

Policy Committee Meeting  
SAU 33 Office

Thursday, February 15, 2024, 8:00 AM  
43 Harriman Hill Road, Raymond NH

AGENDA

- I. Call to Order
- II. Proof of Posting
- III. Student Representative to the School Board Policies

*These policies are being brought to the committee with recommended revisions to update them to match the NHSBA sample policy and to reflect the student representative relationship with Site Council instead of Student Council.*

*Policy BDH Student Member of School Board*

*Policy BDH-R Duties of the Student Member of the School Board*

*Policy BDHA Duties of the School Board Member Serving as Student Mentor*

- IV. Wellness Policy

*This policy is being brought to the committee for review because there is a conflict between the policy and our student handbook. The policy states that students can't stay inside for recess. Our handbook states that students can stay inside for detention.*

*Raymond Wellness Policy JLCF*

*NHSBA Sample Policy JLCF*

*Relevant language from LRES and IHGMS student handbooks*

- V. Adjournment

STUDENT MEMBER OF SCHOOL BOARD

**A. General Policy.**

The Board will have one student school board member from Raymond High School.

Student School Board members ("Student-members") will not have the right to vote and will be excluded from all non-public sessions the Board enters.

**B. Election and Term of Student School Board-Members.**

Student-members will serve one-year terms. Election of the Student-member will coincide with regular School Board elections that take place annually on the second Tuesday in March. Student-members will be chosen by a majority vote of the high school student body under procedures for nomination and election established by the student government of the high school. The elected Student-member will be seated with the newly elected School Board following the March election. (See policy BBBF-R Duties of the Student School Board Member for more information about the election process.)

**C. Responsibilities of Student Government.**

The student government of the high school shall establish procedures for:

1. The nomination and election of Student-member candidates;
2. Any public high school student in the school district to petition the Student-member to present proposals and opinions to the School Board;
3. Filling any vacancy that may occur in the Student-member position from that school.

**D. Student-Member Expectations.**

Under RSA 194:23-f, IV, Student-members are expected to:

1. Attend all School Board meetings;
2. Represent all high school students within the District;
3. Present to the School Board specific proposals and ideas from the high school student body;
4. Serve as a liaison between students and the principal, other faculty, student government advisors, and appropriate outside agencies;
5. Keep the student body informed of Board business and actions; and
6. Comply with all Board policies relative to students and Board members, when applicable.

## **E. Oversight.**

The Superintendent shall assure building principals coordinate with **student council** advisors to ensure the student council is aware of the requirements of Section D, above.

~~The Board may choose to add one or more student members from the District high school. Student members will serve one-year terms. Student members will not have the right to vote. Student members will be excluded from all non-public sessions the Board enters.~~

~~Student members will be chosen by a vote of the high school student body, in accordance with the provisions of RSA 194:23-f.~~

~~Student members are expected to:~~

- ~~(1) Attend all school board meetings;~~
- ~~(2) Represent all high school students within the District;~~
- ~~(3) Present to the school board specific proposals and ideas from the high school student body;~~
- ~~(4) Serve as a liaison between students, District staff, and the Board; and~~
- ~~(5) Keep the student body informed of Board business and actions;~~
- ~~(6) Comply with all Board policies relative to students and Board members, when applicable.~~

~~The Board reserves the right to discontinue the addition of student members at any time.~~

### *Statutory Reference:*

*RSA 194: 23-f, High School Student as a Board Member*

*RSA 189: 1-c, School Board Student Member*

See Appendix **BDH-R BBBF-R**

Adopted: February 20, 1992  
R/R: 4/16/98  
Revised: June 6, 2002  
Revised: August 1, 2002  
Revised: August 7, 2013  
Revised: October 5, 2022  
Draft for Policy Committee February 13, 2024

DUTIES OF THE STUDENT SCHOOL BOARD MEMBER

- A. Attend all School Board regular and special School Board meetings. The student member will inform the School Board contact person when he/she cannot attend a meeting.
1. Student representative cannot participate in non-public session.
  2. Participates in discussion on agenda items.
- B. Attend annual and special School District meetings.
- C. Attend other meetings as requested by the School Board contact person (budget meetings, special school events, public hearings, etc...).
- D. The student representative, using district-authorized email only, will contact the School Board as needed.
- E. Assume all the responsibilities of active membership in the Raymond High School ~~Student~~ **Site** Council.
- F. Make a report at all ~~Student~~ **Site** Council meetings on School Board activities.
- G. The student representative may bring ideas and concerns, reports, and updates from the student body before the School Board.

