

## Mascenic Regional School District JLCF - Wellness

The Board recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy 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 learning environment positively influences a student's understanding, beliefs, and habits as they relate to good nutrition and physical activity.

### **Goals:**

1. The District shall teach, encourage, support and model healthy eating habits for students working in conjunction with parents and members of the community to support these goals.
2. The District shall teach, encourage, support, and model age appropriate daily physical activity.
3. The District shall promote the important benefits of a healthy lifestyle to students, employees and community members.
4. The Schools shall comply with the nutrition guidelines outlined in this policy in a manner designed to facilitate the adoption of healthy eating habits.
5. The District shall work to promote Wellness through the hosting of special events, guest speakers and other activities intended to incentivize staff/student good health and wellness.
6. The District shall promote Wellness as a shared responsibility and opportunity throughout the community through the involvement of students, staff, parents and community members.

### **Nutrition Guidelines:**

The School District's nutritional standards are based upon standards established by the USDA and New Hampshire Healthy School Coalition/Best Practice. These nutrition guidelines, apply to all foods available to students on school grounds during the school day, including but not limited to the school lunch and breakfast program, foods and beverages sold in vending machines and school stores. The promotion of these standards shall be part of classroom lessons/activities, parties, celebrations and/or school fundraising efforts. The District Wellness Committee acting through the Superintendent shall advise the School Board regarding any changes that occur in federal and state nutrition guidelines and/or require revisions to this policy.

**A. School Meals:** School Meals served in the District shall meet or exceed the nutrition requirements established by the USDA, laws and regulations. Administration of the school meal program will be provided by qualified school food service staff. School lunches and breakfast programs will offer variety of foods and choices for students. Nutritional information about school meals will be available for students and parents through menus, websites and other available sources. Efforts will be made to educate students on the balance needed between “counting calories” and making healthy choices in food choices. i.e. “Diet soda may have fewer calories however it may not be as good for you as other drinks.”

**B. Free and Reduced Meals:** The district will make every effort to publicize the availability and encourage eligible family's participation in the Free and Reduced Meals Program throughout the school year. The determination of eligibility for free and reduced priced meals will be provided with confidentiality in accordance with state and federal requirements through the SAU 87 business office.

**C. Breakfast, Snack & Lunch:** In order to meet the nutritional needs of children and enhance their ability to learn the Mascenic schools will provide breakfast and snack programs in addition to the lunch program.

**D. Meal Times and Scheduling:** Schools whenever possible:

- Shall ensure students have sufficient time to eat breakfast and lunch in accordance with the federal Child Nutrition and WIC Reauthorization Act of 2004.
- Shall schedule meal periods at appropriate times in accordance with NH Healthy School Best Coalition recommendations. (Lunch should normally be scheduled between 11:00 AM and 1:00 PM.)
- Shall not schedule tutoring, club, or organizational meetings/activities during mealtimes, unless students are allowed to eat during such activities.

**E. Food Sales:** All food items available through schools and school functions held throughout the school day should meet or exceed nutritional standards established by the NH Healthy School Best Coalition ([www.dhhs.nh.gov/dphs/hhp/children.htm](http://www.dhhs.nh.gov/dphs/hhp/children.htm)) and USDA ([www.fns.usda.gov/school-meals/child](http://www.fns.usda.gov/school-meals/child))

**Elementary Schools.** The school food service program will approve and provide all food and beverage sales to students in elementary schools. Foods in elementary schools should be sold as balanced meals.

**Middle and High Schools.** In the middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, school stores, concessions, fundraising, etc.) to students during the school day, will meet the following nutrition and portion size standards:

**Beverages:** Beverages sold on school property include: plain bottled water, low fat or skim milk, 100% fruit juices, 100% vegetable juice, light juice, low-fat chocolate milk (trivial amount of caffeine).

