

Wellness and Nutrition Policy
School Board Approved 08/07/17

The Jaffrey-Rindge Cooperative School Board (the "Board") recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles, minimizing childhood obesity, and preventing other diet-related chronic diseases. The Jaffrey-Rindge Cooperative School District (the "District") is committed to create a healthy school environment that enhances the development of lifelong wellness practices. This policy has been developed with input from students, parents, the food service director, school administrators, school board, and the public. The school principals, in conjunction with the food service director, are responsible for ensuring that each school implements this wellness policy. This objective will be accomplished with the assistance from the District's wellness committee. The food service provider will implement this policy within the fiscal and budget parameters determined by the Board. The District and related organizations (including parent organizations like PTO & boosters) will seek formal and informal opportunities to promote wellness as a part of school and community activities, including fund-raising efforts. The District encourages fundraising activities that promote physical activities and that will support children's health and school nutrition education efforts, with the goal of meeting the nutritional standards and criteria established by this policy and protocols.

Wellness Committee

The District's wellness committee will meet regularly throughout the year and will facilitate collaboration among administrative and instructional staff; provide necessary technical assistance; and evaluate the results of the wellness policy. Annually, the wellness committee will review the District's existing nutritional and physical activity environment to determine whether the environment supports healthy eating and physical activity. As part of that review, the wellness committee will review nutrition and physical activity policies and programs, identify areas in need of improvement and recommend changes.

Nutrition

The District food service provider will serve food and beverages that meet or exceed current nutritional regulations, and will offer a wide variety of healthy food, drink, and snack choices. All foods made available will comply with federal, state, and local food safety and sanitation regulations. The food service provider will assure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C.1779) and the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 and 1766), as those regulations and guidance apply to schools.

The District will clearly communicate to parents and students information regarding healthy food and beverage choices and availability. The District will commit to ongoing public awareness efforts through the utilization of various media, personnel, and parent organizations to disseminate wellness/nutrition information and District practices for the benefit of the larger community.



Wellness and Nutrition Policy
School Board Approved 08/07/17

School Board Policy Manual
POLICY: JLCF

The District will meet special dietary needs in accordance with the New Hampshire Department of Education's "Special Meals Prescription Child Nutrition Program."

Nutrition Education

Schools will provide nutrition education in accordance with health curriculum guidelines as set forth by the New Hampshire Department of Education to foster lifelong habits of healthy eating and physical activity. Schools will establish linkages between health education, school meal programs and related community services. The District aims to teach, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion to provide students with the knowledge and skills necessary to promote and protect their health.

Physical Education and Physical Activity

The Board recognizes that developmentally appropriate daily physical activity, exercise and physical education are ways to minimize health risks created by chronic inactivity, childhood obesity, and other related health problems. The Board recommends that students participate in developmentally appropriate physical activity and exercise for at least 30 minutes each day as a way to minimize these health risks. The Board encourages parents/guardians to support their children's participation in enjoyable physical activities and to act as role models for active lifestyles. Physical activities may include student and staff walking programs, family fitness events, and events that emphasize lifelong physical activity. The Board encourages the integration of health and physical activity across the school curriculum, along with student-initiated activities that promote inclusive physical activity on a school-wide basis. This policy shall be in addition to and shall not be a replacement for the physical education program required by state law.

Protocols

Wellness protocols will be designed and implemented by the district wellness committee to ensure compliance with state and federal regulations. The wellness chair will review the wellness protocols with the school board policy committee. The school board policy committee will make a recommendation for approval of the wellness protocols every three years.

Legal Reference(s):

RSA 189:11-a, Food and Nutrition Programs
NH Code of Administrative Rules, Section Ed 306.04(a) (15) and Ed 310.03
Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004