Students wishing to petition the Board or wishing to present a proposal or opinion to the School Board will present their proposal in writing to the ~~Student~~ **Site** Council. The ~~Student~~ **Site** Council will then discuss the proposal, and the opinion of the Student Representative as well as the petitioner(s) may be presented at the School Board meeting where this agenda item is considered.

1. After a decision has been reached on a proposal to bring to the Board the student representative will get final approval from the principal.

PROCEDURE:

A. Qualifications:

1. Must be enrolled in Raymond High School
2. Must be a resident of Raymond, NH
3. Must be a junior or sophomore
4. Must be a student in good standing and meeting the following requirements:
  - a. A "C" or better in all subjects
  - b. Will possess qualities of dependability, leadership, good attendance, and positive discipline
  - c. Must be in school day of a meeting of the School Board
  - d. The student member will be expected to be in school at the regular schedule time the next day
5. The school board student member will not be able to run for a seat or alternate for the student council.

B. Nomination and Election:

1. Candidates must prepare a statement during sign-up times of School Board candidates. This statement will state:
  - a. Why he/she is interested in seeking the position
  - b. Why he/she is suited to represent the Raymond High School student body
  - c. Define the candidate's major issues and concerns

2. This statement must be submitted to the Raymond High School Principal and **Student Site** Council advisor. The statements given by the students will remain confidential and a response of approval that he/she has met all requirements will be in writing to the students by the Raymond High School Principal after contact with the **Student Site** Council advisor. The response will be given within 5 school days after the close of the election sign-up period.
3. Elections will coincide with regular School Board elections that take place annually on the second Tuesday in March. There will be a ballot box with a lock and a secret ballot will take place throughout the day.
  - a. A **Student Site** Council member will be available at the ballot box to check off student voters and give ballots to vote. The ballot box will be removed at the close of the school day.
  - b. Counting of ballots will be done by **Student Site** Council Officers and Advisor.The winner will be declared and announced no later than the beginning of the school day following the election.
4. The elected Student Representative of the Raymond School Board will be seated with the newly elected board and automatically installed as a member of the **Student Site** Council.

#### STUDENT REPRESENTATIVE DISMISSAL PROCEDURE

If a student representative is performing his/her duties unsatisfactorily they will be given a warning. If the duties continue unsatisfactorily, the School Board mentor, after a consensus of the Raymond School Board, will inform the Student Representative and the **Student Site** Council Advisor in writing.

- a. School Board mentor, the **Student Site** Council Advisor, and the Student Representative of the School Board will meet to discuss the performance of the Student Representative. All sides will be heard and a recommendation for improvement will be made. If performance continues to be unsatisfactory the School Board mentor, after consensus of the School Board, will inform the **Student Site** Council Advisor in writing, documenting specific reasons and recommend dismissal proceedings.
- b. If the **Student Site** Council Advisor believes a Student Representative to be performing unacceptably, they must take the same course of action outlined in above informing the School Board, etc.

TRANSPORTATION WAIVER

I support my child in his/her duties as the Student Representative to the Raymond School Board. I assume all responsibility for my child's transportation to and from any regular and/or special School Board meetings, to and from the annual and special School District meetings, and to and from any other meetings, conferences, activities or special events my child is required to attend or voluntarily attends while fulfilling the duties of the position during his/her term of office as Student Representative to the Raymond School Board.

Signed: \_\_\_\_\_

Parent or Legal Guardian

\_\_\_\_\_

Child's Name

Date: \_\_\_\_\_

Reviewed: August 1, 2002  
Revised: August 7, 2013  
Revised: October 5, 2022  
Draft for Policy Committee February 13, 2024

Raymond School District Policy - BDHA

DUTIES OF SCHOOL BOARD MEMBER SERVING AS STUDENT MENTOR

- A. A School Board member will be chosen each year in March to be the contact/mentor between the student representative and the School Board.
- B. The student mentor should have contact with the student representative before each regular School Board meeting as needed.
- C. The student mentor will not make any decision on his/her own regarding the student representative without the consensus of the other School Board members. The only time the student mentor can make a decision is when the student representative asks to be excused from a meeting.
- D. The student mentor should have contact with the advisor to the ~~Student Council~~ **Site Council** at least once every quarter.

Adopted: August 7, 2013  
Draft for Policy Committee February 13, 2024

## WELLNESS POLICY

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 Board also recognizes that health and student success are interrelated. It is, therefore, the goal of the Board that the learning environment positively influences a student's understanding, beliefs, and habits as they relate to good nutrition and physical activity.

