

SCHOOL ADMINISTRATIVE UNIT #44
Strafford School District
Strafford, NH 03884

POLICY #JLCF - WELLNESS POLICY

The Strafford School District believes that overall wellness is a key component for a better, healthier life. Building healthy habits for nutrition and fitness in our youth will help develop school unity and will result in a healthier community in the years to come.

The Strafford School District believes that its responsibility is to provide an education in nutrition, health education, physical activity and fitness; and to model healthy habits for nutrition and fitness. The Strafford School environment will make wellness a core component. Strafford School will base its decisions for wellness on a combination of best practices, moderation, what is reasonable and self-evaluation to maintain that school environment that has wellness as a core component.

A comprehensive wellness policy must address four main topics:

1. Nutrition and fitness education and school activities;
2. Nutritional standards of foods students have access to during the day;
3. Guidelines for the school meals program;
4. A system for measuring the implementation and designation of individuals who will ensure that this policy is followed.

1. NUTRITION AND FITNESS EDUCATION AND SCHOOL ACTIVITIES

The Strafford School believes that all students should receive nutrition education through the health curriculum and other resources. Teachers should try to model healthy habits and encourage healthy choices. Fitness education should not be limited to the health department and physical education department. Classroom teachers should promote physical activity and stress its importance to the development of children.

Strafford School's commitment to wellness is based in educating its students, so they can make well-informed decisions on their own. The school's goal is to provide the information to the students with the hope that their choices regarding nutrition, personal eating habits and exercise will be healthy ones and the students will develop healthy practices for life through these habits they will begin to develop in their younger years.

In addition to education, Strafford School will provide after school activities each marking period that will promote wellness and be in addition to the regular school program. After school activities, however, may be limited by facility availability, student or staff interest and/or reasonable financial constraints.

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2. NUTRITIONAL STANDARDS OF FOODS STUDENTS HAVE ACCESS TO DURING THE DAY

In conjunction with the nutrition education being delivered to each student, healthy choices will be available whenever foods or beverages are available to students. The Strafford School believes that individual choice and providing options for children is the best way to establish healthy habits. The school will limit access to less healthy snack foods and drinks and will endeavor to provide healthy alternatives in the cafeteria whenever food or drinks are sold and in all vending machines to which the students have access.

3. GUIDELINES FOR THE SCHOOL MEALS PROGRAM

The Strafford School meals program operates with the philosophy that for students to obtain nutritional benefit from food, they must eat. Providing appealing meals with healthier alternatives in conjunction with nutrition education is the optimal way to develop healthy eating habits in students. The Strafford School belief is that healthier alternatives and nutrition education will ultimately contribute to the reduction of childhood obesity in the Strafford community.

The Strafford School meals program will operate under guidelines that will not be less restrictive than the regulations and guidelines set by the US Secretary of Agriculture in the Child Nutrition Act or the Richard B. Russell National School Lunch Act.

4. A SYSTEM FOR MEASURING- THE IMPLEMENTATION AND DESIGNATION OF INDIVIDUALS WHO WILL ENSURE THAT THIS POLICY IS FOLLOWED

A wellness committee, comprised of a physical education teacher, a health education teacher, a food service director and an administrator, will be responsible for ensuring consistent implementation of this policy. This committee will make recommendations for changes to this policy or to the way it is being implemented in the school, based on the needs of the students, community and staff and/or changes in the standards for nutrition in the Child Nutrition Act or the Richard B. Russell National School Lunch Act.

Legal Reference:

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

ADOPTED BY THE BOARD

June 14, 2006

THE STRAFFORD SCHOOL BOARD

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