

WELLNESS POLICY

The Board recognizes that wellness comprises physical, social, emotional, and academic health. Proper nutrition and developmentally appropriate physical activity are important ways of promoting healthy lifestyles, minimizing childhood obesity, and preventing other diet-related chronic diseases. Furthermore, health and student success are inter-related. The Board therefore maintains the goal that the district will foster a learning environment that helps students attain the knowledge and habits to promote wellness. 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, and social/emotional wellness. As part of the program, students will be given opportunities to gain the knowledge, skill, behavior, and motivation needed to be physically active for life through daily activity offerings such as recess periods, academic curriculum, and after-school programs including intramurals, interscholastic athletics, and physical activity clubs. The Board directs the building principals to encourage student physical activity.

I. Nutrition Educational Goals

- A. Nutrition education will be part of the school curriculum in per Policy Committee Feedback. The nutrition education program will be based on theories and methods that are drawn from published research and be consistent with state and district health education guidelines. Nutrition education activities will be age-appropriate, interactive and teach the skills needed to adopt healthy eating habits. Nutrition programming will educate students in the following areas:
 - 1. Nutrition Information: This information will include, but will not be limited to, the benefits of healthy eating, essential nutrients and nutritional deficiencies, the principles of healthy weight management, the use and misuse of dietary supplements, and safe food preparation, handling, and storage.
 - 2. Nutrition Skills: This information will include, but will not be limited to, planning a healthful meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and advertising.
 - 3. Nutrition Goals: This information will include, but will not be limited to, setting goals for nutrition improvement and using proven tools (such as food journals) to achieve those goals.
- B. The health educators will work with the teaching teams to support nutrition education into the curriculum.
- C. The program will welcome parents' involvement in the school's nutrition education program.

II. Nutrition Standards For All Foods Available On The School Campus

- a. Foods and beverages sold or served at school will meet the most current nutrition recommendations of the U.S. Dietary Guidelines for Americans. Nutritional information on foods sold at school through the school food program shall be made available to parents and guardians upon request.

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- b. The school will engage students through taste- tests and/or surveys designed to identify new, healthful, and appealing food choices.
- c. The school food service personnel will be given on-going professional training and development in the area of nutrition. Periodic consultation with a registered dietician will be encouraged.
- d. The school food service program will strive to provide and promote healthful food choices.
- e. All foods made available will comply with food safety and security guidelines.
- f. Students will be given a clean, safe, and comfortable dining environment and will be allowed ample time for meals. (Recommended snack time: 15 minutes. Recommended mealtime: 25 minutes.) (Adheres to state rules for 25 min. lunch)
- g. Foods and drinks offered in vending machines must not compete with balanced school meals. Access to vending machines may need to be limited.
- h. Students will have access to healthy, nutritious breakfast at school.
- i. Students will not be denied participation in meal or snack times as a form of punishment.
- j. All students are entitled to eat during meal and snack times. If a student forgets his or her lunch or lunch money, a meal will be provided by the school food service program that day, in Accordance with Policy #EFAA. Students must repay the school food service program in a timely manner.
- k. Food and beverages will not be used as a reward for academic performance or behavior on a regular or daily basis. Food and beverages may be distributed for a variety of other reasons: to complement a classroom lesson, to refresh students when energy is lagging, to enhance special events such as fall/Halloween parties, winter celebrations, Valentine's Day parties, birthday celebrations, etc. Healthful food choices will be served as much as possible.

III. Physical Activity Goals

Physical education classes will provide physical activity opportunities to develop knowledge and a variety of skills that promote physical activity and fitness. All Barrington School District students in grades 1-8 will regularly participate in physical education taught by a certified physical education teacher.

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Integrating Physical Activity into the Classroom Setting

Students will be given opportunities to regularly participate in developmentally appropriate physical activity and exercise. We are committed to fostering an environment conducive to physical activity and exercise through recess, intramurals, clubs, and organized sports. Toward that end:

- 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 activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- “Screen time” of any kind will not be used as a reward for academic performance or behavior on a regular or daily basis, except in the case of individualized plans deemed most appropriate for specific students’ needs.

Physical Activity Opportunities Before and After School

Barrington School District will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The middle school as appropriate, will offer interscholastic sports programs. Barrington School District will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, and students with disabilities.

IV. Goals For Social and Emotional Growth

Social/emotional health education will be part of the school health/guidance curriculum in grades K through 8. This education program will be based on theories and methods that are drawn from published research and be consistent with state and district health education guidelines.

- a. Social/emotional education activities will be age-appropriate, interactive and teach the skills needed to foster social growth and emotional wellness.
- b. Staff will emphasize the correlation between physical health, social/emotional health and the ability to learn and succeed in school.

V. Goals For Other School-Based Activities to Promote Student Wellness

Outside of regular school hours, the school is committed to making the school facility available to members of the school and community for wellness-related recreational programs, with scheduling priority given to school-related functions. Include this section per surrounding school districts to encourage school-community wellness programs. (Refer to Use of School Facilities Policy-KF).

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A District-wide wellness advisory committee will be established with the purpose of assessing the nutrition and physical activity environment throughout the district and

making recommendations to the Board for a comprehensive wellness program. The committee will consist of representation from parents, students, the school's food service program, administration, and the public. Program implementation will be monitored and progress evaluated with an annual report 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 and physical activity 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

Ed 306.04(a)(20), Wellness

Ed 306.401, Health and Wellness Education Program

Adopted: October 19, 2005

Amended: March 5, 2019