

Also EFF

## **WELLNESS POLICY**

The Berlin 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 also recognizes and is committed to support the Berlin School System in its efforts to serve as a resource and model for wellness for students, staff and the community. It is therefore a goal of the Board that the learning environment be aligned to positively influence a student's understanding, belief and habits as they are related to good nutrition and physical activity.

A healthy school environment goes beyond school meals in the cafeteria. The district further recognizes that oral health and mental health are a part of overall wellness. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and an appropriate amount of physical activity. All foods made available on school campuses should offer children nutritious choices, and physical activity should be incorporated into the school day as often as possible. The healthy, physically active child is more likely to be academically successful (Center for Disease Control and Prevention, 2010).

### **K-12 Goals:**

- 1) The District will teach, support and encourage healthy eating habits for students.
- 2) The District shall teach, support, and encourage appropriate daily physical activity.
- 3) The District shall educate students, staff and community members to the important benefits of a healthy lifestyle.
- 4) The District will integrate the nutrition guideline outlined in this policy.
- 5) The District will promote good oral health.
- 6) The District will promote resources to help support mental health.

## **NUTRITION**

The Berlin district's nutritional standards are based upon standards established by the USDA Guidelines. These nutrition guidelines apply to all foods available to students on school grounds during the school day, including but not limited to the school breakfast and lunch program, snacks during and after school programs, foods and beverages sold in vending machines/school stores and as part of classroom lessons/activities, parties, celebrations or fundraising efforts.

## **EDUCATION**

The District shall follow the health curriculum guidelines set forth by the NH Department of Education. This curriculum will provide the students with the knowledge and skills needed to

engage in sound nutrition behavior. This includes students of all abilities. Nutrition education will be made available to parents/guardians and the community.

### 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. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

### PROMOTION OF HEALTHY NUTRITION

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 through schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approaches by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. The District will further ensure 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques are available at <http://www.foodplanner.healthiergeneration.org>

### SCHOOL MEALS

School Meals served in the Berlin District Shall meet or exceed the nutrition requirements established by the USDA, laws and regulations. Administration of the school meal program will be by a qualified school food service staff. School lunches and breakfast programs will offer a variety of foods and healthy choices for students and staff. Nutritional information about school meals will be available for students and parents through menus, monthly newsletters and other appropriate school media.

Eligibility for and distribution of free and reduced priced meals will be provided with confidentiality in accordance with state and federal requirements. In order to meet the nutritional needs of children and enhance their ability to learn, all schools in the district provide a breakfast program in addition to their lunch programs. Students in all grade levels will be provided at least

20 minutes to consume their lunch. Elementary Schools participate in the USDA Fruits and Veggies Snack Program.

### COMPETITIVE FOODS AND BEVERAGES

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive foods and beverages”) will meet the USDA Smart Snack in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

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 may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

All food items available through schools and school functions should meet or exceed nutritional standards. Most foods sold individually outside the reimbursable school meal programs (including those sold through vending machines, school stores, concessions, fundraising, etc.) to students during the school day, will meet the nutrition and portion size standards as stated in the John C. Stalker Institute of Food and Nutrition known as the JSI A-List or the Nutrition Calculator.

Federal Rule for a School Day is defined by 12:00, Midnight to 30 minutes after school dismissal bell. This policy does not pertain to after-school activities such as: Parent/Teacher Organizations, Backers, Parents Club, sporting events and booster clubs.

### FUNDRAISER ACTIVITIES

Any fundraiser activity that involves consumption within the school day hours will meet the Smart Snacks Standard.

## FOOD AND BEVERAGE MARKETING IN SCHOOLS

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. ***\*All efforts will be made to permit only those advertisements that impart consistent messages about nutrition education and health which is the Districts mission.***

Schools will monitor use of foods or beverages as rewards for academic performance or good behavior and will not withhold food from breakfast or lunch as punishment.

Snacks served during the school day or in after-school programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

School Store items should be non-food items or food items that meet guidelines of this policy. School store cannot sell food items to students when the school food services are open for sales and service.

Celebrations should limit any that involve food during the school day. Each party should include only foods that meet guidelines set in this policy.

Subject area lessons involving food preparation should follow nutritional guidelines as part of the instruction of the lesson. School staff involved in food related events are encouraged to communicate with school food services to assist with planning. Where possible, staff will order foods through food service managers.

Classroom Activities shall limit the use of food items for instructional purposes unless it is essential to a curriculum area.

## PHYSICAL EDUCATION AND PHYSICAL OPPORTUNITIES

Berlin Public Schools will follow the New Hampshire K-12 Physical Education Curriculum Guidelines provided by the NH Alliance for Health, Physical Education, Recreation and Dance, and the NH Department of Education.

Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television. Opportunities for physical activities will be incorporated into other subject lessons. Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting physical education requirements. The District will encourage students K-12 to participate in supervised physical activities, either organized or unstructured that are intended to maintain physical fitness and to

foster understanding of the short and long –term benefits of a physically active and healthy lifestyle.

Students will spend at least 50% of physical education class time participating in a moderate to vigorous physical activity.

School staff will not withhold participation of physical education class as punishment.

### IMPLEMENTATION AND EVALUATION

Each building Principal is charged with the operational responsibility for ensuring that their school follow the guidelines set forth in this policy and implements strategies for achieving the targets set forth by the Superintendent. The Wellness Committee will periodically assess the nutrition and physical activity environment throughout the District and provide input to each Building Principal and Superintendent regarding progress on the current targets, recommend any new targets and identify strategies in support of the goals stated in this policy. The Superintendent and Building Principals will decide upon the targets and strategies in support of the goals stated in this policy. Periodic progress reports will be provided to the School Board.

### COMMUNITY INVOLVEMENT

The Board will establish a Wellness Committee that will periodically assess the nutrition and physical activity environment throughout the District. This group will assess progress on the current goal targets, recommend any new goal targets and identify strategies for achieving them. The committee will be established on a voluntary basis with representation from all building levels. The committee will consist of a group representing parents, students, the school's food service program, the school administrators, regular and wellness related faculty and staff, as well as members of the public with wellness related expertise. The purpose of this advisory committee is to provide content area expertise and community input. Content and implementation of the Local Wellness Policy will be available to the public.

### ANNUAL NOTIFICATION OF POLICY

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website ([www.sau3.org/staff/wellness](http://www.sau3.org/staff/wellness) or [www.sau3.org/parents/wellness](http://www.sau3.org/parents/wellness)) and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment.

## POLICY UPDATE, REVISION, AND PROGRESS ASSESSMENTS

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy
- The extent to which the Districts wellness policy compares to the Alliance for a Healthier Generations model wellness policy; and
- A description of the progress made in attaining the goals of the Districts wellness policy.

The District will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges, and new Federal or State guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

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Revised: February 4, 2016

Revised: June 1, 2017

**Revised: July 1, 2022**