

Wellness Procedure –September 2019

Nutrition and Physical Activity Components**Component #1: Goals for Nutrition Education**

ORCSD shall teach, encourage, support and model healthy eating habits for students.

Nutrition Education and Promotion

It is the policy of ORCSD that the nutrition promotion and education provided to K-12 students:

- Is based on state and district health education curriculum standards. This education is interactive and teaches the skills they need to adopt healthy eating behaviors;
- Is not only part of health education classes but also included across the curriculum when possible
- Provides information to students, staff, families and the community that will allow for students to receive a consistent nutrition message throughout the school in media, the classroom, the cafeteria, home and the community;
- Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health enhancing nutrition practices;
- Discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other individual dietary restrictions;
- Links with school meal programs in coordination between teachers and child nutrition staff and nutrition-related community services as appropriate;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

Staff Wellness and Education

The Oyster River Cooperative School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. ORCSD shall establish a district wellness committee that has representation from each school and the preschool program.

Component #2: Goals for Physical Activity

ORCSD shall teach, encourage, support, and model age appropriate physical activity.

It is the policy of ORCSD to provide many opportunities for physical activity and give students the opportunity to maintain physical fitness. The recommended amount of physical activity for children is at least 60 minutes per day. We support programs and individual efforts that emphasize fitness and lifelong physical activity.

Physical Education

Physical education classes will provide physical activity opportunities to develop knowledge and a variety of skills that promote physical activity and fitness. All ORCSD students in grades K - 10 will regularly participate in physical education taught by a certified physical education teacher. Students are encouraged to spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. A range of physical activity opportunities are also available to students including afterschool activities, high school physical education electives, sports teams at the middle- and high-school level electives.

Integrating Physical Activity into the Classroom Setting

Students will be given opportunities to regularly participate in developmentally appropriate physical activity and exercise. We are committed to fostering an environment conducive to physical activity and exercise through recess, intramurals, clubs, and organized sports. Toward that end:

- Classroom health education 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 watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- ORCSD is committed to all teachers receiving staff development specific to physical education and incorporating physical activity into the classroom.

Daily Recess

All grade 1-5 students will have at least 20 minutes a day of supervised recess. Recess will preferably be outdoors, during which schools should encourage moderate to vigorous physical activity. Recess will be scheduled before lunch for the elementary grades to encourage adequate time for meal consumption and to create a smoother transition back to the classroom. Middle school students (grades 6-8) will be offered daily recess.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

ORCSD will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The high school, and middle school as appropriate, will offer interscholastic sports programs. ORCSD will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Component #3: Nutrition Guidelines for Students

To facilitate the adoption of healthier eating habits, ORCSD shall comply with the nutrition guidelines outlined in this policy.

ORCSD's Nutritional Guidelines are based upon standards established by the [USDA](#) and the [NH Bureau of Nutrition Programs and Services](#). These nutrition guidelines, apply to all foods made available by the ORCSD Nutrition Services or school staff to students on school grounds during the school day as defined by each school's handbook, including but not limited to, the school breakfast and lunch program, foods and beverages sold in vending machines/school stores and as part of classroom lessons/activities, celebrations or fundraising efforts.

School Meals

It is the policy of ORCSD that the school meals offered to K-12 students will:

- Meet or exceed the [nutrition requirements](#) established by the USDA laws and regulations
- Be provided by qualified child nutrition staff
- Be served in a safe, appealing and clean setting with adequate adult supervision
- Be offered with consideration of space distribution and scheduling to assure that students have adequate space and serving areas to minimize wait time
- Offer a variety of foods and choices for students. Efforts will be made to:
 - Provide a variety of fruits and vegetables with an emphasis on local, fresh and seasonal produce
 - Serve only low-fat (1%) and fat-free milk and nutritionally equivalent nondairy alternatives (to be defined by the ORCSD Child Nutrition Director)
 - Ensure that half of the served grains are whole grain

As a district, Oyster River feels it is also important to:

- Use local products when available and feasible.
- Minimize the use of highly-processed foods.
- Utilize less disposable paper and plastic and make an effort to use reusable & recyclable items.
- Encourage teaching, modeling and valuing any efforts made by staff, students and the community toward sustainability.
- Recognize the connection between health and the environment.
- Encourage and foster environmental sensitivity.

Breakfast

The consumption of breakfast, either at home or at school, enhances children's ability to meet their nutritional needs, focus on learning, and perform. To ensure that all children have breakfast, the schools of ORCSD will to the extent possible:

- Operate the [School Breakfast Program](#)
- Arrange bus schedules and utilize methods to serve school breakfasts that encourage participation (e.g. "grab-and-go" breakfast or scheduling breakfast during morning break or recess)
- Notify parents and students of the availability of the [School Breakfast Program](#)
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Meal Times and Scheduling

ORCSD schools will:

- Provide students with at least 10 minutes to eat breakfast and 20 minutes for lunch and take into consideration transition time.
- Schedule meal periods at appropriate times, with lunches being offered between 10:30am and 1:30pm.
- Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- Take reasonable steps to accommodate the personal regimens of children with special health needs.

