

DOVER SCHOOL DISTRICT	POLICY CODE: JLCF
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STUDENT WELLNESS POLICY

The Board recognizes that wellness comprises physical, social, emotional, and academic health. Proper nutrition and developmentally appropriate physical activity are important ways of promoting healthy lifestyles, minimizing childhood obesity, and preventing other diet-related chronic diseases. Furthermore, health and student success are inter-related. The Board therefore maintains the goal that the District will foster a learning environment that helps students attain knowledge and habits that promote wellness. As part of the program, students will be given opportunities to gain the knowledge, skills, behavior, and motivation needed to be physically active for life through daily activity offerings such as recess periods, physical education classes, walking programs, the integration of physical activity into the academic curriculum, and after-school programs including intramurals, interscholastic athletics, and physical activity clubs. The Board directs the building principals to encourage student physical activity on a daily basis.

All foods available on school grounds and at school-sponsored activities will meet or exceed the district's nutrition standards. Under no circumstances will such standards be less restrictive than the regulations and guidance issued by the US Secretary of Agriculture as applicable to schools. Schools in the district will offer food choices that are nutrient dense, have low fat and low sugar content, are of a moderate portion size, and include a variety of fruits and vegetables. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging. These nutrition guidelines apply to the school lunch and breakfast program, and foods and beverages sold in vending machines, snack bars, and school stores. Food provided at parties, celebrations, and meetings during the school day, and as part of in-school District fundraising activities also falls under the purview of this policy.

The Board directs the Superintendent or his/her designee to develop procedures to implement this policy based on the recommendations of the Wellness Advisory Committee and in compliance with national and statewide nutritional guidelines.

A district-wide Wellness Advisory Committee will be maintained to assess the nutrition and physical activity environment throughout the district and making recommendations to the Board for a comprehensive wellness program. The committee will consist of representation from parents, students, the school's food service program, school nurses and wellness educators, the School Board, administration, and the public. Program implementation will be monitored and progress evaluated, with an annual report to the Board. The Wellness Advisory Committee will meet quarterly for updates on how effective the policies we have in place are working, and to make recommendations for improvements, and changes that need to be made. The meetings will be organized and facilitated by the District Business Administrator.

Student Wellness Policy Guidelines

Promoting wellness in the Dover School District requires a cooperative effort among administrators, faculty, students, parents, and the community at large. Part of this effort will come from the voluntary actions of the school community. Community

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members who maintain healthy lifestyles, share their knowledge, and encourage others to emulate their habits can promote wellness in the whole school community. To further facilitate the goal of wellness, however, the District Schools should meet the following guidelines:

1. Nutrition Education

- Lessons on nutrition and healthy eating will be incorporated into the curriculum at all grade levels.
- The Food Service Director and the Curriculum Director will meet at least semi-annually to discuss ways that Food Services can assist with and complement nutrition education elements in the curriculum at all levels.

2. The School Meals Program will provide balanced meal choices

- In accordance with State and USDA Guidelines.
- In accordance with the food services vendor's contract.

3. Wellness and discipline

- Food will not be used as a reward or punishment unless specified in a student's IEP or behavior plan
- Students will not be denied recess as punishment.

4. Promoting healthy lifestyles

- Snacks offered during or after school, whether by the District Food Service or by extra-curricular programs, should meet State health and nutrition guidelines emphasize fruits and vegetables as the primary snack, and milk or water as the primary beverage.
- Parties and Celebrations
 - The building principal will authorize any seasonal celebrations.
 - Classrooms will have at most one celebration for all the birthdays occurring in a given month.
 - Teachers and staff will encourage parents to provide healthy snacks.
 - During celebrations, adults will be responsible for limiting the number of sweet items children have.
- The Dover School District will make available a list of healthful snack products to teachers, after-school program coordinators, and parents. This list will be updated annually and posted on the District's website. See Attachments A and B.
- Foods and beverages offered in school stores and vending machines accessible to students will be consistent with the State Vending Guidelines

5. Physical activity

- Opportunities for physical activities in addition to PE class should be provided to students.
- The school will communicate with parents about opportunities to provide children with after school physical activities.
- The school will work with parent-teacher groups to sponsor physical activities such as walk-to-school or bike-to-school days.

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6. Fund-raising and food.

- Organizations and classes should not use the sale of food as a primary means of fund-raising
- All fund-raising activities must be approved by the building principal.

7. Monitoring and Reporting

- The School Wellness Policy will be reviewed annually by the committee and updated as necessary
- Resulting reviews and updates will be reported to the School Board.
- The 2012-2013 Wellness committee will establish monitoring and reporting procedures to assure compliance with N.H. D.O.E Technical Advisory 21