WEARE SCHOOL DISTRICT

WELLNESS

The Weare School District is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement. An important educational component of this includes an understanding of nutrition and education, food choices that maximize health and well-being, physical activity, and the ability to assess health.

At a minimum, the Wellness Committee will include a staff member, school board member, the principal and a community member. This Committee will review, update and distribute the Wellness Policy annually.

These goals will be accomplished by:

- Integrating nutrition education into the K-8 curricula by an informed staff.
- Supporting a cafeteria program and other nutritionally related activities that serve as models for good food choices and preparation. All Federal school meal and competitive food standards for foods sold to students during the school day will be followed.
- Providing daily opportunities for all students to engage in physical activity that will foster an appreciation of lifelong fitness.
- Following best food practices for content, quantity, variety and balance in food offerings, including fundraisers that include food or beverages.
- Maintaining appropriate health monitoring by the school nurse.
- Partnering with families to maintain education about nutrition and physical activity for all students.
- Minimizing the use of treats as rewards including parties and celebrations.
- Equipping students with the knowledge, skills, and values necessary for lifelong physical activity.
- Encouraging 30 to 60 minutes a day of physical activity for students.
- Participating in other school-based wellness activities aligned with the health curriculum.

Legal References:
    RSA 189:11-a, Food and Nutrition Programs
    Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004
    Ed 306.04(a)(20), Wellness
    Ed 306.401, Health and Wellness Education Program

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