

STUDENT WELLNESS POLICY

1. Goals/Mission Statement

The Gilford School District promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential.

2. Nutrition Standards

The Gilford School District strongly encourages the sale and distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverages, and candy on school grounds.

A. Guidelines for food and beverages in the school lunch program:

The School Food Service Program shall provide healthy meal choices for students and adults ensuring that meals offered meet or exceed the federal guidelines. Menus will be written that are consistent with the Healthy Hunger-Free Kids Act of 2010.

Healthy Hunger-Free Kids Act of 2010

The guidelines released by the USDA and the Health and Human Services, provide authoritative advice for people two years of age and older about how proper dietary habits can promote health and reduce the risk of major chronic diseases.

MyPlate replaces the Food Guide Pyramid that was introduced in 1992. MyPlate is part of an overall food guidance system that emphasizes the need for a more individualized approach to improving diet and lifestyle. MyPlate incorporates recommendations from the 2010 Dietary Guidelines for Americans. Some of the highlights include:

- Make half your plate fruits and vegetables
- Switch to skim or 1% milk
- Make at least half your grains whole
- Vary your protein food choices
- Keep your food safe to eat – learn more at <http://foodsafety.gov/>
- Remember to include exercise, daily.

References: Healthy Hunger-Free Kids Act of 2010 available at www.fns.usda.gov/tags/hhfka

[MyPlate](http://www.choosemyplate.gov) available at <http://www.choosemyplate.gov>

Dietary Guidelines 2010 at <http://www.health.gov/dietaryguidelines/2010.asp>

B. Food and beverages in a la carte school lunch sales shall meet the USDA Smart snacks in School Guidelines:

Food Items

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: $\leq 35\%$ of calories
 - Saturated fat: $< 10\%$ of calories
 - Trans fat: zero grams
- Sugar limit:
 - $\leq 35\%$ of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item.

Beverages

- Plain water (with or without carbonation);
 - Unflavored low fat milk;
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP;
 - 100% fruit or vegetable juice; and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

- Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
 - No more than 20-ounce portions of:
 - Calorie-free, flavored water (with or without carbonation); and
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of:
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

C. Guidelines for food and beverages sold in vending machines and school stores on school campuses:

- Only foods that meet the nutrition and portion size standards for a la carte school lunch sales will be sold in vending machines and school stores on school campuses. Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items where practical.

D. Guidelines for food and beverages sold as part of school sponsored fundraising activities:

- Only foods that meet the nutrition and portion size standards for a la carte school lunch sales standards may be sold at fundraisers on the school campus during school hours;
- The standards would not apply to items sold during non-school hours, weekends, or off-campus fundraising events;
- The school day is defined as the period from midnight, to 30 minutes after the end of the official school day; and
- NH DOE will allow each school to hold up to nine exempt bake sales or fundraisers, which are one day in duration, per school year.
- *Note:* No exempt fundraiser/bake sale foods or beverages may be sold in competition with school meals in the food service area during the meal service.

E. Guidelines for food and beverages served at parties and celebrations during the school day:

- Schools may hold an unlimited number of parties or celebrations if the food they are serving meets the nutrition and portion size standards for a la carte school lunch sales;
- Schools should limit parties and celebrations that involve food that do not meet the nutrition and portion size standards for a la carte school lunch sales during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards. Foods or beverages that do not meet the nutrition and portion size standards for a la carte school lunch sales will be served in single serving portions only.

F. Guidelines for food and beverages served at snack time and at after-school, summer school, and extended day programs:

- Snacks served during the school day or in after-school or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as primary snacks and water, lowfat milk, and 100% fruit juice as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. When snacks, other than fruits and vegetables are served, only foods that meet the nutrition and portion size standards for a la carte school lunch sales will be served. (Unless this practice is allowed by a student's individual education plan – IEP.) Schools will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

G. Guidelines for food and beverages served as rewards and prizes:

- Schools will not use foods or beverages as rewards or prizes for academic performance, good behavior, or achieving a class or school fundraising goal. Schools will not withhold food or beverages (including food served through school meals) as a punishment.

