

# JLCF - WELLNESS POLICY

Category P

Recognizing that health and student success are interrelated, the Fremont School District, is committed to providing school environments which promote and protect the children's health, wellbeing, and ability to learn by supporting healthy eating habits, physical activity, mental and social health, and family outreach and education. Therefore it is the policy of the Fremont School District that:

A District-wide wellness advisory committee has been established for the purpose of assessing the nutrition, physical activity, mental and social health, and family outreach and education throughout the district and making recommendations to the Board for a comprehensive wellness program. The committee will consist of representation from parents, students, the school's food service program, staff, the School Board, administration, and the public.

Program implementation will be monitored and progress evaluated annually by the principal and Wellness Advisory Committee by using data collected from all areas. An annual report will be submitted to the Board and community through the newsletter and website.

All staff will be given training and support in order to implement this policy and goals.

The Board directs the Superintendent to develop procedures to implement this policy based on the recommendations of the wellness advisory committee and in compliance with national and statewide nutritional guidelines for healthy living.

## Statutory/Regulatory/Policy/Handbook Cross References

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

NH Code of Administrative Rules, Section ED. 303.01 (g) (Substantive Duties of School Boards)

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

Handbook (Referenced in Handbooks)

## **Physical Activity:**

Ellis School students will fully embrace regular physical activity as a personal behavior.

1. Students will receive:
  1. Middle school: 25 minutes of movement daily plus six weeks or 30 days of PE instruction.
  2. Elementary: A minimum of 2 daily 10 minute movement breaks plus PE instruction once / week.
2. Ellis School will provide physical education for all students taught by certified PE teachers, engaging students in moderate to vigorous activity during at least 50% of PE class time.
3. Teachers and other school and community personnel will not use physical activity or withhold opportunities for physical activity as a form of discipline, for make-up work, testing, or to gain additional instruction time.
4. Teachers will provide short physical activity breaks between lessons or classes, as appropriate, discouraging extended periods of inactivity (2 hours or more).
5. Ellis School will offer extra-curricular programs such as activity clubs, intramurals, and interscholastic sports with a range of opportunities for all students.
6. Opportunities for physical activity will be incorporated into other subject lessons across the curriculum.

## **School Environment**

Ellis School will provide a school environment that is conducive to healthy eating and being physically active. All school-based activities will promote student and staff wellness.

### Healthy Eating:

1. Dining areas are clean with enough space for seating all students.

2. Students are given adequate time for lunch, at least 20 minutes after being served.
3. The Food Service program will have enough serving space and adequate staff so that students do not spend more than 10 minutes to be served.
4. All food service staff and nutritional teachers require professional training and certification.
5. Meals should be interesting and pleasing so that food is not thrown away and wasted.
6. Food is not used as a reward or punishment, but can be used for celebrations/parties.
7. Ellis School sponsored fund raising efforts are supportive of healthy choices that are age appropriate.
8. Ellis School will offer breakfast and snacks that are healthy and affordable to encourage students to start each day with the proper nutrition for learning.
9. School staff is encouraged to practice healthy eating habits in school as role models for children.

#### Physically Active:

1. When feasible, Ellis School will provide annual professional training and development for the staff in the area of how nutrition impacts physical activity.
2. Ellis School will encourage parents, staff, students, and community members to serve as role models by being physically active.
3. Adequate facilities, equipment, and staffing will be provided to accommodate school and community needs to meet the goals of this policy.

**Nutrition Education and Nutritional Promotion** at the Ellis School aims to teach, encourage, and support healthy eating by the students and staff.

