

WELLNESS

The Mascoma Valley Regional School Board recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles, minimizing childhood obesity, and preventing other diet-related chronic diseases. The Board recognizes that scientific research has identified a relationship among adequate and appropriate nutrition, physical activity and academic student success. It is the goal of the Board that the entire learning environment be aligned to positively influence a student's understanding, beliefs and habits as they relate to good nutrition, physical activity, and the establishment of lifelong healthy habits.

Nutrition Education Goal:

Students will have nutrition education through coursework (Physical Education and Health Education) and health promotion strategies. Age appropriate nutrition education materials will be posted in schools 3 out of 9 months for 3 years. Materials will be posted in the cafeterias, hallways, and classrooms. These materials are designed to help students make more informed choices and encourages them to practice skills.

Nutrition Promotion Goal:

By 2023 we will be transparent with monthly community outreach. All families, staff, and students will be provided with current wellness information.

Physical Activity Goal:

Students will be given opportunities to gain knowledge, skills, behavior and motivation needed to be physically active for life through developmentally appropriate daily activities such as recess, physical education classes, and integration of physical activities into morning meetings and other academic curriculum areas. The Board directs school staff to promote physical activity on a daily basis as a way to manage health risks now and in the future. Students in grades K-6 will have a minimum of 20 minutes of recess available daily. Students in grade 7-8 will have a minimum of 15 minutes of recess each day in addition to their regularly scheduled PE classes. Students in grades 9-12 will have access to PE classes as electives year round.

By 2023 all schools in the district will have implemented a movement initiative, such as The Mascoma Mile, district wide challenges determined by the Wellness Committee, and more movement breaks.

Nutrition Standards

School Meals: Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that 100% of the served grains are whole grain.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information is available on the district website.

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will operate the School Breakfast Program.
- Schools will arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, or breakfast during morning break or recess.
- Schools will notify parents and students of the availability of the School Breakfast Program.
- Schools will have available Breakfast After the Bell.

Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means

Foods and beverages sold individually during the regular school day (*i.e.*, foods sold outside of reimbursable school meals, such as cafeteria a la carte [snack] lines, fundraisers, school stores, etc.) will follow the guidelines outlined below and Smart Snacks in School nutrition standards.

Grades PreK-4: The school food service program will approve and provide all food and beverage sales to students in grades PreK-4. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, low-fat and non-fat milk products, fruits, and non-fried vegetables.

Grades 5-12: In grades 5-8 and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet Smart Snack standards:

- Food items sold individually during the regular school day:
- will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat;
- will have no more than 200 calories per portion sold
- will have no more than 35% of its weight from added sugars

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Beverages sold during the regular school day are limited to the following:

- Bottled Waters with no added sugars
- Vegetable juice
- Fruit Juice and Juice Beverages \geq 50% juice, no added sugars
- Milk Low fat and fat free
- Flavored Milk fat free

Yogurt Drinks Low Fat and fat free
Diet Beverages may be included as a non-water alternative for certain dietary needs.

All beverage options have a maximum allowable calorie content of 200 calories per container sold.

Special Events

Special events such as school or class celebrations will feature healthy foods that meet the nutrition guidelines for foods sold during the school day. The District recognizes that foods that fall outside of the nutrition guidelines may be appropriate in rare circumstances, but will not be available to students on a regular basis.

Wellness Advisory Committee

A District-wide wellness advisory committee has been established for the purpose of assessing the nutrition and physical activity environment throughout the District and in compliance with current laws and regulations. The committee consists of representation from parents, students, the school's food service program, guidance, health and PE teachers, administration, other health professionals and community partners. This advisory committee will also assist with menu planning. The school staff will receive input from the wellness advisory committee and make recommendations to the Board for integrated wellness education as appropriate.

Evaluation

The wellness committee will meet a minimum of four times a year to review policy implementation and evaluate school wellness using data from the Youth Risk Behavior Survey, cafeteria sales, school schedule of physical activities, records of events serving foods outside the guidelines and other sources. The committee will assess the wellness goals and how the District policy compares to model policies every three years and make recommendations to the school board for changes in policy when appropriate.

Legal References:

RSA 189:11-a, Food and Nutrition Programs
Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004
Ed 306.04(a)(20), Wellness
Ed 306.401, Health and Wellness Education Program

Adopted: 8/11/09

Revised: 5/16/14

Board Approved: 11/25/14

Revised: 5/2/17; 1st Reading 5/9/17; 2nd Reading/Adopted 5/23/17

Reviewed/Revised Wellness: 3/3/20; 1st Reading: 4/28/20; 2nd Reading/Adopted: 5/12/20