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 while minimizing commercial distractions. This policy applies to all students, staff and schools in the District.

### I. **DISTRICT WELLNESS COMMITTEE.**

The Superintendent, in consultation with the Director of School Nutrition Services, will facilitate development of updates to the District Wellness Policy, subject to School Board approval, and will oversee compliance with the policy. In addition, the Superintendent shall designate a Building Wellness Coordinator for each school to help ensure compliance with this policy at the building level.

The Superintendent shall convene a representative "District Wellness Committee" (or "Wellness Committee"), whose functions will include review and recommendations regarding implementation of and updates to this policy, and establishment of specific goals for nutrition promotion, education and physical activity.

The Superintendent or his/her designee shall serve as the Chairperson of the District Wellness Committee, and shall maintain an updated roster of Building Wellness Coordinators and other persons serving on the Committee.

The District Wellness Committee shall meet no less than three times per school year.

The District Wellness Committee should represent each school and the diversity of the community, and to the extent feasible include the Superintendent or her/his designee, the Director of School Nutrition Services, each Building Wellness Coordinator, parents, students, physical education teachers, health education teachers, school counselors, school administrators, a school board member, outside health professionals, individual school building representatives, and members of the public.

Staff appointments to the Wellness Committee will be made by the Superintendent. The School Board Chair shall appoint the School Board member. Remaining members, other than those who are ex officio, shall be volunteers approved by the Wellness Committee.

As a statutory committee, the Wellness Committee shall comply with the requirements of RSA 91-A regarding meetings.

### II. **WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT.**

#### A. **Implementation Plan.**

Each Building Wellness Coordinator, with the assistance of the Wellness Committee, will conduct a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, using tools available through such programs as the Alliance for a Healthier Generation *Healthy Schools Program*,



and to create an action plan and generate an annual progress report. The school-level assessment/report should be completed by September 30<sup>th</sup> of each school year and provided to the Superintendent.

**B. Annual Notification of Policy.**

The District will annually inform families and the public of basic information about this policy, including its content, any updates to the policy, and implementation status. The District will make this information available via the district website. This information will include the contact information of the District official(s) chairing the Wellness Committee (i.e., the Superintendent or his/her designee) and any Building Wellness Coordinator(s), in addition to on how the public can get involved with the District Wellness Committee.

**C. Triennial Progress Assessments.**

Every three years, the Director of School Nutrition Services will assess:

- § The extent to which each of the District's schools are in compliance with the wellness policy;
- § The extent to which the District Wellness Policy compares to model wellness policies; and
- § A description of the progress made in attaining the goals of the District's Wellness Policy.

The Wellness Committee will make recommendations to update the District Wellness Policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The Board will review and act upon such assessments as required or as the Board deems appropriate.

**D. Recordkeeping.**

The Superintendent will retain records related to this Policy, to include at least the following:

- The District Wellness Policy;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation on how the District Wellness Policy and Policy assessments are/were made available to the public;
- Documentation confirming annual compliance with the requirement that District Wellness Policy, including updates, and the most recent assessment on the implementation of the Policy have been made available to the public; and
- Documentation of efforts to review and update the District Wellness Policy; including who is/was involved in each update and methods the District uses to make stakeholders aware of opportunities to participate on the District Wellness Committee.

**E. Community Involvement, Outreach and Communications.**

The District will communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents/guardians of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.

### III. **NUTRITION.**

#### A. **School Meals.**

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). District schools are committed to offering school meals that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Promote healthy food and beverage choices; and
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. The District offers reimbursable school meals that meet USDA nutrition standards, which may be found at:

*<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>*

#### B. **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 school nutrition professionals, which may be found at:

*<https://www.fns.usda.gov/school-meals/professional-standards>*

#### C. **Water.**

To promote hydration, free, safe, unflavored drinking water will be available to all students at every school throughout the school day, including mealtimes and at all places and times that school meals are served mealtimes, at every school.[2]

Students shall be permitted to bring water bottles to school that:

- (1) Are made of material that is not easily breakable;
- (2) Have lids to prevent spills; and
- (3) Are filled exclusively with water

School Principals may discipline students for the misuse of water bottles, consistent with Board policy JICD.

#### D. **Competitive Foods and Beverages and Marketing of Same in Schools.**

“Competitive foods and beverages” (i.e., foods and beverages sold and served or marketed during the school day, but outside of the school meal programs) must meet the USDA Smart Snacks in School nutrition standards, which may be accessed at:

*<https://www.fns.usda.gov/school-meals/smart-snacks-school>*

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias and vending machines.

