

# LITCHFIELD SCHOOL DISTRICT

**POLICY CODE: JLCF**

**APPROVAL: April 22, 2015**

## **Wellness Policy**

The Litchfield School District is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and behavior.

The Litchfield School District shall prepare, adopt, and strive to implement a comprehensive plan to encourage healthy eating and physical activity. The superintendent, or designee, shall ensure compliance with established district-wide nutrition and physical activity wellness.

To assist in meeting health and wellness goals, the Litchfield School Board establishes components in the areas of nutrition standards and education and physical activity, which shall be periodically evaluated and become an essential part of the school environment.

- Child Nutrition Programs must comply with federal, state and local requirements and are accessible to all children.
- Sequential and interdisciplinary nutrition education will be provided and promoted.
- All activities on school grounds during the normal school day must be consistent with local wellness policy procedures.
- All school-based (school sponsored) activities must be consistent at all times with local wellness policy procedures.
- Non-school sponsored activities held on school property outside of the normal school day shall be waived from adherence to this policy.
- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day shall be consistent with the current Dietary Guidelines for Americans, and meet or exceed Federal Smart Snack Regulations (Memo Code-SP23-2014 (v-2)), unless provided for as an exception in the local wellness policy procedures.
- All foods made available on campus by the school district must adhere to food safety and security guidelines.
- The school environment will be safe, comfortable, and pleasing within available resources, allowing ample time for eating meals.

The Litchfield School District has established practices to achieve the School Board's goals in accordance with the Wellness Policy Procedures.

### **Legal References:**

*Child Nutrition and WIC Reauthorization Act of 2004, P.L. 108.265, Section 204*

*Dietary Guidelines for Americans, 2005*

*Healthy Hunger-Free Kids Act of 2010*

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Approval: 2<sup>nd</sup> Reading, February 7, 2007

Reviewed: 1<sup>st</sup> Reading, May 3, 2006

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### WELLNESS POLICY PROCEDURES

The Litchfield School District is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and behavior.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life.

The Litchfield School District shall prepare, adopt, and shall strive to implement a comprehensive plan to encourage healthy eating and physical activity. The superintendent, or designee, shall ensure compliance with established district-wide nutrition and physical activity to promote health and wellness.

#### **Nutrition Education Component**

Nutrition education will be integrated into the health and science curricula as part of a sequential, comprehensive, standards-based program offered at each grade level designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors.

#### **Nutrition education:**

- Teaches consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community, and media;
- Is part of health education classes, science classes, and/or stand-alone classes;
- Includes the school cafeteria which serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom;
- Offers information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families;
- Is taught by staff who are adequately prepared and who participate in professional development activities in order to deliver an effective program;

#### **Physical Activity Component**

The primary goal for the district's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

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- Physical activity shall be integrated across curricula and throughout the school day. (Movement can be made a part of science, math, social studies and language arts.)
- Physical education courses will be the place where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge. Students with disabilities, special health-care needs, and those in alternative educational settings shall be included and provide modifications and/or accommodations as appropriate.
- All physical education classes on site will be taught by qualified physical education teachers.
- Time allotted for physical activity will be consistent with research, national and state standards.
- All elementary school students shall have at least one supervised recess daily, preferably outdoors. This time is not to be used as either reward or punishment (i.e. make-up work, testing or discipline). Recess should be considered before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
- All schools in the district shall consider offering extracurricular physical activity programs, such as physical activity clubs or intramural programs.
- When offering activities, all schools in the district shall consider the needs, interests, and abilities of all students, considering gender, students with disabilities, and students with special health-care needs.
- All personnel in district schools shall encourage student and family participation in activities that support physical activity.
- The school district will work cooperatively with the local police and public works committee to ensure that safe routes to and from school are maintained for students who wish to walk or bike to school.
- School facilities are available for use by supervised students, staff, and community members, upon request and subject to approval, before, during, and after the school day; on weekends; and during school vacations for the purpose of maintaining physical activity and nutrition programs.
- The school district will develop a Wellness Committee comprised of school personnel, administration, community members, and students to plan, implement, and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community.

### **Nutrition Standards Component**

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products shall be available wherever and whenever food is sold or otherwise offered at school during the normal school day. Examples include a la carte, snacks, vending machines, fund raising activities, parties, celebrations, and school sponsored events.

- Food pricing strategies shall be designed to encourage students to purchase nutritious items.

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- The school food and nutrition service program will operate in accordance with the Healthy Hunger-Free Kids Act of 2010 and with applicable laws and regulations of the State of New Hampshire.
- Students with special dietary needs and lifestyles (e.g. diabetes, celiac sprue, allergies, vegetarians) will be accommodated as required by USDA guidelines.
- Healthy snacks shall include fresh, dried, or canned fruits, vegetables; low fat milk; and grains.
- School celebrations should encourage healthy choices by planning to include healthy food options. School principals are given discretion in the oversight of school celebrations and birthday observances.

### **School Environment Component**

Schools will create an environment that provides consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life long habits.

- The school district will establish and maintain a Local Wellness Committee comprised of parents, teachers, administrators, food service personnel, school board member, and students to plan, implement, and improve nutrition and physical activity within each school environment.
- Schools shall provide opportunities for related education for food service professionals, educators, and administrators as part of their ongoing professional development program.
- Students and staff will have adequate space, as resources allow, to eat meals in clean, safe, pleasant surroundings and have adequate time scheduled as near the middle of the day as possible to eat, relax, and socialize.
- Food and beverages sold to students in vending machines located in school buildings will comply with the nutrition standards of the Dietary Guidelines for Americans.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Rewards and incentives shall be given careful considerations as to the messages they send to the students receiving them. Food shall not be used as a reward or incentive in the classroom, but other, more appropriate rewards will be used (e.g. extra free time, pencils, bookmarks) unless otherwise specified in an Individual Education Plan (IEP).
- Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance, unless prescribed in the IEP or Section 504 Plan.
- Teachers and other school personnel will not prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or poor academic performance; nor cancel recess or other physical activity for instructional make-up time.
- Schools shall provide community access to the school's physical activity facilities outside of the normal school day and/or form partnerships to institute recreation programs utilizing school facilities when possible.
- Fundraising activities shall strive to comply with the current nutrition standards and shall be approved by the School Board.

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- All non-school sponsored fundraising activities held in the school buildings during the normal school day will not involve foods that do not meet the nutrition standards of the Dietary Guidelines for Americans. However, food-based fundraisers are limited to three (3) exemptions per school year per school at local discretion. Fundraisers and exemptions will be tracked and logged by an assigned individual to confirm compliance.
- All non-school sponsored fundraising activities held outside of the normal school day should be waived from adherence to this policy.
- Food and beverages sold in school stores must meet the nutrition standards of the Dietary Guidelines for Americans.

### **Evaluation Component**

- A plan for measuring implementation will be developed by the Local Wellness Committee.
- Evaluations of the Wellness policy implementation shall be the responsibility of the District Wellness Committee and the Superintendent or his/her designee.
- Evaluation progress and results shall be communicated annually to school administration, the Litchfield School Board, and in the School District Annual Report.

### **Reference:**

*Child Nutrition and WIC Reauthorization Act of 2004, P.L. 108.265, Section 204*

*Dietary Guidelines for Americans, 2005*

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