

SCHOOL WELLNESS

The Hampton Falls School District is committed to promoting wellness and academic performance in the Lincoln Akerman School through curriculum, activities, and life skills. Wellness is a result of both health promotion and disease prevention which includes intellectual health (knowledge), physical health, and social-emotional health. Modeling by adults coupled with peer reinforcement can help shape healthy habits in school children. A cooperative integrated effort between administrators, food service professionals, school nurses, physical and health educators, teachers, parents, and students is necessary.

To accomplish these goals:

1. School nutrition programs will comply with federal, state, and local requirements. School nutrition programs will be accessible to all children.
2. Nutrition education will be part of an integrated curriculum in K through eighth grade.
3. Food and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day should be consistent with the current Dietary Guidelines for Americans.
4. Student birthdays will not be recognized with food brought into the classrooms.
5. Food made available through the school nutrition program should adhere to current food safety and security guidelines.
6. The school environment shall be safe, comfortable, and provide adequate space for eating meals.
7. Patterns of meaningful physical activity will connect to students' lives both inside and outside of physical education classes.
8. All school-based activities are to be consistent with local wellness policy goals.
9. This School Wellness Policy and the current guidelines will be incorporated into individual staff and student handbooks.
10. Implementation/monitoring of this policy will be reported to the School Board periodically by the Superintendent's designee/s with recommendations for guideline changes if necessary or appropriate.

Adopted: June 17, 2006
Reviewed: September 6, 2007
Revised: April 7, 2016
Cancellation:

DATE: