

WELLNESS POLICY

The board recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting health lifestyles, minimizing childhood obesity and preventing other diet-related chronic diseases. The board also recognizes that health and student success are inter-related. It is therefore 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 and physical activity.

The Wakefield School District will accomplish these goals by recommending:

1. The establishment of a district wide wellness committee to promote physical and mental well being.
2. Integrating nutrition education into the k-8 curricula by an informed staff.
3. Serving as a model for good food choices and preparation through its cafeteria program, vending machines and other nutritionally related activities. This includes all fundraisers and school store sales that include food or drink items. Provide opportunities for all students to learn about and enjoy physical activity that will foster an understanding for the need for lifelong fitness and health in a safe environment.
4. Follow best food practices for content quantity, variety and balance of food offerings.
5. Maintain appropriate health monitoring by school nurses; proactively seek to prevent health problems; and to provide adequate counseling services to meet the needs of the students.
6. Partner with families, vendors, townspeople and other school contacts to maintain adequate education about nutrition and physical activity for all students (to provide information about the value of appropriate nutritional intake and vigorous, sustained physical activity for all students).
7. Minimizing the use of foods and beverages as rewards such as for parties and celebrations.
8. All students in all schools participate in a minimum of 30 minutes of developmentally appropriate physical activity each day.
9. An annual wellness report will be made to the board.

The board directs the superintendent to develop procedures to implement this policy based on the recommendations of the wellness advisory committee and in compliance with national and statewide nutritional guidelines for healthy living.

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
NH Code of Administrative Rules, Section Ed. 303.01(g), Substantive Duties of School Boards
NH Code of Administrative Rules, Section Ed. 306.11, Food & Nutrition Services
NH Code of Administrative Rules, Section Ed. 306.40, Health Education Program
NH Code of Administrative Rules, Section Ed. 306.41, Physical Education Program

Mr. Nathan Fogg, Chairperson
Mr. Laurie Howe
Mr. Rodney Cools
Mr. Jason Brown
Mrs. Margaret Howard-Hilton

Adopted by the Board: 21, June 2006