

WELLNESS

The District is committed to providing positive, safe, and healthy learning communities at every level to ensure that staff and students have the opportunity to achieve overall well-being.

The District recognizes the importance of delivering high quality wellness education. Specifically, this policy establishes goals and procedures to ensure that the District:

- Offers access to healthy foods that are aligned with the USDA Guidelines, as well as quality nutrition education that helps develop lifelong healthy eating behaviors.
- Provides physical education and physical activity programs.
- Provides education in the areas of social, emotional and mental health intended to nurture overall well-being.
- Establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

Nutrition Guidelines and Education

The School District's nutritional standards are based upon standards established by the USDA and New Hampshire Healthy School Coalition/Best Practices. These nutrition guidelines apply to all foods available to students on school grounds during the day, including but not limited to the school lunch, breakfast program, and foods and beverages sold in student vending machines/school stores.

The District aims to teach, model, encourage and support healthy eating habits. Schools will provide educational programming that will provide students with the knowledge and skills necessary to promote and protect their health.

Schools shall be mindful of the availability of balanced food options during celebrations and events.

Physical Education and Activity

The District recognizes that the integration of healthy physical education and physical activity are a communal responsibility intended to minimize health risks created by extended periods of inactivity, childhood obesity, and other related health problems. The District encourages students and staff to participate in developmentally appropriate physical activity and exercise for 60 minutes each day as a way to minimize these health risks.

Schools will work to integrate health and physical activity across the school curriculum as well as to encourage the integration of physical activity before, during, and after school hours.

WELLNESS
(continued)**Mental Wellness**

The Merrimack School District is committed to supporting the social/emotional welfare and behavioral needs of all students in the educational process. The District recognizes that social and emotional wellbeing is critical for academic achievement and success. Collaboration with students, parents/guardians, staff and the community will be an integral part of this commitment to enhance our students' emotional, mental and physical health.

Implementation and Evaluation

A district-wide wellness advisory committee has been established with the purpose of assessing the nutrition and physical activity environment throughout the district and making recommendations to the School Board for a comprehensive wellness program. The committee consists of representation from parents, students, the school district's food service program, the School Board, administration, and an educator from each school. The Policy will be monitored and progress evaluated, with an annual report to the School Board.

As needed the Wellness Committee will request that the Superintendent notify the Merrimack School Board regarding any changes that have occurred in federal and state nutrition guidelines that need to be reflected in this Policy.

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy.

Legal Reference:

RSA 189:11-a, Food and Nutrition Programs
Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization
Act of 2004 NH Code of Administrative Rules, Section Ed. 303.01(g),
Substantive Duties of School Boards NH Code of Administrative Rules,
Section Ed. 303.11, Food & Nutrition Services
NH Code of Administrative Rules, Section Ed. 303.40, Health Education Program
NH Code of Administrative Rules, Section Ed. 303.41 Physical Education Program

1st Reading: June 5, 2017
2nd Review: June 19, 2017
Adoption: July 17, 2017