
WELLNESS POLICY

The Nashua School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environment 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. 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 nutritional 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.

I. Committee Role and Membership

The District will convene a District Wellness Committee (hereto referred to as the DWC) that meets at least four times per year to establish goals for and oversee school health and wellness policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy. Nashua School District Wellness Committee membership will include (to the extent possible): parents/guardians, students, district and school administrators, physical education teachers, classroom teachers, school health professionals, school support personnel, Nutrition Services staff members, school board members, and community health professionals. To the extent possible, the Nashua School District Wellness Committee will include representatives from each school site and reflect the diversity of the community. As a statutory committee, the committee will comply with the requirements of RSA-91A regarding meetings.

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 specific needs of 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

- no point will a student be denied access to breakfast or lunch.
- Students will be served lunch at a reasonable and appropriate time of day.
- Schools will be encouraged to schedule the recess period before lunch to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. <https://www.fns.usda.gov/cn/professional-standards>.

Water

To promote hydration, all water sources, including drinking fountains, will be maintained on a regular basis to ensure good hygiene standards. In addition, students will be allowed to bring and carry (approved) water bottles filled with only watee as ncbotael.uh olion

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each school may allow up to nine (9) bake sales or other fundraising food sales of non-compliant foods (i.e., that do not meet Smart Snack standards), which are not more than one day in duration.

IV. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. The District is committed to providing: physical education, recess, classroom-based physical activity, and out-of-school time activities.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) should not be withheld if possible as punishment for any reason. (This does not include participation on sports teams that have specific academic requirements.) Teachers and other school staff will strive to determine alternative ways to discipline students that is age and offense appropriate.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

V. Other Activities that Promote Student Wellness

The District will strive to integrate wellness activities across the entire school setting, not just in the

