

Wellness Policy

The Child Nutrition and WIC Reauthorization Act of 2004 (PL# 108-265) requires each local educational agency that receives funding for U.S. Department of Agriculture (USDA) Child Nutrition Programs to establish a local school wellness policy by the beginning of the 2006-2007 school year. The US Congress recognizes that schools play a critical role in creating a healthy environment that models the current USDA Guidelines for nutrition and physical activity. The law places the responsibility of developing a wellness policy at the school district level.

Healthy eating and activity patterns are essential for students to achieve their highest level of academic potential, physical well being and mental growth. A balanced diet and regular physical activity also contribute to the reduction of many chronic diseases associated with childhood obesity such as Type 2 diabetes and high blood pressure. Schools are responsible to help students develop and maintain these lifelong habits. Staff wellness also is an integral part of a healthy school environment, since school staff members can be daily role models for healthy behaviors.

Goal:

All students attending the Londonderry 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 Londonderry School District adopts this school wellness policy with a commitment to nutrition, physical activity, comprehensive health education and implementation. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff.

Commitment to Nutrition:

- Offer a school lunch program with menus that meet the meal patterns and nutritional standards established by the U.S. Department of Agriculture and the New Hampshire Department of Education, Bureau of Nutrition Programs. This is to include the availability of free and reduced lunches to those whose income falls within the USDA Income Eligibility Guidelines.
- Have available meals for those students who have special diets that are approved by a physician.
- Operate all child Nutrition Programs with school food service staff who are properly qualified according to current professional standards.
- Establish food safety as a key component in all school food operations and ensure that the food service operating license is current for each school location.
- Provide adequate time for students to eat and enjoy school meals; 18-25 minutes is recommended.
- Encourage students to make food choices based on the 2005 Dietary Guidelines for Americans (see MyPyramid.gov), by emphasizing menu options that feature baked rather than fried foods, whole grains, fresh fruits and vegetables and reduced-fat dairy products.
- Establish a well supervised cafeteria environment offering a positive dining experience that is conducive to socializing among students.
- Provide nutritious and appealing snack options wherever foods and beverages are offered at school.

Commitment to Nutrition (continued):

- Promote the use of non-food rewards for student accomplishment and healthy snacks for classroom celebrations.
- Encourage all school-based organizations to offer non-food items and/or healthful foods for fundraising programs.
- Student access to vending machines, other than those that sell healthy snacks and beverages, is only available after school.

Commitment to Physical Activity:

- Please review Londonderry School District Physical Activity Policy, JHB.

Commitment to Nutrition Education:

- Provide students with the knowledge and skills necessary to promote and protect their health through wellness and nutrition education emphasizing the caloric balance between food intake and energy expenditure.
- Staff will be encouraged to attend wellness and nutrition education training.
- Instructional staff will be encouraged to integrate nutritional themes into daily lesson plans when appropriate.
- Nutrition information for foods served will be made available by the Food Service Director.

Commitments to Implementation:

- Establish and support a committee that addresses all aspects of the Londonderry School District Wellness Policy. The committee will consist of representation from parents, students, the food service department, the School Board, administration and the public.
- Conduct a review of the progress toward wellness policy goals each year.

LONDONDERRY SCHOOL BOARD

Adopted: July 11, 2006