Except as may be provided elsewhere in this Policy, any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School

nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools, including, but is not limited to:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (*note*: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.).
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

Corporate brand names, logos, and trademarks for companies that market products that comply with the USDA Smart Snacks in School nutrition standards will not be prohibited because they offer some non-compliant food or beverage items in their product line. Likewise, the marketing restrictions do not apply to clothing or other examples of expression which include brand information for non-compliant food or beverage items.

As the District, school athletic department, and parent teacher associations review existing contracts and consider new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

#### **E. Celebrations and Rewards.**

All foods offered during the school day on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Foods and beverages will not be used as a reward or withheld as punishment for any reason. The District's School Nutrition Services will make available a list of healthy party ideas to parents and teachers, including non-food celebration ideas, and a list of foods and beverages which meet Smart Snack nutrition standards.

#### **F. Food Sale Fundraising.**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Fundraising groups are encouraged to choose non-food fundraisers, and to consider healthy fundraising ideas. Notwithstanding this provision, each school may allow up to nine bake sales or other fundraising food sales of non-compliant foods (i.e., that do not meet Smart Snack standards), which are no more than one day in duration each.

#### **G. Nutrition Promotion.**

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will include.

- Implementation of at least one or more evidence-based healthy food promotion techniques in the school meal programs using methods included in the Smarter Lunchroom Movement, which may be found at:

*<https://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies>*

- Ensuring 100% of foods and beverages promoted to students during the school day meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available through the Smart Food Planner of the Alliance for a Healthier Generation, available at:

*<https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity/smart-food-planner>*

#### **H. Nutrition Education.**

The District will teach, model, encourage and support healthy eating by all students.

- Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- Nutrition education posters will be displayed in each school cafeteria.
- Consistent nutrition messages shall be disseminated throughout the school.

Schools should provide additional nutrition education that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- To the extent practicable is integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- May include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

#### **a. PHYSICAL ACTIVITY.**

The District will provide physical education consistent with national and state standards. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason.

##### **A. Classroom Physical Activity Breaks.**

In addition to any recess periods provided in the ordinary daily schedule, students will be offered **periodic opportunities** to be active or to stretch throughout the day.

**B. Before and After School Activities.**

The District offers opportunities for students to participate in physical activity after school through interscholastic and intramural sports and clubs.

**C. Walking and Biking to School.**

The District will support walking or biking to school by students or faculty only if determined safe by the building principal.

**IV. OTHER ACTIVITIES TO PROMOTE STUDENT WELLNESS.**

The District will endeavor to integrate wellness activities across the entire school setting, not just in the cafeteria or physical education and athletic facilities. In furtherance of this objective, each school in the District will identify a list of physical activities with a requirement to engage in one or more each school year.

**V. PROFESSIONAL LEARNING.**

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class).

42 U.S.C. 1751, Richard B. Russell National School Lunch Act

42 U.S.C. 1771, Child Nutrition Act of 1966

Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004

The Healthy Hunger-Free Kids Act of 2010

7 C.F.R 210, National School Lunch Program

7 C.F.R 220, School Breakfast Program

RSA 189:11-a, Food and Nutrition Programs

N.H. Dept. of Education Administrative Rule - Ed 306.04 (a)(20), Wellness

N.H. Dept. of Education Administrative Rule - Ed 306.11 (g), Food and Nutrition Services

N.H. Dept. of Education Administrative Rule - Ed 306.38 (b)(1)b, Family and Consumer Science Education Program (middle schools)

N.H. Dept of Education Administrative Rule - Ed 306.40, Health Education Program

Adopted: July 19, 2006

Revised: June 30, 2016

Revised: June 19, 2019

Revised and recoded to JLCF: June 21, 2023

**Policy JLCF: Wellness**

Status: ADOPTED

Original Adopted Date: 02/01/2006 | Last Revised Date: 08/01/2022 | Last Reviewed Date: 08/01/2022

Category: Priority/Required by Law

ADOPTION/REVISION NOTES -

Text between the highlighted lines " ~ ~ ~ ~", and highlights in this sample should be removed prior to adoption.

- a. General - As with all sample policies, NHSBA recommends that each district carefully review this sample prior to adoption/revision to assure suitability with the district's own specific circumstances, internal coding system, current policies, and organizational structures.
- b. Highlighted language or blank, underscored spaces indicate areas which Boards should review, change or complete to reflect local personnel titles, internal/ external policy references, duty assignments etc.
- c. [\*\*] indicates a reference to another NHSBA sample policy. A district should check its own current policies and codes to assure internal consistency.
- d. Withdrawn & earlier versions of revised policies should be maintained separately as part of the permanent records of the District.