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times given concerns related to food safety and health (e.g. food allergies, diet restrictions, etc.).

Foods and Beverages Sold Individually

Foods and beverages sold individually include foods sold outside of reimbursable school meals and include, but are not limited to, foods available from vending machines, cafeteria a la carte (snack) lines, fundraisers, and school stores.

Food Sales: All food items made available through schools including vending machines should meet or exceed nutritional standards established by ORCSD in the [Recommended Nutrition Guidelines for Competitive Foods](#) and based upon the current [Dietary Guidelines for Americans](#) (DGA).

Elementary Schools: The school food service program will approve and provide all food and beverage sales that are available to elementary students on a regular basis.

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 lines, vending machines, student stores, or fundraising activities) will meet or exceed the [Recommended Nutrition Guidelines for Competitive Foods between](#) midnight to 30 minutes after the last bell.

Beverages: The following beverages are **allowed**: water or seltzer water without added caloric sweeteners, 100% fruit and vegetable juices that do not contain additional caloric sweeteners, unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent non-dairy milk (e.g. soy milk). These beverages (diet or caloric) are **not allowed**: soft drinks/soda/pop/tonic, sports drinks, energy drinks, sweetened-iced tea, fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners.

Foods: A food item sold individually will meet the [Recommended Nutrition Guidelines for Competitive Foods](#).

Fruits & Vegetables: A choice of at least two fruits and/or non-fried vegetables will 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 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).

Portion Sizes: Portion sizes of foods and beverages sold individually are recommended as a single serving as listed in the [Dietary Guidelines for Americans](#) (DGA) with the recognition that many foods are usually consumed in a two-serving portion (i.e., bagel, sandwich with bun or bread).

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water 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.

The district will make available a [list of healthful snack](#) items to teachers, after-school program personnel, and parents.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the [National School Lunch Program](#).

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Celebrations

All school personnel must be mindful of individuals with allergies, food intolerances, religious or health-related dietary restrictions. Any classroom activities or school-wide events occurring during the school day involving food should be discussed with the school nurse prior to the event.

Schools should limit celebrations that involve food during the school day. Each party should limit food or beverages that do not meet nutrition standards for foods and beverages sold individually (above). The district will make a list of [healthy party ideas](#) available to parents and teachers. Subject area lessons involving food preparation should consider nutritional guidelines as part of the instruction of the lesson. Each school will establish guidelines for food served at celebrations.

School staff involved in homeroom, field trips and advisory food-related events will communicate with school food service managers and/or director to assist with cafeteria planning and reducing food waste. When possible, staff will order foods through food services managers.

Classroom Activities

School staff shall discourage the use of low-nutritionally value dense food items for instructional purposes. This is especially the case for those food items that do not meet the nutritional standards for foods as outlined in this policy.

School personnel will also avoid the use of highly allergenic foods (for example: peanuts, fish, shellfish, eggs, dairy, wheat, tree-nuts) or other foods that present a health risk.

School Store

Any food and beverage items sold in the school store will meet guidelines of this policy. Food items in the school store will not be sold when the school food service program is open for sale.

School-Sponsored Events

School-sponsored events include, but are not limited to, athletic events, dances, or performances. Foods and beverages offered before, during, and after school (midnight to 30 minutes after the last bell) will meet the nutrition standards for meals or for foods and beverages sold individually (above). Other organizations (e.g. PTO, Boy Scouts, Girl Scouts) who may be supplying food at school sponsored events will do so under the advisement of a school official and be made mindful of the nutritional guidelines for competitive foods.

Meals for Extracurricular Events

The ORCSD Food Services Program offers a variety of affordable, tasty, and nutritionally balanced meals to meet the needs of field trips, athletic events, banquets, after-school activities, special events, and meetings.

The greater ORCSD is encouraged to make use of this service by making arrangements through the Child Nutrition Director.

Nutrition Guidelines for Reimbursable School Meals

Reimbursable meals will be served in the same manner as stated under *Component #2: Nutrition Guidelines for Meals*. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure that students will participate in consuming high-quality meals. In no circumstances will the guidelines for reimbursable school meals be less restrictive than the regulations and guidance issued by the USDA as applicable to schools.

Free- and Reduced-Priced Meals: Eligibility and distribution of free- and reduced-priced meals will be handled by the Child Nutrition Director and designated food service personnel. The availability of free and reduced lunch will be made known to all families through the use of school messaging and the website. Help will be offered for completing the application should it be needed. Application can be completed via lunchapp.com. Paper copies of the application are available via the ORCSD website, at each school main office, or can be mailed upon request. Confidentiality and the sensitivity of these matters will always be taken into consideration. Forms will be processed in a timely manner and schools will assure that all students have access to food at school in accordance with the Child Nutrition and WIC Reauthorization Act of [2004](#) & the Healthy, Hunger-Free Kids Act of [2010](#).

