

NEW BOSTON SCHOOL DISTRICT

DISTRICT WELLNESS

The New Boston School District recognizes the importance of physical wellness and proper nutrition 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.

Standards for Food and Beverages

New Boston Central School meets 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 through the school meal program 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 can be found on the New Boston Food Service website.

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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Goal for Nutrition Education & Promotion

All students will be offered at least 2 nutrition education lessons using up to date nutrition information. The lessons can be integrated into various subjects including math, science, English, etc.

The cafeteria will display 2 posters promoting good nutrition during the school year.

Goal for Physical Activity

All students K-6 will receive at least one recess a day that is no less than 20 minutes long.

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

Goal for Other School-Based Activities

All students K-6 will be encouraged to participate in activities such as fun runs, field days, non-cut sports.

All teachers are encouraged to provide classroom breaks with physical activity. All teachers are provided access to the outside classroom.

Public Involvement & Updates

The most recent local wellness policy and assessments will be posted on the district website.

Wellness Committee

The Superintendent will appoint the Wellness committee chair.

The SAU wide Wellness Committee will consist of the chair, food service director, teachers, administrators, nurses, and any other individual who has an interest in student wellness. If anyone is interested to join the committee, please access the Wellness information on the district's website.

A Building Wellness representative will record any wellness activities completed within the building.

As a statutory committee, the Wellness Committee shall comply with the requirements of RSA 91-A regarding meetings.

Monitoring

- The chair and committee will meet yearly to review school compliance with the policy.
- The chair and committee will record and publish all meeting minutes on the Wellness website.
- The chair and committee will complete the Triennial Evaluation of the policy and provide that information to the school board and public by the Wellness website.

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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

Proposed: 06/08/2006

Adopted: 06/08/2006

Proposed: 10/09/2014

Adopted: 11/12/2014

PRC Review: 05/14/2015

Proposed: 04/10/2024

Adopted: 06/05/2024

NHSBA Review: 01/23/2014