

GUIDELINES FOR SCHOOL WELLNESS IMPLEMENTATION

1. Foods Available at School (outside the school nutrition program to include the following)

- Vending machines
- Beverage contracts
- Fundraisers
- Student stores
- School parties/celebrations

Healthy snacks will be encouraged and modeled by all classroom teachers at classroom events during school hours. Beverages offered via vending machines to students in grades K-8 shall meet the current USDA guidelines. Beverage contracts for student beverages will be coordinated through the School Nutrition Department. The Student Handbook will encourage parents to support healthy food choices for parties at school.

2. Food Safety/Food Security

All school prepared foods made available will comply with state and local safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in school. For safety and security of the food and facility, access to the School Nutrition operation is limited to School Nutrition staff and authorized individuals (see also Policy KG). Food allergy procedures will be followed in all venues where food is provided by the school nutrition program. Nutrition information for products offered will be made available upon request. Each school shall work with state and local agencies to request at least two food safety inspections each year.

3. School Nutrition Program

The School Nutrition Program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the program is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals. Consistent with NH state minimum standards as follows:

- School Meals served at Seabrook Schools shall meet or exceed the nutrition requirements established by the USDA, laws, and regulations. School lunches and breakfast programs will offer a variety of foods and choices for students. Nutritional information about school meals will be available for students and parents through menus, websites and other appropriate school media.

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- Provide a qualified individual, such as, but not limited to, a school nutrition director to oversee the operation of school meals, to current state and federal regulations, and maintain current state health requirements for each school within the district. All school nutrition employees shall, within their first year of employment, obtain a certificate of completion for an approved sanitation course.
- If a school nutrition director is employed, the director shall obtain certification or credentials from an approved program, including but not limited to, School Nutrition Association (SNA) certification and meet all USDA professional standards.
- Seabrook School District whenever possible:
 - Shall ensure students have sufficient time to eat breakfast and lunch.
 - Shall schedule meal periods at appropriate times.
 - Shall not schedule tutoring, club, or organizational meetings/activities during mealtimes, unless students may eat during such activities.

4. Nutrition Education

Whenever possible nutrition education shall be integrated into other areas of the curriculum such as math, science, language arts and/or social studies. The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

5. Other School Based Activities

After School programs will encourage physical activity and practice healthy lifestyle habits. School Wellness policy goals shall be considered when planning all school-based activities (such as school events, field trips, dances, and assemblies).

6. Physical Activity

The School District shall encourage daily physical activity in grades K-8, i.e. walking programs, after-school programs, sports and recreation clubs. Time allotted for physical activity (in addition to physical education) that is consistent with research, national and state standards. Schools encourage families and community members to support programs that engage in physical activity. Physical activity facilities on school grounds will provide a safe environment. School/community collaboration — schools shall work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time.

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7. Daily Recess

Provide at least one daily supervised and unstructured recess period consisting of a minimum of 15 minutes for Grades K-5. Recess will preferably be outdoors, during which schools should encourage moderate to vigorous physical activity. Recess will not be taken away for classroom behavior management. In lieu of recess, Grades 6-8 will be provided a short physical activity break mid-day, when appropriate.

8. Physical Education

All students will have opportunities to regularly participate in physical education taught by a certified physical education teacher. Physical education is consistent with the national and NH state standards for K-8 physical education. Physical education classes will provide the opportunity for every student to develop knowledge and a variety of skills that promote physical activity and fitness. The outcome of a quality physical education program is a physically educated person who has the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

9. Integrating Physical Activity into the Classroom Setting

For students to fully embrace regular physical activity as a personal behavior, students will have opportunities for physical activity beyond physical education class. Seabrook School District strives to incorporate physical activity into the classroom by integrating physical activity into the health education curricula and core curriculum.

- Provide classroom health education that 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 screen time.
- Provide opportunities for physical activity to be incorporated into other subject lessons.

Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

10. Implementation

The Building Principals are responsible for ensuring that the school follows the guidelines set forth in this policy and implements strategies for achieving the targets set forth in it. The Seabrook Wellness Committee will periodically assess the nutrition and physical activity environment throughout the school and provide input to the Principals.

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The Wellness Committee charged with the writing and updating of this policy will be overseen and chosen by the district's principals. The committee will consist of persons from varying disciplines.

The Wellness Committee is open to input from anyone within the school or community whose goal is to broaden or improve the health of the Seabrook School District students.

Policy Review

In an effort to keep Seabrook School District's Wellness Policy up to date with the changing developments in nutrition and physical activity, the Building Principals will review the policy periodically, and in conjunction with the committee, will conduct periodic assessments of the school's existing nutrition and physical activity environments and policies.

The Seabrook Wellness Committee will revise the Wellness Policy and develop work plans to facilitate its implementation as necessary.

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