Qualifications of School Food Service Staff: Nutrition professionals will administer the school meal programs under the direction of a Child Nutrition Director. This director will oversee the operation of school meals, maintain proper resources that meet state and federal regulations and maintain state health requirements for each school in the district. A qualified Child Nutrition Director will have a minimum of a bachelor's degree with nutrition-related coursework and/or a minimum of 5 years equivalent experience; the registered dietitian credential is preferred.

As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs will include appropriate sanitation courses and/or training programs for child nutrition directors, school nutrition managers, cafeteria workers, and volunteers according to their levels of responsibility.

Component #4: School Environment

The ORCSD shall educate students, employees to the important benefits of a healthy lifestyle. The district shall offer nutrition education to the community.

Rewards

Food and beverages should not be used as rewards. Food or beverages (including food served through school meals) will not be withheld as a punishment.

Fundraising Activities

School-sponsored fundraising activities (direct ORCSD affiliation) should avoid using food items that do not meet nutrition and portion size standards. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for [non-food related fundraising activities](#).

Physical Activity and Discipline

Physical activity and the teaching thereof will be done to encourage and foster a healthy attitude toward exercise. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education). Safety concerns and education plans will be taken into consideration in modifying opportunities for physical activity.

Transportation to and from School

ORCSD will assess, and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal, state, or local funding and programs (e.g. [Safe Routes to School](#)) to finance such improvements. The school district is concerned with the use of natural resources and strives to reduce pollution. When biking or walking is not an appropriate means to get to and from school, ORCSD will encourage students to use public transportation when available and appropriate for safe travel to school.

Use of School Facilities Outside of School Hours

Following safety and facility regulations, ORCSD will allow students and staff access to physical activity facilities outside of school hours. Use of ORCSD facilities requires an online application (e.g. [Use of Building](#) application) and may involve an additional fee.

Communications with Parents

The ORCSD will provide information to parents about healthy foods and snacks, as well as other school-based nutrition-related activities. The ORCSD should solicit input and feedback from students and parents when selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, ORCSD will provide nutrition content information of foods sold through the school meal programs upon request.

The ORCSD will provide information to parents about physical education and other school based physical activity opportunities (e.g. via a website, newsletter, or other take-home materials, special events, or physical education homework).

The ORCSD Wellness Committee will develop and offer strategies for parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating both in school and at home.

Component #5: Implementation & Review of the Wellness Policy

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

The ORCSD Wellness Committee, with input from nutrition and physical education staff and the Child Nutrition Director, will periodically assess the nutrition and physical activity environment throughout the district. They will provide input to each building principal and the superintendent regarding progress on the current targets, recommend any new targets and identify strategies in support of the goals stated in this policy. The superintendent and building principals will decide upon the targets and strategies in support of the goals stated in this Policy. Periodic progress reports will be provided to the School Board.

Child Nutrition Staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the Child Nutrition Director will report to the superintendent on the most recent USDA School Meals Initiative (SMI) report, review findings, and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

Component #6: Local Fresh Food

ORCSD is committed to sourcing local fresh foods to maximize nutritional value with an eye toward sustainability.

Policy Review

In an effort to keep ORCSD's Wellness Policy up to date with the changing developments in nutrition and exercise information, each school in the district will conduct assessments of the school's existing nutrition and physical activity environments and policies. The results will be compiled at the district level to identify and prioritize needs.

Periodic assessments will be repeated to help review policy compliance, assess progress, and determine areas in need of improvement (e.g. [The NH Department of Education's School Wellness Policy Assessment form](#)). As part of that review, the school district will review our nutrition and physical activity policies to assure an environment that supports healthy eating and physical activity and nutrition and physical education. The ORCSD Wellness Committee will revise the Wellness Policy and develop work plans to facilitate its implementation as necessary. The superintendent, or his/her designee, will make available to the public the ORCSD Wellness Policy evaluation progress and results. The ORCSD will make the Wellness Policy available to the community by posting on the ORCSD website, as well on individual school webpages. Updates and reviews to the Wellness Policy are documented via committee meeting minutes and available to the public via the ORCSD website.

Community Involvement

The Wellness Committee charged with the writing and updating of this policy will be overseen and chosen by the district's superintendent. The committee will consist of persons from varying disciplines. There will be staff (general education, physical education and wellness-related), students, health professionals, nutritional staff, and community members involved in the writing and reviewing of the policy.

The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies.

The Wellness Committee will review the policy no less than every three years and any necessary changes will be discussed with committee members. The committee is open to input from anyone within the school or community whose goal is to broaden or improve the health of the Oyster River Cooperative School District students.