NHSBA history: Revised - August 2022, June 2020, May 2014, September 2009, February 2006  
NHSBA revision notes, August 2022, revised JLCF §III-C ("Water") to reflect SB 233 (2022 N.H. Laws Ch. 149) which amended RSA 200:11-b, by (1) adding that students shall be permitted to bring certain types of water bottles to schools, (2) stating that Principals may enact discipline for misuse of water bottles; and (3) requiring all renovated or newly constructed public school buildings to have water bottle filling stations. June 2020, JLCF was completely revised to conform to current federal regulations pertaining to school lunch and school breakfast programs, and N.H. Department of Education guidelines.

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 Board also recognizes that health and student success are inter-related. It is, therefore, the goal of the Board that the learning environment positively influences a student's understanding, beliefs, and habits as they relate to good nutrition and physical activity.

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 while minimizing commercial distractions. This policy applies to all students, staff and schools in the District.

**I. DISTRICT WELLNESS COMMITTEE.**

The Superintendent, in consultation with [the Director of Food Services, other \_\_\_\_\_], will facilitate development of updates to the District Wellness Policy, subject to School Board approval, and will oversee compliance with the policy. In addition, the Superintendent shall designate a Building Wellness Coordinator for each school to help ensure compliance with this policy at the building level.

The Superintendent shall convene a representative "District Wellness Committee" (or "Wellness Committee"), whose functions will include review and recommendations regarding implementation of and updates to this policy, and establishment of specific goals for nutrition promotion, education and physical activity.<sup>1</sup>

The Superintendent or his/her designee shall serve as the Chairperson of the District Wellness Committee, and shall maintain an updated roster of Building Wellness Coordinators and other persons serving on the Committee.

The District Wellness Committee shall meet no less than three times per school year.

The District Wellness Committee should represent each school and the diversity of the community, and to the extent feasible include the Superintendent or her/his designee, [the Food Services Director/Director of School Nutrition \_\_\_\_\_], each Building Wellness Coordinator, parents, students, physical education teachers, health education teachers, school counselors, school administrators, a school board member, outside health professionals,

individual school building representatives, and members of the public.

Staff appointments to the Wellness Committee will be made by the Superintendent. The School Board Chair shall appoint the School Board member. Remaining members, other than those who are ex officio, shall be appointed and approved by the Wellness Committee.

As a statutory committee, the Wellness Committee shall comply with the requirements of RSA 91-A regarding meetings.

## **II. WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT.**

### **A. Implementation Plan.**

Each Building Wellness Coordinator, with the assistance of the Wellness Committee, will conduct a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, using tools available through such programs as the Alliance for a Healthier Generation Healthy Schools Program(<https://simbli.eboardsolutions.com/SU/QOMPCYB9UD3y4nslshpiV67vw==>), and to create an action plan and generate an annual progress report. The school-level assessment/report should be completed by September 30<sup>th</sup> of each school year and provided to the Superintendent.

### **B. Annual Notification of Policy.**

The District will annually inform families and the public of basic information about this policy, including its content, any updates to the policy, and implementation status. The District will make this information available via the district website. This information will include the contact information of the District official(s) chairing the Wellness Committee (i.e., the Superintendent or his/her designee) and any Building Wellness Coordinator(s), in addition to on how the public can get involved with the District Wellness Committee.

### **C. Triennial Progress Assessments.**

Every three years, the [*Food Services Director/Director of School Nutrition* \_\_\_\_\_] will assess:

- The extent to which each of the District's schools are in compliance with the wellness policy;
- The extent to which the District Wellness Policy compares to model wellness policies; and
- A description of the progress made in attaining the goals of the District's Wellness Policy.

The Wellness Committee will make recommendations to update the District Wellness Policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The Board will review and act upon such assessments as required or as the Board deems appropriate.

### **D. Recordkeeping.**

The Superintendent will retain records related to this Policy, to include at least the following:

- The District Wellness Policy;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation on how the District Wellness Policy and Policy assessments are/were made available to the public;
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- Documentation of efforts to review and update the District Wellness Policy; including who is/was involved in each update and methods the District uses to make stakeholders aware of opportunities to participate on the District Wellness Committee.

#### **E. Community Involvement, Outreach and Communications.**

The District will communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents/guardians of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.

