

## STUDENT WELLNESS POLICY

The Franklin School District recognizes the importance of physical wellness to a students' educational and emotional success in their life. The Franklin School District also recognizes the important role a school district can play in providing opportunities for students to experience positive wellness activities. To support those beliefs the Franklin School District has established the following goal and commitments/strategies to support student wellness.

### **Goal**

All students attending the Franklin Schools shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. To meet this goal the Franklin School District adopts this wellness policy.

### **Nutrition Environment**

All Franklin schools will meet or exceed the established USDA and State standards for the school meals programs.

Ensure the food service staff meets all professional development requirements as outlined by the State Department of Education, USDA and/or the Franklin School District.

All foods made available on campus adhere to food safety and security guidelines.

The nutrition standards apply to any food sold to students during the school day throughout the school campus and is required by the Healthy, Hunger-Free Kids Act of 2010. The school day is defined as beginning and ending 30 minutes before and after the instructional day. All groups selling food during the school day are to be in compliance with those standards as outlined in "Smart Snacks in Schools" [http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)

Celebrations are encouraged to utilize a variety of strategies such as one per month per classroom, utilize sign-up sheets with healthy suggestions, and celebrate without using food. Other ideas may be found at [www.kchealthykids.org](http://www.kchealthykids.org) or [www.yaleruddcenter.org](http://www.yaleruddcenter.org)

All food items sold as part of fundraising efforts by students for school based activity groups will meet the nutritional standards if the items are sold during the school day.

School staff will ensure that food will not be used as a primary reward for positive behavior, nor will it be acceptable to deny students access to acceptable meals and snacks for exhibiting negative behavior.

### **DATE:**

**Adopted:** 8/21/2006

**Reviewed:** Reviewed 4/20/2015 and Adopted 5/18/2015

**Revised:** 10/17/2011

**Cancellation:**

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### **Nutrition Education**

A sequential and interdisciplinary nutrition education will be provided and promoted in our schools. Nutrition education is offered in the school cafeteria as well as in the classroom with coordination between foodservice staff and teachers.

Nutrition is integrated with health education and core curricula, e.g., math science, language arts.

Schools will ensure that parents are provided with information about the USDA guidelines and general information about how to provide appropriate and healthy food choices for children.

### **Physical Activity**

Patterns of meaningful physical activity outside of school are encouraged. Health education curriculum standards and guidelines include both nutrition and physical education. The Franklin School District will encourage an active participation in recess and prohibit the denial or reduction of physical activity time for instructional make up time.

Each Principal will be responsible for ensuring a school wide program of physical activity, to be inclusive of all students, and that is outside the athletic program and physical education courses offered at the school. An annual report of the physical activity program will be presented to the wellness committee on an annual basis.

### **Implementation**

The Franklin School District will create and maintain an ongoing “Wellness Committee” who will monitor the progress each school is meeting the goals of this policy. Each school will create and maintain a “Wellness Committee” that will commit to the following operational procedures:

- Participate in functions of the District Wellness Committee
- Plan and direct activities to promote nutrition education
- Plan and direct activities to promote physical activity
- Address issues regarding regulation and ensuring the policy adherence at the school.
- Conduct a review of progress of the school’s implementation of the Wellness Policy yearly.
- Establish a web site to include committee members, the wellness policy, school goals, and contact information for how the public can be involved. Complete any and all assessments as required by USDA.

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*Legal References:*

*RSA 189:11-a, Food and Nutrition Programs,*

*NH Code of Administrative Rules, Section Ed. 303.01(g), Substantive Duties of School Boards*

*NH Code of Administrative*

*Rules, Section Ed. 306.02*

*NH Code of Administrative Rules, Section Ed. 306.04*

*NH Code of Administrative Rules, Section Ed. 306.11, Food & Nutrition Services*

*NH Code of Administrative Rules, Section Ed. 306.40, Health Education Program*

*NH Code of Administrative Rules, Section Ed. 306.41, Physical Education Program*

*Healthy, Hunger-Free Kids Act of 2010*

*NH DOE Technical Advisory, 21*

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