

Wellness Through Nutrition and Physical Activity

The Inter-Lakes School Board is committed to the optimal development of every student. The School Board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health-promoting learning environment. The Board also recognizes that scientific research has identified a positive relationship among adequate nutrition, hydration, physical activity, and academic success.

The Inter-Lakes School District seeks to provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. It is therefore the goal of the Inter-Lakes School Board that the learning environment be aligned to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and physical activity. In accordance with law and this belief, the Board commits to the following:

The Inter-Lakes School District will identify at least one goal in each of the following areas:

- **Nutrition Education and Promotion:** The District will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.
- **Physical Activity:** The District will provide students with age and grade appropriate opportunities to engage in physical activity.
- **Other School Based Activities that Promote Wellness:** As appropriate, the District will support students and their families, as well as staff, in efforts to maintain a healthy lifestyle.

Nutrition Guidelines

The following nutritional guidelines for food available on the school campus will be adhered to:

- Meals served through the National School Lunch and School Breakfast Program will meet, at a minimum, nutrition requirements established by state and federal law.
- The Inter-Lakes School District providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through ala carte lines, vending machines, student run stores, and fundraising activities.
- The Inter-Lakes School District will promote that snacks provided to students during the school day without charge (e.g., class parties) should meet standards set by the district in accordance with law. The Inter-Lakes School District will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.
- Classroom celebrations which include snacks will be held after lunch, to avoid decreasing students' appetites prior to scheduled meals.
- The Inter-Lakes School District will only allow marketing and advertising of foods and beverages that meet the Smart Snacks guidelines in school nutritional standards on campus during the school day.

The Inter-Lakes School District also operates additional nutrition programs and activities which include:

- The Fresh Fruit and Vegetable Program, when available through federal funding, which provides daily mid-morning snacks for students.

- Encouraging water consumption throughout the day, with the Inter-Lakes School District making sure water is available at all times.

Physical Education/ Health

The Inter-Lakes School District will offer physical education opportunities that:

- Emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
- Are aligned with standards, benchmarks, and grade-level expectations that keep students active for at least half of the class time develop students' self-confidence to choose activities that allow them to be successful.
- Provide equal opportunity to participate in a variety of fitness training, motor skill practice, and teamwork activities in physical education.
- Exhibit responsible personal and social behavior that respects self and others.
- Co-curricular sports teams for middle school students that provide additional fitness training.
- Promote winter activities.

The Inter-Lakes School District will offer health education opportunities that:

- Explain and identify the three parts of health (physical, mental/emotional, and social).
- Model, encourage, and support healthy eating for all students throughout the Inter-Lakes School District.
- Provide nutrition education experiences that support the instructional component to improve students' eating behaviors and help develop healthy lifestyle practices.

Other Activities to Promote Wellness

The Inter-Lakes School District will work to build community partnerships to enhance wellness not just during school hours, but to promote healthy lifestyles throughout the town.

School Wellness Committee/Policy Implementation, Monitoring and Accountability

- The Inter-Lakes School District will convene Wellness Committee meetings quarterly. This group will set measurable goals; assess progress on the current goal targets; recommend any new goal targets and identify strategies to achieve them.
- A triennial review of this policy will recommend updates for School Board approval.
- The wellness policy can be found on the District's website www.interlakes.org/school-district-policies.html
- The Building Principal will be responsible for oversight of this policy.

Legal References:

Child Nutrition & Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004
Healthy, Hunger-Free Kids Act of 2010 (HHFKA)
RSA 189:11-a, Food and Nutrition Programs
Ed 306.04(a)(20), Wellness
Ed 306.401, Health and Wellness Education Program
Alliance for a Healthier Generation Model Wellness Policy

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