

NEW BOSTON SCHOOL DISTRICT

DISTRICT WELLNESS

The New Boston School District recognizes the importance of physical wellness to a student's educational and emotional success in their life. The New Boston School District also recognizes the important role a school district can play in providing opportunities and experiences for students to experience positive wellness activities. To support those beliefs, the New Boston School District has established the following goal and commitments/strategies to support student wellness.

Goal

All students attending the New Boston School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. To meet this goal, the New Boston School District adopts this school wellness policy.

Nutrition Environment

New Boston Central School meets or exceeds the established USDA and State standards for the school meals programs.

The food service staff meets all professional development requirements as outlined by the State Department of Education, USDA and/or the New Boston School District.

All foods made available on campus adhere to food safety and security guidelines.

The USDA has established nutrient standards for all foods sold during the school day, defined as 12:01am through 30 minutes after the last bell 7CFR 210.11(a)(5). The standards apply to any food (vending, fundraisers, school stores, etc.) sold to students during the school day throughout the school campus and is required by the Healthy, Hunger-Free Kids Act of 2010. All groups selling food during the school day are to be in compliance with those standards.

Celebrations are encouraged to utilize a variety of strategies, such as one celebration per month per classroom, sign-up sheets with healthy suggestions, and celebrations without food (providing extra recess or playing board games). Other ideas may be found at www.kchealthykids.org or www.yaleruddcenter.org

The Healthy Hunger Free Kids Act allows for State flexibility to allow each school to hold a certain number of bake sales/fundraisers per year. Through this flexibility allowance, the New Hampshire Department of Education has determined that a total of 3 bake sales/fundraisers per school per year will be allowed. Each bake sale/fundraiser may have a duration of 3 days. The food sold in the bake sales/fundraisers (if the fundraiser is food based) is not required to conform to the United States Department of Agriculture's (USDA) nutrient standards. All other bake sales/fundraisers beyond the 3 allowed in the school year must conform to USDA's nutrient standards.

The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals.

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(Continued)

Nutrition Education

Sequential and interdisciplinary nutrition education is provided and promoted. Nutrition education is offered in the school dining room as well as in the classroom, with coordination between foodservice staff and teachers.

Nutrition is integrated with health education and core curricula, e.g., math, science, language arts. The school links education activities with the coordinated school health program. Staff who provide nutrition education have appropriate training.

Physical Activity

Patterns of meaningful physical activity outside of school are encouraged. Health education curriculum standards and guidelines include both nutrition and physical education.

Active participation in recess is encouraged; the denial or reduction of physical activity time for instructional make-up time is discouraged.

Implementation

A district committee is established and addresses all aspects of the New Boston District Wellness Policy. The committee consists of representation from parents, students, food service, school board, administration, nursing, teaching staff and other members as authorized by the School Board.

- The Wellness Leadership team addresses issues regarding regulation and policy adherence in the school.
- New Boston Central School's Wellness committee mirrors the SAU Wellness committee make up.
- A review of progress of the school committee's implementation of the Wellness Policy is conducted yearly.
- A website will be established to include committee members, the wellness policy, school goals, and contact information for how the public can be involved.
- Any and all assessments as required by USDA will be completed.

Legal References:

RSA 189:11-a, Food and Nutrition Programs,

NH Code of Administrative Rules, Section Ed. 303.01(g), Substantive Duties of School Boards

NH Code of Administrative Rules, Section Ed. 306.02

NH Code of Administrative Rules, Section Ed. 306.04(a)(20)(23)

NH Code of Administrative Rules, Section Ed. 306.11, Food & Nutrition Services

NH Code of Administrative Rules, Section Ed. 306.40(g)(h)Health Education Program

NH Code of Administrative Rules, Section Ed. 306.41, Physical Education Program

7 CFR 210.10, Nutrition Standards and Menu Planning Approaches for Lunches and Requirements for After School Snacks

Healthy, Hunger-Free Kids Act of 2010

NH DOE Technical Advisory, 21

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