1. Students at Ellis School receive nutrition education that is interactive and teaches the skills they need to have healthy eating behaviors.
2. Nutrition education is offered in the school cafeteria as well as in the classroom with the coordination between food service staff and Ellis School staff.
3. Students receive consistent nutrition messages throughout the school, classroom, cafeteria and home.
4. The school promotes fruits, vegetables, whole grain products, healthy food preparation methods, and health enhancing nutrition practices.
5. The school shall emphasize caloric balance between food intake and energy expenditure (physical activity/exercises) which takes into account students with special nutritional needs.
6. There should be appropriate in-service education and nutritional updates so that everyone understands nutritional policies.
7. State and District health education curriculum standards and guidelines include both nutrition and physical activity.
8. Cafeteria staff who provide and promote nutritional education have appropriate ongoing training, educational updates, and certification.
9. The school should have a team approach that promotes nutritional education activities that involve parents, students, and the communities, such as gardening, taste testing, and farm visits.

#### **Nutrition Standards**

Ellis School will set the following goals for all foods offered on the school campus during the school day.

1. The [Food Service program](#) follows the requirements and nutritional standards set forth by the National School Lunch law.
2. Food and beverages sold through the Food Service program will meet the minimum requirements of the law (see attached table)
3. Nutritional value of meals from the Food Service program will be posted as part of the monthly menu.
4. The following standards serve as requirements for food and beverages sold and served to students through ala carte sales, vending machines, snack bars, school stores, concession stands, and school sponsored fund raising activities.
  - Beverages sold or offered: water, 100% fruit juice, yogurt smoothies
  - Food: low to no sugar, whole grains, fruits and vegetables. For example, cheese and crackers, yogurt, granola.

- Portion size for food and drink: appropriate for age.
- Refreshments served at parties, celebrations, and meetings during the school day must meet the standards as mentioned above.

### **Mental/Social Health**

Recognizing the importance on learning of a student's mental and social health, the following goals have been set forth to promote mental and social wellness for our students and staff. The number of guidance counselors must be adequate to meet the goals of this policy and comply with state requirements.

1. The curriculum will cover mental/social health topics as outline in the New Hampshire Education Curriculum Guidelines such as:
  - Stress management and coping skills that are related to teasing, bullying, anger, and criticism.
  - Teaching refusal skills needed to make healthy decisions.
  - Teaching decision making and problem solving.
  - Teaching signs, behaviors, and symptoms of depression, suicide, alcoholism, and other illegal drug use and appropriate response to those.
2. The guidance program will provide responsive services such as mediation, peer tutoring, and restitution.
3. The guidance program will include referrals for therapeutic individual and/or group counseling.
4. The guidance program will establish and follow-up specific procedures for students who need additional academic support due to risk of a failing grade.
5. Follow-up on each referral and/or student will be done in a timely manner.
6. Communication will be established and maintained between the guidance program, staff, and community.
7. The guidance program will meet with teachers to consult on aspects of the program.
8. Along with guidance programs, career planning will be covered through the curriculum.
9. The guidance program will create a safe positive learning environment in which, each student feels free to express self. The environment will promote a positive self image. All students have at least one trusted adult.
10. The guidance program will provide adequate information to the community so that resources can be accessed.
11. Training will be provided to staff on how to respond to signs, behaviors, and symptoms of unhealthy behavior displayed by students and/or staff.

### **Student Health Care Services**

The Student Health Care Service by the school nurse supports the efforts of educators and parents to help children achieve their greatest academic potential while maintaining optimal health and wellness in the following ways:

1. Conducts health promotion for students and staff by educating and providing training around school health needs.
2. Provides information about treatment resources to families and refers to community providers as needed.
3. Develops nursing care plans, emergency care plans, and individualized health plans.
4. Serves on Wellness and Safety Committees and participates in emergency management planning.
5. Helps develop and implement school health policies and procedures based on state requirements and standards of nursing practice, while performing prescribed treatments and medication administration.
6. Performs nursing assessments, screenings, and evaluations and serves as a liaison and resource between home, school, health care providers, and community organizations.
7. Interprets student health needs to family and staff, advocates for student to prevent health problems from impacting school performance, and counsels students with health problems to assist with adjustments.
8. Serves as a resource for health topics and emergency care for illness and injury.

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