

*Farmington School District*  
*Farmington, New Hampshire*

**Policy JLCF - Health and Wellness**

The district of Farmington is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

**Mission Statement**

The “Local Wellness Policy” requirement is established by Section 204 of the Public Law 108- 265, known as the Child Nutrition and WIC Reauthorization Act of 2004, and the Healthy Hunger-Free Kids Act of 2010. It requires each local education agency (LEA) or school district participating in the National School Lunch Program and/or School Breakfast Program to develop a local wellness policy that promotes the health of students and addresses the growing problem of childhood obesity.

In order to have developed the following procedure:

- The team shall consist of the superintendent, school administration, teachers, phys-ed/health teachers, school nurses, school board members, food service directors, students, parents and concerned community members.
- This team shall establish the policy, assist in presenting the policy, implementing the policy, and provide ongoing review and evaluation of the policy.

**Nutrition Education**

- The district teaches students of all abilities nutrition education using scientifically based, up to date nutrition information consistent with the Dietary Guidelines for Americans.
- The District will include in the Health Education Curriculum the following essential topics on healthy eating:
  - Food guidelines from MyPlate
  - Reading and using USDA’s food labels
  - Balancing food intake and physical activity
  - Food Safety
  - Social influences on healthy eating, including media, family, peers and culture
  - How to find valid information or services related to nutrition and dietary behavior
  - Resisting peer pressure related to unhealthy dietary behavior
- Nutrition education will be made available to parents/guardians and the community. Nutrition education may be provided in the form of handouts, bulletin boards, school newsletter, student oriented presentations, and health fairs.

**Physical Education and Physical Activity Opportunities**

Please refer to policy # 5130

- The District will also follow the “New Hampshire K-12 Physical Education Curriculum Guidelines” provided by the New Hampshire Alliance for Health, Physical Education, Recreation and Dance, and the New Hampshire State Department of Education.
- More than 50% of Physical Education class time will be spent being active
- The Wellness Committee recommends that school staff avoid withholding physical activity or physical education time as a consequence unless participation would be a safety issue for students. As demonstrated by research, increased physical activity promotes improved academic, social emotional, cognitive abilities and overall wellness of a child. (CDC, UNH Cooperative Extension, NHDOE)
- All students in grades K-8 will receive at least one period of recess per day that is no less than 20 minutes long.
- Valley View Community School (VVCS) and Henry Wilson Memorial School (HWMS) shall provide age appropriate safe areas designated for supervised recess in the elementary setting.
- Staff members will be well instructed on the proper use of the playground equipment to maintain safety
- HWMS 6-8 and Farmington High School (FHS) shall maintain and provide safe designated areas for sporting events.
- The district will maintain and provide safe gymnasiums

#### **Nutrition Standards**

- The district shall ensure the reimbursable school meals meet the program requirements and nutrition standards found in the federal regulations.
- The district shall encourage students to make nutritious food choices such as fruits, vegetables, whole grains, lean protein and low-fat dairy.
- The district shall monitor all food and beverages sold or served to students. The district will provide nutrient dense foods at breakfast and lunch at the appropriate portion size according to student’s age group.
- Food and beverages provided by the school meals program will meet or exceed the USDA’s nutrition standards for school meals. For example:
  - Portions will be served according to the USDA guidelines and will be appropriate for age/grade level.
  - Whole grain and enriched grain products that are high in fiber, low in added fats and sugars will be served.
  - Fresh, frozen, canned or dried fruits, fruit juices (with no added sugars) and vegetables will be served.
  - Non-fat, low-fat, plain and or/flavored milk, low-fat yogurt, and cheeses will be served.
  - Nuts, nut butter, and seeds will be offered in the appropriate serving.
  - Cooked lean meats, poultry, and fish will be served.
  - The district will commit to a policy to reduce trans-fats being served.
  - Condiments (sauces, dressings, dips) will be offered in the appropriate serving.
- All food and beverages **sold** to students during the school day will meet or exceed the USDA’s Smart Snacks standards. A guide to Smart Snacks standards can be found at

<https://www.fns.usda.gov/sites/default/files/tn/USDA SmartSnacks.pdf>

### **Food service operations**

The district will ensure that all eligible children qualify and receive free and reduced price lunch including:

- A process to protect the identity of students who eat at reduced/free meals.
- A process to communicate with parents/guardians that may involve dietary and school staff when a child does not have the appropriate funding or issues at meal times.
- Provide a standard meal for any student who may have forgotten lunch or who has lack of funding.
- The district will continue to employ a food service director, who is properly qualified, certified and/or credentialed according to professional standards to administer the food service program.
- The food service director will provide a monthly appealing menu to students/families that meets the dietary guidelines for Americans. A clean, safe, enjoyable meal environment will be provided for students with enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The district will meet special dietary needs using the N.H. Department of Education's "Special Meals Prescription Child Nutrition Program" form.
- The district will continue effective food safety program in preparation, serving, storing and cleaning of food and around food and the dietary staff will maintain proper hygiene/health.
- Food service workers hair shall be pulled away from their face and shoulders
- The staff will be updated on basic first aid and in assisting a choking victim.
- The staff will work closely with the health office/school nurse regarding students with life threatening illnesses, allergies or other dietary concerns that might affect their health.
- If opportunities arise for outside funding sources to offset the meals program, the district will investigate these opportunities

**Commented [1]:** Would this be something that the FD could assist with training or Public Health Network?

### **Specific Vending Machine Standards**

- All food and beverages **sold** to students during the day will meet or exceed the USDA's Smart Snacks standards. A guide to Smart Snacks standards can be found at: <https://www.fns.usda.gov/sites/default/files/tn/USDA SmartSnacks.pdf>
- Single serving size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two of the criteria:
  - Contain 300 or fewer calories
  - One or more grams of fiber
  - At least 10% of calcium, iron, Vitamin A, or Vitamin C.
- Single serving size beverages:
  - water (non-carbonated and without artificial sweeteners) any portion
  - 100% juice in 12 ounce serving or less
  - NO soda or diet soda
  - Sport hydration drinks available in machines only near school district

sporting venues.