**Foods:** Any item sold individually:

- Shall meet or exceed nutritional guidelines established by the USDA and NH Healthy School Coalition Best Practices Health Snack Coalition
- Shall have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- Shall have no more than 35% of its weight from added sugars;
- Shall contain no more than 230 mg of sodium per serving for chips, cereals,

crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups;

- Shall contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables shall be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).
- The sale of diet soda and/or coffee shall be limited to the high school (only).

**Portion Sizes:** Education versus restriction in making good food choices will be stressed.

\*Current USDA limits on portion sizes of foods and beverages sold individually are listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Six ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

**F. Fundraising Activities:** To support children's health and school nutrition-education efforts, school sponsored fundraising activities (direct school affiliation) efforts will be made to limit food based activities and where possible use only foods that meet the above nutrition and portion size standards for foods and beverages (sold individually). The District Wellness Team will serve as a resource and work with individual schools, administrators and staff, to encourage fundraising activities that promote physical activity and healthy living.

**G. Rewards:** Schools will refrain from using foods or beverages as rewards for academic performance, academic success and/or good behavior. Schools/staff will not withhold food or beverages (including food served through school meals) as a punishment.

**H. Snacks:** Snacks served during the school day or in after-school care or enrichment programs can make a positive contribution to children's diets and health. Efforts will be made to serve fruits and vegetables as the primary snacks and water as the primary beverage whenever possible.

Decisions regarding "snack times" will be made on a school by school basis with consideration of the breakfast/lunch times and over-all school schedule.

*\*Subject to revisions/changes in federal guidelines.*

**I. School Store:** Food and beverage items sold in the school store are required to meet the guidelines of this policy. With the exception of gum, life savers, etc. food items in the school store will not be sold when the school food services program is operating during breakfast and lunch periods. (Approved food items may be offered during other times)

**J. Celebrations:** Schools should limit celebrations that involve food during the school day. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). Efforts will be made to hold celebrations (aka parties) during homeroom or advisory periods that do not conflict with breakfast or lunch offerings. Subject area lessons involving food preparation should include nutritional guidelines as part of the instruction of the lesson.

School staff involved in homeroom, field trips and advisory events that involve food are required to notify the school food services managers of their plans in advance. Every effort shall be made to coordinate with the food service program in planning events away from school to reduce food waste. (Where possible, staff are encouraged to utilize the food services program to obtain such foods.)

**K. Extra-Curricular Meals:** When arrangements can be made through the food service program, food and beverage items will be made available to students and staff. Examples of activities include but are not limited to: Athletic teams, clubs and special events.

**L. Classroom Activities:** Schools shall discourage the use of food items for instructional purposes unless judged essential to the lesson's instructional goals and curriculum area. This is especially the case for those food items that do not meet the nutritional standards for foods as outlined in this policy.

#### **Nutrition Guidelines for Reimbursable School Meals:**

In no circumstances will the guidelines for reimbursable school meals be less restrictive than the regulations and guidance issued by the US Secretary of Agriculture as applicable to schools. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure that students will participate in consuming high quality meals.

#### **Plan for Measuring Implementation:**

The Superintendent working through the District Wellness Team shall establish procedures for implementation of this policy/practices. Each Building Principal is charged with the operational responsibility for ensuring that their school follows the guidelines and working with staff to support this policy in practice.

#### **Advisory Committee:**

The Wellness Committee of the whole or a subcommittee, shall serve in an advisory capacity to the Food Service Program. The purpose of this group will be to provide input/support to the program, problem solving and assistance as may be needed.

**Community Involvement:**

The Superintendent will establish a Wellness Committee that will meet periodically. The Wellness Team may include staff, parents, students, a representative of the school's food service program, a school board member. The district's progress in promoting Wellness activities/practices will be monitored on an ongoing basis with annual reports provided to the school board. Such monitoring may include student/staff surveys, hosting of special events, guest speakers and the creation of incentives to promote student/staff wellness.

Updated:

1<sup>st</sup> Read: 2/18/19

2<sup>nd</sup> Read: 03/4/19

3<sup>rd</sup> Read & Approval: 03/18/19