### **III. NUTRITION.**

#### **A. School Meals.**

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) [and the School Breakfast Program (SBP)]. District schools are committed to offering school meals that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Promote healthy food and beverage choices; and
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. The District offers reimbursable school meals that meet USDA nutrition standards, which may be found at:

<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>(<https://simbli.eboardsolutions.com/SU/UpbIplusnbVI2Q2FGLsplusqfR6g==>)

#### **B. 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 school nutrition professionals, which may be found at:

<https://www.fns.usda.gov/school-meals/professional-standards>(<https://simbli.eboardsolutions.com/SU/gWslsh9RRre9VO7GvSslshFFOGYg==>)

#### **C. Water.**

To promote hydration, free, safe, unflavored drinking water will be available to all students at every school [throughout the school day, including mealtimes,] {OR}[at all places and times that school meals are served mealtimes, at every school].<sup>2</sup>

Students shall be permitted to bring water bottles to school that:

1. Are made of material that is not easily breakable;
2. Have lids to prevent spills; and
3. Are filled exclusively with water

School Principals may discipline students for the misuse of water bottles, consistent with Board policy {\*\*} JICD.

#### **D. Competitive Foods and Beverages and Marketing of Same in Schools.**

“Competitive foods and beverages” (i.e., foods and beverages sold and served or marketed during the school day, but outside of the school meal programs) must meet the USDA Smart Snacks in School nutrition standards,



which may be accessed at:

[https://www.fns.usda.gov/school-meals/smart-snacks-school\(https://simbli.eboardsolutions.com/SU/Huslsh4W5Gbz2XzOslshUp0rk5SA==\)](https://www.fns.usda.gov/school-meals/smart-snacks-school(https://simbli.eboardsolutions.com/SU/Huslsh4W5Gbz2XzOslshUp0rk5SA==))

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias and vending machines.

Except as may be provided elsewhere in this Policy, any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools, including, but is not limited to:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (*note*: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.).
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

Corporate brand names, logos, and trademarks for companies that market products that comply with the USDA Smart Snacks in School nutrition standards will not be prohibited because they offer some non-compliant food or beverage items in their product line. Likewise, the marketing restrictions do not apply to clothing or other examples of expression which include brand information for non-compliant food or beverage items.

As the District, school athletic department, and parent teacher associations review existing contracts and consider new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

#### **E. Celebrations and Rewards.**

All foods offered during the school day on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.<sup>3</sup> Foods and beverages will not be used as a reward or withheld as punishment for any reason. The District's School Nutrition Services will make available a list of healthy party ideas to parents and teachers, including non-food celebration ideas, and a list of foods and beverages which meet Smart Snack nutrition standards.

#### **F. Food Sale Fundraising.**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Fundraising groups are encouraged to choose non-food fundraisers, and to consider healthy fundraising ideas. Notwithstanding this provision, each school may allow up to nine<sup>4</sup> bake sales or other fundraising food sales of non-compliant foods (i.e., that do not meet Smart Snack standards), which are no more than one day in duration each.

#### **G. Nutrition Promotion.**

The District will promote healthy food and beverage choices for all students throughout the school campus, as

well as encourage participation in school meal programs. This promotion will include.<sup>5</sup>

- Implementation of at least \_\_\_\_ or more evidence-based healthy food promotion techniques in the school meal programs using methods included in the Smarter Lunchroom Movement, which may be found at:

<https://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies>(<https://simbli.eboardsolutions.com/SU/ptfq65sq1UoKi11nKl1qfg==>)

- Ensuring 100% of foods and beverages promoted to students during the school day meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available through the Smart Food Planner of the Alliance for a Healthier Generation, available at:

<https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity/smart-food-planner>.  
(<https://simbli.eboardsolutions.com/SU/ZA2ViPXsishuJO12f7w1r7INw==>)

#### H. **Nutrition Education.**

The District will teach, model, encourage and support healthy eating by all students.<sup>6</sup>

- Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- Nutrition education posters will be displayed in [each school cafeteria] {OR if no cafeteria} [each room in which students regularly eat their lunches].
- Consistent nutrition messages shall be disseminated throughout the school.

Schools should provide additional nutrition education that<sup>7</sup>:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- To the extent practicable is integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- May include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

#### IV. **PHYSICAL ACTIVITY.**

The District will provide physical education consistent with national and state standards. Physical activity<sup>8</sup> during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason.