H. Guidelines for food and beverages served at school- sponsored events:

- Schools are encouraged to offer or sell foods and beverages that meet the nutrition and portion size standards for a la carte school lunch sales at school-sponsored events. No foods or beverages that do not meet the nutrition and portion size standards for a la carte school lunch sales will be served on school campuses from midnight to 30 minutes after the end of the official school day.

I. Guidelines for food and beverages served as a part of a school project or as an extenuation of the class curriculum:

- Teachers are encouraged to include foods that meet the nutrition and portion size standards for a la carte school lunch sales when food and beverages are served that are a part of a school project or served as an extenuation of the class curriculum should be encouraged. Foods or beverages that do not meet the nutrition and portion size standards for a la carte school lunch sales will be served in single serving portions only.

J. Guidelines for food and beverages served as a part of a parent-sponsored function:

- Parents are encouraged to include foods that meet the nutrition and portion size standards for a la carte school lunch sales when food and beverages are served that are a part of a parent-sponsored function or served as an extenuation of the class curriculum. Foods or beverages that do not meet the nutrition and portion size standards for a la carte school lunch sales will be served in single serving portions only.

References: http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf

3. Physical Activity Goals

The primary goal for the Gilford School District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physical and healthy lifestyle.

4. Physical Activity Standards

- Students should be given opportunities for physical education during the school day through physical education classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of before and/or after-school programs including, but not limited to, intramural, interscholastic athletics, and physical activity clubs.
- Work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
- Encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Provide training to enable teachers, and other school staff to promote wellness and enjoyable, lifelong physical activity among students.

5. Nutrition Education Goals (Student/Staff/Parents)

Healthy living skills and interactive nutrition curricula shall be taught as part of the regular instructional program and all schools should provide the opportunity for all students to understand and practice concepts and skills related to health promotion and lifelong healthy eating behaviors.

- Each school shall provide for an interdisciplinary, skill-based health and nutrition education program.
- Students shall have access to valid and useful health/nutrition information and health/nutrition promotion products and services.
- Students shall have the opportunity to practice behaviors that enhance health and nutrition and/or reduce health risks during the day and as part of before and after school programs.

6. Food or Physical Activity as Incentives, Rewards or Punishments

- The use of food as an incentive, reward, or punishment shall be prohibited in all schools.
- The use of physical activity as a punishment shall be prohibited in all schools.
- Student participation in recess or other physical activities shall not be denied as a form of discipline or classroom make-up time.
- Alternative physical activities may be implemented on an individual basis.

7. Setting Goals for Measurement and Evaluation

A sustained effort is necessary to assure that the nutrition policies are faithfully implemented. Prior to the end of each school year, there should be an annual assessment of how well the nutrition policy is being managed and enforced. (See Appendices – Nutrition Policy Assessment Form) The policy should be updated or amended when necessary as the process moves on. The school district or individual schools should celebrate policy success milestones.

8. Section 204 of Public Law 111-296

Section 204 of Public Law 111-296 December 13, 2010
Healthy Hunger-Free Reauthorization Act 2010

LOCAL WELLNESS POLICY

- 1) Includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;
- 2) Insures nutritional guidelines for all foods available on each school campus during the school day are consistent with USDA's meal pattern requirements and the nutrition standards for competitive foods, and designed to promote student health and reduce childhood obesity;
- 3) Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy; and
- 4) Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.
- 5) All public documents that relate to the Gilford School District's wellness policy will be displayed on the SAU Services tab of the Gilford School District's website. Posted information will include, but will not be limited to, the District's wellness policy, Wellness Committee meeting minutes and the tri-annual wellness policy assessment.

(Adopted: 8/15/2006)

(Revised: 2/2/2015, 4/6/2015, 4/2/2018)