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## WELLNESS POLICY

The Nashua School District is committed to the optimal development of 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 environment at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutritional education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

### I. Committee Role and Membership

The District will convene a District Wellness Committee (hereto referred to as the DWC) that meets at least four times per year to establish goals for and oversee school health and wellness policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy. Nashua School District Wellness Committee membership will include (to the extent possible): parents/guardians, students, district and school administrators, physical education teachers, classroom teachers, school health professionals, school support personnel, Nutrition Services staff members, school board members, and community health professionals. To the extent possible, the Nashua School District Wellness Committee will include representatives from each school site and reflect the diversity of the community. As a statutory committee, the committee will comply with the requirements of RSA-91A regarding meetings.

### II. Wellness Policy (Implementation, Monitoring, Accountability and Community Engagement)

#### Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the specific needs of each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and

education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that the school use the Well SAT online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report. The school-level report should be completed by September 30<sup>th</sup> of each school year and provided to the Superintendent.

### Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at: Food Service Office, 36 Riverside Street Nashua NH 03062 <https://www.nashua.edu/Page/376>

Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment\* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) efforts to actively notify families about the availability of 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. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader(s)
- identified in Appendix A; and
- Information on how individuals and the public can get involved with the DWC.

### Triennial Progress Assessments

At least once every three years, the District's designee (Director of Food Service) will assess:

- The extent to which each of the District's schools are in compliance with the wellness policy;
- The extent to which the District's Wellness Policy compares to the Alliance for a Healthier Generation's model wellness policies; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The Nashua School District Wellness Committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

#### Community Involvement, Outreach, and Communications

The Director of Food Service will communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The Director of Food Service will also inform parents/guardians of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.

### **III. Nutrition**

#### School Meals

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Afterschool Snack Program (ASP), the At-Risk Afterschool Meal Program (CACFP), and Summer Feeding Program. The District also operates and/or supports additional nutrition-related programs and activities including Farm to School Programs, school gardens, and Harvest of The Month. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are served in clean and pleasant settings;
- 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.)
- Promote healthy food and beverage choices

In addition,

- Menus will be posted on the District website or individual school websites and will include nutrient content and ingredients.
- Menus will be reviewed against USDA School Nutrition Regulation and/or a Registered Dietitian or other certified nutrition professional.
- School meals will be administered by a team of child nutrition professionals.
- The District child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast when schedule permits and at least 15 minutes to eat lunch, counting from the time they have received their meal and are seated. At

- no point will a student be denied access to breakfast or lunch.
- Students will be served lunch at a reasonable and appropriate time of day.
- Schools will be encouraged to schedule the recess period before lunch to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

#### Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. <https://www.fns.usda.gov/cn/professional-standards>.

#### Water

To promote hydration, all water sources, including drinking fountains, will be maintained on a regular basis to ensure good hygiene standards. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

#### Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages offered to students on the school campus during the school day support healthy eating. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards). These standards will apply in all locations and through all services where foods and beverages are sold, which include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts. A summary of the standards and information are available at <https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>

The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at <https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks>

#### Celebrations and Rewards

It is recommended that all foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including:

1. Celebrations and parties. A list of healthy party ideas for parents and teachers, including nonfood celebration ideas is available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents. The District's designee will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards; and
3. Rewards and incentives. The District's designee will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

#### Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Fundraising groups are encouraged to choose non-food fundraisers and to consider healthy fundraising ideas. Notwithstanding this provision,

each school may allow up to nine (9) bake sales or other fundraising food sales of non-compliant foods (i.e., that do not meet Smart Snack standards), which are not more than one day in duration.

### Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all by:

- Implementing evidence-based healthy food promotion techniques throughout the school
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards.

### Nutrition Education

The District aims to teach, model, encourage, and support healthy eating by students. Schools will strive to provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm-to-School programs, other school foods, and nutrition-related community services;
- Include nutrition education training for teachers and other staff.

### Essential Healthy Eating Topics in Wellness Education

The following essential topics on healthy eating will be included in wellness education.

- Eating a variety of foods every day
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Reducing sodium intake
- Importance of water consumption
- Importance of eating breakfast
- Reading and using USDA's food labels
- Balancing food intake and physical activity
- The relationship between healthy eating and personal health and disease prevention
- Social influences on healthy eating, including media, family, peers, and culture

#### IV. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. The District is committed to providing: physical education, recess, classroom-based physical activity, and out-of-school time activities.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) should not be withheld if possible as punishment for any reason. (This does not include participation on sports teams that have specific academic requirements.) Teachers and other school staff will strive to determine alternative ways to discipline students that is age and offense appropriate.

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

#### V. Other Activities that Promote Student Wellness

The District will strive to integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will endeavor to coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

All school-sponsored events should adhere to the wellness policy. All school-sponsored wellness Events should include physical activity opportunities.

#### Professional Learning

The District Wellness Committee will offer resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

#### **Legal References:**

*42 U.S.C. 1751, Richard b. Russell National School Lunch Act*

*42 U.S.C. 1771, Child Nutrition Act of 1996*

*Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004*

*The Healthy Hunger-Free Kids Act of 2010*

*7 C.F.R 210, National School Lunch Program*

*7 C.F.R 220, School Breakfast Program*

*RSA 189:11-a, Food and Nutrition Programs*

*NH Code of Administrative Rules, Section Ed. 303.04(a)(20), Wellness*

*NH Code of Administrative Rules, Section Ed. 306.11(g), Food & Nutrition Services*

*NH Code of Administrative Rules, Section Ed. 306.38 (b)(1)b, Family and Consumer Science*

*NH Code of Administrative Rules, Section Ed. 306.40, Health Education Program*

*Legal References Disclaimer: These references are not intended to be considered part of this policy, nor should they be taken as a comprehensive statement of the legal basis for the Board to enact this policy, nor as a complete recitation of related legal authority. Instead, they are provided as additional resources for those interested in the subject matter of the policy.*

Board Approved:      07/19/2004  
                                 06/26/2006  
                                 01/26/2009  
                                 07/16/2012 (Replaces POPPS 9212)  
                                 09/11/2017  
                                 05/28/2019  
                                 06/26/2023