- Refer to the USDA's "Vended food and beverage" list of food that meets specific guidelines.
- Each school shall designate a staff member who works closely with the Vending service operator (ex: food service director, school nurse, principal etc.). Most importantly, staff members/vending service operators must be able to read nutrition facts on the labels to determine if a food or beverage meets the criteria.
- Policy will be made available to vendors.

### **Other School-Based Activities Designed to Promote Student Wellness**

The district shall create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

- Nutrition:
  - Students have at least 20 minutes to obtain and eat lunch.
  - If possible, recess should be scheduled before lunch. (It is proven that children who are more relaxed and less distracted due to exercise and fresh air are more likely to eat their lunch and make healthier choices.)
- Clean and operable drinking fountains will be available for students to get water between and at meals and throughout the day.
- The opportunity to carry clear water bottle and keep in visible sight throughout the day.
- ALL grades from pre K-12 will have the opportunity of at least 10 minutes for a mid-morning nutritious snack. Nutritious snacks should meet the USDA Smart Snacks standards.
- Prohibit the use of food/candy as a reward or punishment.
- If fundraising is to include food it must meet the nutrition standards of MyPlate guidelines with an emphasis on fruits, vegetables, whole grains, lean protein and low-fat dairy.
- Physical Activity:
  - Encourage using physical activity as a reward (such as PBIS incentive activities).
  - Make efforts to keep schools physical activity facilities open for use by students/community outside school hours (ex: 500 club," open gym", after school intramural sports).
  - Provide students information regarding community based physical programs (ex: The Farmington 500 Club, Farmington Recreation Center) by use of morning announcements, flyers, email blasts and newsletters.

### **Additional Efforts:**

- Students will not have non-nutritious foods that are sent in from home taken away from them (unless prohibited by school policies such as gum, soda or candy).
- Have available to staff: "Alternatives to using food as a reward", "Healthy School Parties", "Smart fundraising for today's healthy schools" as referenced by UNH Cooperative Extension <https://extension.unh.edu/resource/healthy->

[celebrations-healthy-rewards-and-fundraisers](http://www.actionforhealthykids.org/storage/documents/pdfs/tipsheets-may-2018/rewards-2-23-17.pdf)

<http://www.actionforhealthykids.org/storage/documents/pdfs/tipsheets-may-2018/rewards-2-23-17.pdf>

- Each grade level will be allowed two bake sales each school year referring to above “Healthy school parties” and “Smart Fundraisers for today’s healthy schools”.
- The children will have adequate time to wash hands or use hand sanitizer before and after snacks/meals.

This policy does not pertain to after school activities i.e. PTA, Drama, National Honor Society Boosters, Music, dances or sporting events.

**Staff Wellness Promotion:**

- Provide opportunity for ongoing professional training and development for food service staff, nurses, phys-ed teachers, teachers, and administration in the areas of nutrition, food safety, physical education, health education and health/wellness.
- Encourage staff members to serve as role models in practicing healthy eating and being physically active. (Ex: not eating candy/soda in front of children, no candy dishes on desks or giving students candy, playing with children during gym, recess, PBIS activities).
- The school nurses will be knowledgeable of food borne illnesses, reporting requirements, local health policies and alerts.
- The School nurse/Guidance Counselor will be a resource for students/families who request assistance with eating disorders, obesity, nutritional and physical issues (ex: Body Mass Index measures, information pertaining to healthy nutrition, physical activity, counseling, etc).

**Implementation**

- After the Health & Wellness policy is presented and accepted by the school board, the Health & Wellness committee members will have an opportunity to present this policy to each individual school. The Health & Wellness committee members will be available for guidance, questions and concerns from the staff, students, families and the community at all times.
- The most recent version of the local Wellness policy will be posted on the District Website
- Copies of the Wellness Policy can be made available upon request at the main offices of each school

**Monitoring and Policy Review**

- The building administrators will ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrators will ensure compliance with those policies in his/her school and will report on the school’s compliance to the school district superintendent.
- The school designee(s) from the Health and Wellness committee will perform an annual assessment of the Health and Wellness policy and the results will be compiled and reviewed by the committee.

- The school designee(s) from the Health and Wellness committee will present a district wide report every year to the superintendent.
- The Health and Wellness committee will meet at least four times annually.
- This policy will be evaluated every three (3) years using the “Triennial Assessment Tracking Form” developed by UNH Cooperative Extension, NHDOE and NHDHHS.
- The Superintendent or superintendent’s designee shall implement and ensure compliance with the policy by:
  - Reviewing the policy at least every three years and recommending updates, as appropriate, for board approval
  - Implementing a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school nurses, school administrators and the public to participate in the development, implementation, and periodic review and update of the policy
  - Making the policy and updated assessment of the implementation available to the public (e.g. posting on the website and newsletters). This information shall include the extent to which schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy
  - Developing administrative regulations, which shall include specific wellness goals and indicators for measurements of progress consistent with law and district policy

**Legal References:**

*Child Nutrition and WIC Reauthorization Act of  
2004 Healthy Hunger-Free Kids Act of 2010*

**District Policy History:**

Adopted by the Farmington School Board: 06/17/19