

Date completed: Annually Name: Berlin Public Schools

New Hampshire Public Schools Local Wellness Policy Checklist

This checklist has been created based on USDA requirements found here:

<https://www.fns.usda.gov/tn/local-school-wellness-policy> As of August 29, 2016, the minimum requirements for local school wellness policies have changed. Use the checklist below as a guide to review that your policy meets the current USDA minimum wellness guidelines. If regulatory items based on RSA 189:11 additional funding for breakfast meal served contingent upon SA approval of this policy.

Policy Requirement	Yes	No
1. Does the local wellness policy have at least one measurable goal for nutrition education for students?		
2. Does the local wellness policy have at least one measurable goal for nutrition promotion in the school? (Examples include, but are not limited to, guidelines for food or beverage advertisements.)		
3. Does the local wellness policy state that, if the SAU/School District/School chooses to allow marketing to students, it allows only marketing of those foods and beverages that meet the federal competitive foods (Smart Snacks) standards for foods sold in schools?		
4. Does the local wellness policy state that the SAU/School District/School follow the federal school meal and competitive food (Smart Snacks) standards for all foods sold to students during the school day? (School day is defined as the period from the midnight before to 30 minutes after the end of the official school day.)		
5. Does the local wellness policy include guidelines for all foods provided during the school day but NOT available for sale? (Examples of foods available but not for sale include, but are not limited to, classroom celebrations, classroom snacks brought in by parents, or foods given as incentives.)		
6. Does the local wellness policy have at least one measurable goal for physical activity? (Examples include, but are not limited to, guidance for recess time or physical activity breaks.)		
7. Does the local wellness policy have at least one measurable goal for other school-based wellness activities? (Examples include, but are not limited to walk/bike to school, staff wellness, HUSSC Award application, sponsoring health fairs, school gardens, Farm to School.)		
8. Does the local wellness policy establish wellness policy leadership by identifying at least one SAU/School District/School official (by title only) that has the authority		

and responsibility to ensure each school complies with the policy? (Examples include, but are not limited to, principal, vice principal, superintendent.)		
9. Does the local wellness policy state how the SAU/School District/School permits parents, students, school foods representatives, PE teachers, school health professionals, school board members, school administrators, and members of the general public to participate in the development, implementation, review, and update of the local wellness policy?		
10. Does the local wellness policy state how the public will be notified annually of the availability of the local wellness policy and on any updates made to the policy? (Examples of notifications include, but are not limited to posting the policy on the website, posting a hard copy at each school, posting a copy in the school newsletter or local newspaper.)		
11. Has an assessment on the implementation of the local wellness policy been completed in the last three years (triennially) and been made available to the public? Triennial assessment should include progress in attaining the goals of the policy, how the policy compares to model wellness policies, and school compliance with the wellness policy.		
The SAU/School District/School has the following documentation available:		
12. Copy of the current local wellness policy.		
13. Documentation on how the policy and assessments are made available to the public.		
14. Most recent assessment of the implementation of the policy.		
15. Documentation of efforts to review and update policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.		

Best Practices in policy not required for additional funding, separate page for best practices.

Prepared by NH School Wellness State Agency Committee: Debbie Luppold, Robin Peters (UNH Cooperative Extension); Cheri White (NH Department of Education), NH DOE, NH DHHS, UNH Cooperative Extension. June 2017; Revised 2019
Need more info? Go to: <https://www.fns.usda.gov/tn/local-school-wellness-policy>

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