

## Concord School District Policy #530

### Student Wellness

Concord School District recognizes that nutrition and physical education are essential components of the educational process. The District will create guidelines to encourage healthy choices for students that foster health and education.

The District recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles, minimizing childhood obesity, and preventing other diet-related chronic diseases. The District recognizes that scientific research has identified a positive relationship among adequate nutrition, physical activity, and academic success. It is, therefore, the goal of the District that the learning environment should positively influence a student's understanding, beliefs and habits as they relate to good nutrition and physical activity to encourage healthy lifestyles and promote academic success.

The District will teach, encourage and support healthful eating by providing a pleasant and safe eating area, a variety of nutritious foods that meet the USDA Dietary Guidelines, an adequate amount of time for eating and promoting nutrition using age-appropriate nutrition education materials.

The District will provide a systemic K-12 Health and Physical Education program that integrates nutrition education that will teach, encourage, support and model age-appropriate daily physical activity so students will have opportunities to be physically active on a regular basis.

The District shall educate students and employees to the important benefits of a healthy lifestyle by providing a school environment before, during and after school hours that promotes and encourages all to make healthy food choices, develop healthy eating habits, and promotes opportunities for physical activity.

The District invites students, parents, school Food Service representatives, PE teachers, teachers, school health professionals, Board members, administrators, members of the general public and community partners to participate in the development, implementation, review and update of the Wellness policy by posting Wellness Committee meeting agendas, minutes, presentations and assessments on the District website. The District will post Wellness policy procedures and assessments on the District website. Annual Wellness policy goals will be outlined in the Wellness policy procedures and will be posted on the District website. Each Principal will be responsible for Wellness policy compliance at each school.

#### **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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