WELLNESS POLICY

The Salem School Board is committed to providing school environments that promote and protect children’s health, well being, and ability to learn by supporting healthy eating, physical activity, and other behaviors that contribute to student wellness. Good health fosters student attendance and education. Children and adolescents need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

I  Nutrition Education

A. Salem School District will follow health education curriculum standards and guidelines. Schools will link nutrition education activities with the coordinated school health program.

B. Students will receive nutrition education that teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.

C. Nutrition education will be offered in the school cafeteria and in the classroom, with coordination between School Food Service Director and teachers. Teachers can display posters and use media such as videos, websites, etc. on nutrition topics.

D. Staff who provide physical education and nutrition education will have appropriate training in order to promote enjoyable, lifelong habits of physical activity and sound nutritional choices. All staff will be encouraged to model behaviors that lead to wellness.

II. Physical Activity

Our goal is to provide opportunities for students to engage in physical activity and to promote active lifestyle skills.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school’s daily education program from grades 1 – 12. Physical activity should include regular instruction in physical education as well as co-curricular activities and recess.

The program should provide the following:

At the elementary level, physical education class should be conducted at least once per week for forty minutes. The program should help students acquire the skills that help to develop physical fitness. Elementary schools should provide thirty minutes of morning recess, twenty-five minutes of lunch recess for all grades, and a fifteen-minute afternoon snack break for grades one to three.
At the middle school, physical education classes should be conducted for at least forty-five minutes every other day or ninety classes per year. The program should help students acquire the skills to help maintain physical fitness and promote an understanding of the short and long-term benefits of physical activity. Students should be encouraged to participate in recreation department or school activities that provide opportunities for physical movement.

At the high school, two physical education classes should be a minimum requirement within the four years. The program should reinforce the skills to help maintain physical fitness and the students’ understanding of the short and long-term benefits of physical activity. Students should be encouraged to participate in recreation department or school activities that provide opportunities for physical movement.

III Nutrition Standards

By establishing nutrition standards for all foods available on school campus during the school day, the school board is establishing a clear expectation that the district will be consistent toward emphasizing healthy food choices.

A. Nutritional value of foods and beverages
   a. Beverages offered during school hours of operation: water, flavored water or seltzer water without caffeine and added sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored milk available in low-fat and fat-free.
   b. Food: All food served will meet the guidelines for the National School Lunch or Breakfast Program and/or items will be packaged in single serving sizes.

B. Portion sizes
   a. Portion sizes will not exceed the serving size of food served in the National School Lunch or Breakfast Program and/or items will be packaged in single serving sizes.

C. A la carte, vending, and student stores
   a. Food items sold individually will have no more than:
      i. 35% of its calories from total fat and 10% of its calories from saturated fat.
      ii. 35% of sugar by weight (excluding naturally occurring sugars and low-fat yogurts) and added sugar will not be listed as the first ingredient.
      iii. Minimal to no trans-fatty acids.
      iv. 220 calories per serving.
      v. Nutrient dense foods are exempt. USDA’s HealthierUS School Food Challenge criteria for individual foods sold were followed to set fat calories at $\leq$35% of total calories with some exemptions made for nutrient dense foods such as nuts, nut butters, peanut butter, and cheese.
D. After-school programs, field trips, or school events
   a. Any foods or beverages sold in school related groups and/or programs are encouraged to meet state and federal regulations regarding competitive food sales.

E. Parties, celebrations, or meetings
   a. Nutritious foods are encouraged throughout Salem School District when used as part of a social or cultural event. During the school day, schools should limit the foods containing sugar as the first ingredient.

F. Food rewards
   a. Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.

G. Food-related fundraising
   a. Limiting foods high in added sugar, fat, sodium or trans-fat content.

H. Food or beverage contracts
   a. The Salem School District will not enter into food or beverage contracts without consideration for the Wellness Policy of the Salem School Board. Any agreements must be consistent with the tenets and requirements of said policy.

I. Qualifications of food-service staff
   a. The Director of Food Services must meet the New Hampshire Standards for School Approval, which includes expectations for credentialing from the School Nutrition Association or a similarly approved program. All child Nutrition Programs will be operated with school food service staff who are properly qualified according to current professional standards.

IV School Environment

Other School-Based Activities Designed to Promote Student Wellness

A. Access to school nutrition programs: Schools will encourage all eligible pupils to participate in the school lunch/breakfast program and provide it in a non-stigmatizing manner.

B. Time and scheduling for meals: Schools will ensure pupils a minimum of 30 minutes for lunch and 20 minutes for breakfast, when provided.

C. Surroundings for eating: Meals served through the National School Lunch and Breakfast Programs will be served in a clean environment.

D. Marketing of food and/or beverages: The Salem School District will promote, encourage, and support healthy eating by providing nutrition education in elementary, middle, and high school classes. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the
promotion of foods and beverages that meet nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

E. After school programs: All elementary, middle, and high schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The middle and high school, as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students.

F. Coordinated school health approach: Staffs are encouraged to model healthy eating by offering healthier choices at school meetings and events and to limit the use of snacks to foods with a positive nutritional message.

G. Community/family involvement: The school district will post and publicize a copy of the district’s Nutrition and Physical Activity Policy on the SSD website. The district/school will support parents’ efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and will provide parents a list of foods that meet the district’s snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents’ efforts to provide their children with opportunities to be physically active outside of school.