

GUIDELINES FOR SCHOOL WELLNESS IMPLEMENTATION

1. Foods Available at School (outside the school nutrition program to include the following)

- Vending machines
- Beverage contracts
- Fundraisers
- Student stores
- School parties/celebrations

Healthy snacks will be encouraged and modeled by all classroom teachers at classroom events during school hours. Food offered to students will be coordinated with the School Nurse and/or the School Nutrition Director. Only water will be offered via vending machines to students in grades K-8. Student stores will not offer food items. The handbook will encourage parents to make healthy food choices for parties.

2. Food Safety/Food Security

All foods made available will comply with state and local safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in school. For safety and security of the food and facility access to the School Nutrition operation is limited to School Nutrition staff and authorized personnel. The school kitchen is a peanut/tree nut free space. No foods may be brought in that contain nuts, or are manufactured in or processed in a facility that uses nuts. Nutrition information for products offered will be made available upon request. The School Nutrition Director will work with state and local agencies to request at least two food safety inspections each year.

3. School Nutrition Program

The School Nutrition Program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the program is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

Consistency with NH state minimum standards as follows:

- School Meals served at Lincoln Akerman School shall meet or exceed the nutrition requirements established by the USDA, laws, and regulations. School lunches and breakfast programs will offer a variety of foods and choices for students. Nutritional information about school meals will be available for students and parents through menus, websites and other appropriate school media.

Adopted: DATE: June 17, 2006
Reviewed: September 6, 2007
Revised: April 7, 2016
Cancellation:

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- Provide a qualified individual, such as, but not limited to, a School Nutrition Director, to oversee the operation of school meals to meet current state and federal regulations, and maintain current state health requirements. The Director shall obtain certification or credentials from an approved program, including but not limited to, School Nutrition Association (SNA) certification, and meet all USDA professional standards.
- All food service employees shall, within their first year of employment, obtain a certificate of completion for an approved sanitation course.
- Hampton Falls School District whenever possible:
 - Shall ensure students have sufficient time to eat breakfast and lunch.
 - Shall schedule meal periods at appropriate times.
 - Shall not schedule tutoring, club, or organizational meetings/activities during mealtimes, unless students may eat during such activities.

4. Nutrition Education

Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and/or social studies. The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

5. Other School Based Activities

After School programs will encourage physical activity and practice healthy lifestyle habits. School Wellness policy goals shall be considered when planning all school-based activities (such as school, field trips, dances, and assemblies).

6. Daily Recess

Provide at least one daily supervised and unstructured recess period consisting of a minimum of 15 minutes for Grades K-8. Recess will preferably be outdoors, during which moderate to vigorous physical activity will be encouraged. In lieu of recess, grades 6-8 will be provided a short physical activity break mid-day, when appropriate. In the case of inclement weather (excessive cold/wind chill or heat), administration will decide whether to make a particular recess an “indoor recess”. If this is the case, individual teachers will attempt movement activity during this stated time.

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7. Physical Activity

Time allotted for physical activity (in addition to physical education) that is consistent with research, national and state standards. Physical activity facilities on school grounds will provide a safe environment.

8. Physical Education

The program shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels.

9. Integrating Physical Activity into the Classroom

For students to fully embrace regular physical activity as a personal behavior, students will have opportunities for physical activity beyond physical education class. Hampton Falls School District strives to incorporate physical activity into the classroom by integrating physical activity into the health education curricula and core curriculum.

- Provide classroom health education that 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 screen time.
- Provide opportunities for physical activity to be incorporated into other subject lessons.

Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

10. Implementation

The building principal is responsible for ensuring that the school follows the guidelines set forth in this policy and implements strategies for achieving the targets set forth in it. The Hampton Falls School Wellness Committee will periodically assess the nutrition and physical activity environment throughout the school and provide input to the Principal.

The Wellness Committee charged with the writing and updating of this policy will be overseen and chosen by the district's principal. The committee will consist of persons from varying disciplines.

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The Wellness Committee is open to input from anyone within the school or community whose goal is to broaden or improve the health of the Hampton Falls School District students and staff.

Policy Review

In an effort to keep the Hampton Falls School District's Wellness Policy up to date with the changing developments in nutrition and physical activity, the Building Principal will review the policy periodically, and in conjunction with the committee, will conduct periodic assessments of the school's existing nutrition and physical activity environments and policies.

The Hampton Falls Wellness Committee will revise the Wellness Policy and develop work plans to facilitate its implementation as necessary.

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