

The Child Nutrition and WIC Reauthorization Act of 2004 (PL#108-265) requires each local educational agency that receive funding for U.S. Department of Agriculture (USDA) Child Nutrition Programs to establish a local school wellness policy by the beginning of 2006-2007 school year. Childhood obesity has become a national crisis affecting our school environment. 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 and healthy relationships in the school environment are essential for students to achieve their highest level of academic potential, physical well-being and mental growth. Students with good physical and emotional health are available for learning. A balanced diet, regular physical activity and an environment that nurtures the emotional growth of the individual student also contribute to the reduction of many chronic diseases associated with childhood obesity such as Type 2 diabetes, high blood pressure, depression and poor self esteem. Schools have a responsibility to help students develop and maintain lifelong habits that maintain their physical and emotional health. 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 Keene School District schools shall strive to possess the knowledge, skills and attitude necessary to make nutritious food choices, participate in regular, healthful physical activity and maintain healthy relationships for a lifetime. To meet this goal, the Keene School District adopts this school wellness policy with a commitment to nutrition, physical activity, comprehensive health education and the social and emotional health of its students. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff.

Nutrition Education

Students K-12, shall receive nutrition education that is aligned with the NH Health Education Curriculum Guidelines. This nutrition education will teach the knowledge and skills needed to adopt healthy eating behaviors necessary to promote and protect health and wellness. Nutrition education information shall be offered throughout the school campus including, but not limited to, the classroom and school dining area. Staff members who provide nutrition education shall have the appropriate training.

Physical Education and Physical Activity Opportunities

The district shall offer physical education opportunities that include the components of a quality physical education program*. Physical Education shall equip students with the knowledge, skill and values necessary for lifelong physical activity. Physical Education instruction shall be aligned with the NASPE Standards and the K-12 NH State Physical Education Guidelines.

Every year, all students, K-12 shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long term benefits of a physically active and healthy lifestyle.

*Reference NASPE guidelines.

Other School-Based Activities Designed to Promote Student Wellness

The district shall implement appropriate programs, both within, before and after the school day that help to create a school environment that conveys consistent wellness messages and opportunities for students. The district will provide opportunities and programs that will support the practices of healthy nutrition, physical activity, and positive social-emotional relationships.

Nutrition Guidelines for Foods Available at Schools During the School Day

The district will strive to meet or exceed USDA guidelines and standards while ensuring nutritionally sound choices in all schools. School lunches must meet Federal nutrition requirements, but decisions about what specific foods to serve and how they are prepared are made by the Director of Keene Food Service. The district shall monitor all food and beverages sold or served to students, including those outside the federally regulated child nutrition programs. The district shall encourage students to make nutritious food choices.

Plan for Measuring, Implementing and Monitoring Policy

The district shall establish and support a wellness committee that addresses all aspects of the Keene School District Wellness Policy. The committee will have a representative from parents, students, teachers, food service professionals, school health services, administration, the School Board, and other interested community members. This committee shall oversee implementation and monitoring of the district wellness policy. The district will conduct a review of the progress toward wellness policy goals each year.

Approved KBE: September 11, 2007