##### A. **Classroom Physical Activity Breaks.**

In addition to any recess periods provided in the ordinary daily schedule, students will be offered **periodic opportunities** to be active or to stretch throughout the day. The District recommends teachers provide short ([\_\_\_\_\_ 3-5]-minute) physical activity breaks to students during and between classroom time at least three

days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

#### **B. Before and After School Activities.**

The District offers opportunities for students to participate in physical activity after school through interscholastic and intramural sports and clubs.

#### **C. Walking and Biking to School.**

The District will support walking or biking to school by students or faculty only if determined safe by the building principal.

### **V. OTHER ACTIVITIES TO PROMOTE STUDENT WELLNESS.**

The District will endeavor to integrate wellness activities across the entire school setting, not just in the cafeteria or physical education and athletic facilities.<sup>9</sup> In furtherance of this objective, each school in the District will [identify at least one activity or list of options with a requirement to engage in one or more] each school year.

### **VI. PROFESSIONAL LEARNING.**

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class).

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<sup>1</sup> [Districts with more than 1-2 schools might also consider building level wellness committees, to assist the district committee in the assessment & implementation functions. [Remove entire footnote before finalizing]

<sup>2</sup> The Healthy Hunger-Free Kids Act of 2010 requires that schools participating in the NSLP make potable (i.e. drinkable) water available at no charge to students in the places and times that school meals are served. Alliance for a Healthier Generation advocates that such water be available at all times during the school day. Districts are required only to meet the free water during meal time standard, but may adopt a more liberal one.

<sup>3</sup> Federal law encourages, but does not require, Smart Snack standards to apply to foods or snacks that are NOT promoted or offered for sale during the school day. Individual districts may use alternative standards that are "more or less stringent" than the Smart Snack standards, but the Policy must include the guidelines for those snacks. Accordingly, if the district chooses to loosen the restrictions on food for such things as class celebrations or snacks, the policy should clearly articulate the alternative standards.

<sup>4</sup> The nine bake sale exemption is found in a N.H. Dept. of Education Technical Advisory dated September 13, 2017. Districts may adopt more stringent limitations.

<sup>5</sup> The policy is required to have at least one "measurable goal for nutrition promotion in the school". The second bullet in this Section G articulates one such goal.

<sup>6</sup> The policy is required to have at least one "measurable goal for nutrition education". Included in the policy text above are examples.

<sup>7</sup> These bulleted items may be refashioned into measurable goals and included immediately above.

<sup>8</sup> The policy is required to have at least one "measurable goal for physical activity". Classroom physical activity breaks are one such example. Before and after school activities are more likely to meet the "measurable goal" requirement if the provision includes specific activities. Other examples include such things as community use of school athletic facilities and equipment, "walk to school" days. Further suggestions, as well as more comprehensive and coordinated physical activity programs, may be found in materials on the Alliance for a Healthier Generation site: <https://www.healthiergeneration.org/resources/physical-activity>

<sup>9</sup> The policy is required to include at least one measurable goal for "other school-based wellness activities". The range of options here is extremely broad, but the policy must state at least one measurable goal. Examples include information dissemination, family engagement, farm-to-table, health fairs, school gardens, partnerships with community health/nutrition organizations. Again, additional resources are available through the Alliance for a Healthier Generation site.

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**District Policy History:**

First reading: \_\_\_\_\_ Last revised: \_\_\_\_\_  
Second reading/adopted: \_\_\_\_\_ Reviewed/reaffirmed: \_\_\_\_\_  
Other district policy history: \_\_\_\_\_

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**Legal References Disclaimer:** *These references are not intended to be considered part of this policy, nor should they be taken as a comprehensive statement of the legal basis for the Board to enact this policy, nor as a complete recitation of related legal authority. Instead, they are provided as additional resources for those interested in the subject matter of the policy.*

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**NH Statutes References**

RSA 189:11-a

**Description**

Food and Nutrition Programs -  
<https://simbli.eboardsolutions.com/SU/ABOIJZ4hPXZrVf4UGIJsIshpw==>

**NH Dept of Ed Regulation References**

N.H. Code of Admin. Rules, Sect. 306.04(a)(20)

**Description**

Wellness -  
<https://simbli.eboardsolutions.com/SU/210nm6FeCnyHT7SEwGkYQQ==>

N.H. Code of Admin. Rules, Sect. 306.38(b)(1)b

Family and Consumer Science Education Program (middle schools) -  
<https://simbli.eboardsolutions.com/SU/210nm6FeCnyHT7SEwGkYQQ==>

N.H. Code of Admin. Rules, Sect. Ed 306.11(g)(h)

