

WELLNESS POLICY

Preamble

The Laconia School District (District) is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by supporting healthy eating and physical activity behaviors throughout the day, and by providing opportunities for every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Goals

The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

Students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Laconia School District will participate in available federal school meal programs. Foods and beverages sold or served at school will meet the nutrition standards required for each USDA program in which they are served.

Laconia School District will encourage nutrition education, physical activity, and other school based lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs.

School District Wellness Committee

The District commits to having a District Wellness Committee consisting of representatives from each of the five schools and community.

School Meals

General Guidelines

Food and beverages sold or served in the District, will meet or exceed the USDA standard guidelines for Healthy foods in Schools. Water will be offered as a beverage choice and beverages containing caffeine should not be served during the school day.

School Meals & Snacks

Meals will be served through the School Breakfast Program, National School Lunch Program, at-risk Supper Program, Fresh Fruit and Vegetable Programs and After School Snack Program. Snacks served during the school day or in school sponsored after-school programs, will meet the "Smart Snacks in School" standards.

School Breakfast

Laconia School District will to the extent possible: operate a School Breakfast Program, notify parents and students of the availability of the School Breakfast Program and encourage parents to provide a healthy breakfast and snack for their children through newsletter articles, take-home materials, or other means.

Fundraising

Food and Beverages sold individually will adhere to “Smart Snacks for Schools” guidelines. The State of NH allows up to nine exempt bake sale or fundraisers per school annually, during which non-Smart Snack compliant foods may be sold. Under this new policy, schools may configure the bake sale or fundraiser exemptions in a variety of ways to meet individual school needs. For example, a school could hold 9 separate, exempt bake sales or fundraisers throughout the academic year or hold three events, such as a carnival, each of which is three days in duration. Other than these exempted fund raisers, all foods sold as a part of fund raising activities in the District shall be compliant with Smart Snack requirements. Additionally, if non-complaint foods are sold, they may not be sold concurrently with meal service (breakfast or lunch). A log of all food based fund raisers shall be maintained in each school building. This log will indicate the following: Date(s) of fund raiser, items offered for sale, smart Snack compliance of each item

Free and Reduced-priced School Meals

The District will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals. The District will make available all school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

School Meal Times and Scheduling

The District will provide students with at least 10 minutes to eat after getting their food and sitting down for breakfast and 20 minutes after getting their food and sitting down for lunch. Students are provided access to hand washing or hand sanitizing before they eat meals or snacks.

Events taking place at meal times

When food or beverages are being served at an event that is taking place at a typical meal time (i.e. sports awards dinner or Parent Teacher Organization(s) event) it is encouraged that the food served be a complete nutritionally balanced meal to meet the guidelines listed under the "School Meals" section. (For example, if serving pizza, also provide a serving of vegetables such as carrots or salad and a serving of fruit.)

Celebrations during the school day

Celebrations and parties: The district will move to non-individual celebrations. Ideas in the form of a binder will be provided to all school principals and teachers. These ideas will be posted on the District Wellness website.

Rewards and incentives: The District will promote nonfoods rewards to children. If food is served, Laconia School District will follow Smart Snack Standards. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. Incentives may be left to the discretion of the principal.

Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

The District aims to teach, model, encourage, and support healthy eating by students. Schools will integrate health education programs into its schools utilizing the USDA food guidelines. Guidelines will provide students with the knowledge and skills necessary to promote and protect their health and integrate health education into physical education and school counseling.

Physical Education & Activity

Physical Education K-5

All students in grades K-8 will receive, at a minimum, the New Hampshire state physical education requirements and will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

Laconia Elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which elementary schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity and Discipline

Teachers, subs and other school /community personnel will not use physical activity as a form of discipline (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as a form of discipline. (e.g. Teacher Walk and Talks with students as a form of discipline vs. free recess time.)

Physical Activity 6-12

All Laconia secondary students are required to take the equivalent of one academic year of physical education.

Safe Routes to School

The District encourages students to use the bus system provided and or walk/bike weather and safety permitting.

Physical Activity Breaks K-8

Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week as it creates a more attentive student. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. The District Wellness Coordinator will provide resources and links to resources, tools, and technology with ideas for physical activity breaks.

Equipment

To the extent practicable, the District will ensure that its grounds and facilities are safe, and that equipment is available for students to be active. The District will conduct necessary inspections and repairs.

Implementation, Monitoring, Accountability, and Community Engagement

Implementation

The District commits to having a District Wellness Committee consisting of representatives from each of the five schools and the community. The committee will collaborate with the school district to create, strengthen, develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. Area partners and families will be invited to participate in the District Wellness Committee.

**Monitoring
Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness policy on the district Website and Health and Wellness Website. Documentation maintained in this location will include but will not be limited to; a written wellness policy, documentation demonstrating compliance with community involvement requirements, including: efforts to actively solicit District Wellness Committee membership from the required stakeholder groups; and the groups' participation in the development, implementation, and periodic review and update of the wellness policy.

Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year, and will include information from each school within the District.

Policy Review

Every three years, nutrition and physical activity policies will be reviewed along with areas in need of improvement to ensure compliance with USDA requirement. The District, and individual schools will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Community Engagement

The District will inform parents of nutrition standards as approved by the USDA, of school meals and compliance with school meal standards, availability of child nutrition programs and how to apply to these programs.

The District will notify the public about the content of/or any updates to the wellness policy annually, at a minimum. The District will post the SAU website to inform the community about the availability of the annual and triennial reports.

Adopted: March 20, 2018