

**GOFFSTOWN SCHOOL DISTRICT****JLCF****DISTRICT WELLNESS**

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

**Goal**

All students attending the Goffstown 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 Goffstown School District adopts this school wellness policy.

**Nutrition Environment**

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

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

USDA is establishing nutrient standards for all foods sold during the school day which is defined at 12:01am through 30 minutes after the last bell 7CFR 210.11(a)(5). The standards apply to any food (vending, fund raisers, school stores, etc) sold to students during the school day throughout the school campus and is required by the Healthy, Hunger-Free Kids Act of 2010. All groups selling food during the school day are to be in compliance with those standards.

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

The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals.

**Nutrition Education**

Sequential and interdisciplinary nutrition education is provided and promoted. Nutrition education is offered in the school dining room 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 link nutrition education activities with the coordinated school health program. Staff that provide nutrition education have appropriate training.

**Physical Activity**

Patterns of meaningful physical activity outside of school are encouraged. Health education curriculum standards and guidelines include both nutrition and physical education.

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Encourage active participation in recess and discourage the denial or reduction of physical activity time for instructional make up time.

**Implementation**

Establish and support an SAU committee that addresses all aspects of the Goffstown School District Wellness Policy. The committee will consist of representation from parents, students, food service, school board, administration, nursing, teaching staff and other members as authorized by the School Board.

Establish a Wellness Leadership team to address issues regarding regulation and ensuring the policy adherence in the buildings.

Each school will have a Wellness committee that mirrors the SAU committee make up.

Conduct a review of progress of the school committees' implementation of the Wellness Policy yearly.

Establish a web site to include committee members, the wellness policy, school goals, contact information for how the public can be involved.

Complete any and all assessments as required by USDA.

**Legal References:**

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

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

*NH Code of Administrative Rules, Sec. Ed. 306.02*

*NH Code of Administrative Rules, Sec. Ed. 306.04(a)(23), Availability and Distribution of Health Foods*

*NH Code of Administrative Rules, Sec. Ed. 306.11(g)(h), Food & Nutrition Services*

*NH Code of Administrative Rules, Sec. Ed. 306-04(a)(21)*

*7CFR 210.10, Nutrition Standards and Menu Planning Approaches for Lunches and Requirements for Afterschool Snacks*

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

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

*Healthy, Hunger-Free Kids Act of 2010*

*NH DOE Technical Advisory, 21*

Proposed: 05/22/06

NHSBA Review: 04/04/14

Adopted: 06/19/06

Proposed: 05/19/14

Adopted: 06/16/14 (effective June 30, 2014)

Proposed: 03/16/15

Adopted: 04/20/15

Reviewed: 05/11/15 (PRC Reviewed)