Food and Nutrition Services -  
<https://simbli.eboardsolutions.com/SU/210nm6FeCnyHT7SEwGkYQQ==>

NH Code of Admin. Rules, Sect. Ed 306.40

Health Education Program -  
<https://simbli.eboardsolutions.com/SU/210nm6FeCnyHT7SEwGkYQQ==>

**Federal Regulations References**

7 C.F.R 210

**Description**

National School Lunch Program -  
<https://simbli.eboardsolutions.com/SU/SyrsUsUfPplusb4IBTf5k8gXA==>

7 C.F.R 220

School Breakfast Program -  
<https://simbli.eboardsolutions.com/SU/8lvLcnlICRwVPCslshNQHQtlw==>

**Federal Statutes References**

42 U.S.C. §1751 et seq.

National School Lunch Act -  
<https://simbli.eboardsolutions.com/SU/NBR3toAYhJpt2gsOCplussIshQjA==>

42 U.S.C. 1771

Child Nutrition Act of 1966 -  
<https://simbli.eboardsolutions.com/SU/lsev4I7PmFkba8QEAmVEfw==>

Section 204 of Public Law 108-265

Child Nutrition and WIC Reauthorization Act of 2004 -  
<https://simbli.eboardsolutions.com/SU/NZDIEoPvzduqYiY2MbZVCg==>

The Healthy Hunger-Free Kids Act of 2010

The Healthy Hunger-Free Kids Act of 2010 -  
<https://simbli.eboardsolutions.com/SU/5MJa2Q9MWRU3PwWNgdHL6A==>

**Cross References**

DFGA

**Description**

Crowdfunding -  
<https://simbli.eboardsolutions.com/SU/eNjK3JMk0ct1KzFzsk9mQ==>

EF

Food Service Management -  
<https://simbli.eboardsolutions.com/SU/sishodO9d6Sl0Z3BR8d7QVjZQ==>

EFAA	Meal Charging - <a href="https://simbli.eboardsolutions.com/SU/zdZY7FaPYE1DBWPbDDbyDg==">https://simbli.eboardsolutions.com/SU/zdZY7FaPYE1DBWPbDDbyDg==</a>
EFE	Vending Machines - <a href="https://simbli.eboardsolutions.com/SU/7pluTNsNoMfLHrml7o058Q==">https://simbli.eboardsolutions.com/SU/7pluTNsNoMfLHrml7o058Q==</a>
IMAH	Daily Physical Activity - <a href="https://simbli.eboardsolutions.com/SU/X3I5FI9plusgA3M2qa9ql12hw==">https://simbli.eboardsolutions.com/SU/X3I5FI9plusgA3M2qa9ql12hw==</a>
JLC	Student Health Services & School Nurses - <a href="https://simbli.eboardsolutions.com/SU/hiSwc0wplusTkgJiUFVTI1ioQ==">https://simbli.eboardsolutions.com/SU/hiSwc0wplusTkgJiUFVTI1ioQ==</a>
JLCI	Coordinated School Health Program - <a href="https://simbli.eboardsolutions.com/SU/VplusckkJi2rytC9SWm2FFRnw==">https://simbli.eboardsolutions.com/SU/VplusckkJi2rytC9SWm2FFRnw==</a>

From the LRES Handbook

P. 33

**Progressive Disciplinary Actions for Student Misbehavior**

Loss of Recess

Administrators and teachers may impose the loss of recess for students who do not meet behavioral expectations or complete assignments. A maximum loss of ½ of recess time may be imposed by a teacher. Full loss of recess must be approved by the administration.

From the IHGMS Handbook

P.43

**Progressive Disciplinary Actions for Student Misbehavior**

Loss of Passes

Students will lose the opportunity to access hall passes if they abuse or forget passes.

Detention

Detentions will be served during lunch and/or recess for minor misbehaviors.

Administrative Assigned Detentions: Students will report after school when assigned by an administrator. Failure to do this, provided a 24-hour notice is given, will result in further disciplinary action. Supervised detention will be held Monday through Thursday for 30 minutes. Supervised Administrative Detention will be at the discretion of the administrator.

p.44

**Consequences**

Depending on the severity and frequency of any infractions of student conduct, any of the following consequences may result:

Verbal Reprimand Time-Out Parent Notification Mediation/Counseling Confiscation Restitution In-School Restriction	Lunch/Recess Detention Exclusion from School Activities Out-of-School Suspension Police Notification Parent Pick-Up of Student Community Service After-School Detention	Loss of Privileges Student/Parent/Administration Meeting Hearing with Superintendent and School Board Expulsion
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