

Related Policies: EF, IMAH, JLC & JLCI

WELLNESS

Windham School District (referred to as the District) is committed to the optimal development of every student. The District believes that for students and staff to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District.

I. School Wellness Committee

Windham School Board	Policy Code: JLCF
Approved: Reviewed: April 4, 2019 Revised: March 3, 2020 Revised: December 6, 2022	

Committee Role and Membership

The District will convene a representative district wellness committee (DWC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy. The DWC membership will represent all school levels and may include, but not limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals, school health services staff, mental health and social services staff, school administrators; health professionals; and the general public.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy and will ensure each school's compliance with the policy. The designated official(s) for oversight are School Principals and Assistant Principals. Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the SAU office and/or on Windham School District's computer network.

Documentation maintained in these locations will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;

Windham School Board	Policy Code: JLCF
Approved: Reviewed: April 4, 2019 Revised: March 3, 2020 Revised: December 6, 2022	

- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website, on Info Snap, and/or district-wide communications. Annually, the District will also publicize contact information of the District Officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy. The position/person responsible for managing the triennial assessment and contact information is the Windham School District Nutrition Director.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

The District will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs, how to apply for the free and reduced meals program, and a description of and compliance with school nutrition standards.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in

Windham School Board	Policy Code: JLCF
Approved: Reviewed: April 4, 2019 Revised: March 3, 2020 Revised: December 6, 2022	

saturated fat, and have zero grams' *trans*-fat per serving and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and School Breakfast Program (SBP). The District also operates additional nutrition-related programs and activities including *Farm to School programs at all schools, Breakfast in the Classroom, Mobile Breakfast carts, Grab 'n' Go Breakfast and Smart Snacks Vending at WMS and WHS*. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students at every school throughout the school day, including mealtimes.

Students shall be permitted to bring water bottles to school that:

- (1) Are made of material that is not easily breakable;
- (2) Have lids to prevent spills; and
- (3) Are filled exclusively with water

School Principals may discipline students for the misuse of water bottles, consistent with Board policy JICD.

Competitive Foods and Beverages

The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase

Windham School Board	Policy Code: JLCF
Approved: Reviewed: April 4, 2019 Revised: March 3, 2020 Revised: December 6, 2022	

consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: [Tools for Schools: Focusing on Smart Snacks](#). To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standard. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations and Rewards

The district will provide a list of healthy ideas to parents and teachers, including non-food celebration ideas. Foods and beverages will not be used as a reward without prior approval of school building administration or withheld as punishment for any reason.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas. Administration may approve exceptions in compliance with NH Department of Education. Schools will encourage non-food fundraisers, and encourage those promoting physical activity

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Staff will be offered opportunities for health and wellness throughout each school year.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students.

Food and Beverage Marketing in Schools

Any foods and beverages marketed or promote to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Administration may approve exceptions in compliance with NH Department of Education.

Windham School Board	Policy Code: JLCF
Approved: Reviewed: April 4, 2019 Revised: March 3, 2020 Revised: December 6, 2022	

IV. Physical Activity

Physical Education

The District physical education program will promote student physical fitness through individualized fitness and activity assessments.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course.

Recess (Elementary)

All elementary schools will offer at least 20 minutes of recess on all days during the school year.

Outdoor recess will be offered when weather is feasible for outdoor play. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active.

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Before and After School Activities

The District offers opportunities for students to participate in physical activity after school through interscholastic and intramural sports and clubs.

V. Other Activities that Promote Student Wellness

The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Community Partnerships

The District will continue relationships with community partners in support of this wellness policy's implementation.

Windham School Board	Policy Code: JLCF
Approved: Reviewed: April 4, 2019 Revised: March 3, 2020 Revised: December 6, 2022	

Staff Wellness and Health Promotion

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Windham School Board	Policy Code: JLCF
Approved: Reviewed: April 4, 2019 Revised: March 3, 2020 Revised: December 6, 2022	