTHWOOD SCHOOL BOARD**  
**Brian Winslow, Chair**  
**Stephanie Arroyo, Vice Chair**  
**Shane Wells**  
**Shirley Glennon**  
**Jessica Boudreau**

## POLICY JLCF - WELLNESS POLICY

### Appendix 1

Non processed food is recommended. Portions and size should be considered in all breakfasts, lunches, and snacks for all students. Below is a list of healthful food suggestions. These are good to pack for school snacks and lunches and to enjoy at home. At school functions (parties, celebrations, receptions, festivals, sporting events, concession stands, bake sales, fundraisers, etc.), at least some foods such as these should be available to students:

- Raw vegetable sticks/slices with low-fat dressing, yogurt dip or hummus
- Whole fresh fruit or fruit slices with low-fat yogurt dip
- Low-fat popcorn
- Baked corn chips and salsa, guacamole, bean dip or hummus
- Regular or whole wheat pita triangles and hummus
- Fat-free potato chips and low-fat ranch or French onion dip
- Low-fat muffins, granola bars, and cookies
- Flavored yogurt and fruit parfaits
- Jell-O and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets, and sorbets
- Dried fruits: raisins, apricots, cranberries, dates, bananas, etc.
- Dry roasted peanuts, tree nuts, and soy nuts; NOT coconut or palm nuts
- Trail mix -> dried fruit and nuts
- Party mix -> variety of cereals, nuts, pretzels, etc.
- Low-fat meats and reduced-fat cheese sandwiches
- Chicken/tuna salad sandwiches made with low-fat mayo
- Low-sodium and/or reduced-fat crackers
- Whole-grain crackers
- Graham crackers
- Low-fat and skim milk products
- Water

Below is a list of foods to limit; recommended no more than once per month:

- Carbonated and caffeinated beverages: soft drinks, tea and coffee
- High-sugar content candies *and* desserts,
- High-fat foods: fried foods, french fries, fatty meats, buttery popcorn
- High-sodium foods: luncheon meats, chips, salty popcorn